

**What Sheri wants you to know about acupuncture:**

We will also discuss your health and personal histories in detail, followed by a physical examination. The primary objective of the first appointment is to assess the underlying conditions that have led to your current concerns and give you your first treatment. Please complete the intake documentation before arriving for your appointment

Following the initial consultation, ideally you will be seen in weekly one-hour sessions for 6-8 visits. During this time, significant signs of progress will likely appear. As you experience improvement in your condition and enjoy a greater sense of ease in life, treatments may be extended to every other week, every three weeks, monthly and eventually seasonally.

**To get the most out of your acupuncture treatment:**

- Please wear or bring loose clothing for the treatment.
- Please do not drink alcohol, coffee or sodas just before or after your treatment.
- Please do not have PT or intense physical exercise before or after your treatment.
- Please do not rush. Give yourself some time before and after the appointment and allow enough travel time.
- Let yourself rest after the appointment if possible.
- Turn off your cellphone. Not on vibrate but OFF. Please do this before your appointment. This is your time.