

5 Ways to Prepare for your Acupuncture Appointment:

Scheduling: In a culture that promotes doing more, not less, it's no wonder we are all over-taxed and under-nourished, especially when it comes to self-care. Try to give yourself a break.

Rushing to an appointment that helps you de-stress seems counterintuitive, doesn't it? Instead, when receiving acupuncture, try not to over-schedule yourself afterwards. Allow some time to sit in the space of relaxation and calm. After all, you deserve it!

Eating: Lying down on a full stomach can feel very uncomfortable, so we advise not to eat a big, rich meal before an acupuncture treatment. At the same time, you don't want to arrive at our office starving! That is no fun at all. One time I had acupuncture and hadn't had a chance to eat; all I could think of was how hungry I was during the entire session. Ideally, we recommend eating a light meal or snack two hours before receiving a treatment.

Caffeine and Alcohol: Should be avoided directly before treatment. This gives your nervous system a rest. Both these substances are chemical in nature and can cause your body to feel very up and down. As healers, we want to see you in your natural state. The treatments we provide at the Collective Healing Center help us shift gears, hit the reset button, and trigger healing in both our bodies and minds. Abstaining from both will get you to a good place faster.

Reflection: It's always a good idea to take the time before your appointment to think of the main health concerns you have and what you would like to address during your session.

Acupuncturists take the whole person into consideration, this means we approach each client in a "big picture way." We can discuss a few or several of your health concerns and create a treatment accordingly. We believe that everything is interconnected within our human system so knowing "what ails you" helps us help you effectively. Please be aware of your health history and share with us about any accidents, injuries, surgeries or medications you have had. This way we see you in a "big-picture way" too.

Devices: As difficult as this can be, please turn off any devices that will distract you from your treatment. Again, this is your time to relax, reflect and regain your body's healing capabilities, which can be hard when the office keeps calling. Letting go is a challenge. In my experience, I have seen people who jump off the treatment table immediately after a session and people who just lay there, content to let go and keep letting go (until we turn the office lights off and politely ask them to leave). While you don't have to lay there and meditate (although it's fine if you do), try to, at the very least, allow your brain to "defrag" just like the old Apple 2C's from back in the day. Honor your body by honoring the time before, during and after a treatment.