

# Dancing Qi Acupuncture

Niki Juralewicz, LAc.



## Welcome to Dancing Qi Acupuncture Clinic

*“The wish for healing has always been half of health.”*  
~ Lucius Annaeus Seneca

Dancing Qi Acupuncture brings to you 3000 years of wisdom and healing. Join the 3 billion people worldwide who use Acupuncture to bring about harmony, balance and healing in their lives. Welcome to the beginning of your quest for optimal health.

### Acupuncture Guidelines & Suggestions:

- Wear or bring loose clothing to each appointment.
- Eat a light meal or snack before each appointment.
- Please bring a list of current medications you are taking and/or any lab reports that are relevant to your condition to your appointment. Continue all prescription medication and treatments exactly as directed by your physician or other health care providers.
- Plan to get some rest after your treatment to allow your body to gain the maximum benefit from your treatment.
- Please keep track of changes you may notice between treatments. Your feedback will help guide us toward your healing goal.
- Do not drink alcohol for 24 hours before or after your treatment.
- Do not wear heavy make-up or strong perfume or cologne to your treatment.
- Do not take very hot or cold baths or showers on the day of your treatment.
- Please bring your date book or calendar to your treatment. Depending on the chronicity and severity of your health issues you may need multiple treatments. My appointments get booked quickly. Please be prepared to scheduled your appointments at the end of your session, so we can maintain continuity and a successful progression towards your health goal.
- I accept cash and checks as payment.

### Acupuncture Healing Reactions:

Healing reactions are very helpful signs that the treatment is working. The healing reaction is very natural and unique for each individual. Most people are pleased with the results of Acupuncture and respond with some of the following:

Better Sleep • More Energy • Mental Clarity • Reduced Anxiety and Stress • Better Digestion • Pain Reduction

At first, many experience very mild changes while others experience less pleasant symptoms after initial treatments. Individuals should understand that these symptoms are temporary and will subside as the body gets healthier. Symptoms usually reduce or are eliminated within two or three days but on rare occasions can last longer. Some common changes include:

Fatigue • Emotional Release • Headaches • Localized Bruising • Dizziness • Changes in Menstruation