

Welcome to Acupuncture Together

THE COMMUNITY SETTING

Most acupuncture treatments in the United States take place on a table in a private room. In China acupuncture is usually done in a group setting. In our clinic we use recliners in a relaxing and quiet group treatment room. Receiving treatments in this setting has many benefits: it's easy for you to come with friends and family for treatments and it is comforting to experience healing with others. It also allows the acupuncturist to help more people at once, allowing your treatment to be more affordable and for you to be able to keep your needles in for as long as you want until the time the clinic closes.

A SPECIALIZED ACUPUNCTURE STYLE

We specialize in a distal style of acupuncture that allows us to treat all kinds of health conditions in an efficient, comfortable and highly effective way. We use points primarily on the scalp, ear lobes, elbows to fingers and knees to toes, so you'll just have to take off your shoes and socks and roll up your sleeves and the bottoms of your pants to get ready for your treatment. Relief can occur in seconds with long lasting results occurring over a series of treatments.

THE SLIDING SCALE

Acupuncture is most effective when it is received frequently and regularly, especially at the beginning of a course of treatment. The sliding scale is intended to allow you to get acupuncture as often as you need it, giving you quicker and more lasting results. *You decide what you can afford – no questions asked.* Because a sliding scale is offered, we cannot bill insurance. If you have insurance that covers acupuncture, we'll give you a receipt that you can submit to your insurance company for reimbursement.

CHINESE HERBAL MEDICINE

Acupuncture is our clinic's first line of treatment. Depending on the condition you are seeking treatment for, however, we may recommend Chinese herbal medicine. Herbs can enhance the effects of acupuncture, leading to quicker and more dramatic results.

COURSE OF TREATMENT & COMMITMENT

Acupuncture is a *process*. It is very rare for any acupuncturist to be able to resolve a problem with one treatment. On your first visit a course of treatment will be suggested based on the length of time you've had your particular condition and its severity. As you progress with your treatments, the suggested frequency of your visits will change depending on your results. The sliding scale is intended to help you make a commitment to a course of treatment and achieve the results you are seeking.

We are extremely grateful to our satisfied patients who effectively market by sharing with their friends and family members their acupuncture experiences. With your help we are able to keep our costs low and offer you affordable care. Acupuncture Together does not receive grants, state or federal money or insurance reimbursement. Our clinic is sustainable because of you.

THANK YOU FOR JOINING US AT ACUPUNCTURE TOGETHER

Please list any medications (prescribed and OTC), vitamins or supplements you are currently taking:

MED:.....	PURPOSE:.....
MED:.....	PURPOSE:.....
MED:.....	PURPOSE:.....
MED:.....	PURPOSE:.....
MED:.....	PURPOSE:.....

HABITS:	amount/week	if quit, when?	amount/week	if quit, when?
Coffee/Tea:	Alcohol:
Soda:	Tobacco:
Sugar:	Drugs:

EXERCISE (type, frequency and amount):.....

CURRENT HEALTH (CIRCLE ALL THAT YOU HAVE EXPERIENCED IN THE LAST MONTH):

Body Temperature: Night sweats Spontaneous day sweats Hot flashes Hot face
Cold hands/Feet Do you tend to feel: Warmer than other people? Colder than other people?

Head: Headaches Migraines Eye pain/strain Eye floaters Dry eyes Itchy eyes Ear ringing
Sinus problems Mouth sores Frequent sore throat TMJ/jaw problems
Seizures/Epilepsy Dizziness/lightheadedness Poor memory Cloudy/foggy-headed

Chest: Palpitations Shortness of breath Asthma Heart disease Low / High Blood Pressure

Thirst: Do you tend to be thirsty? Y / N Prefer cold, neutral or hot drinks?:.....

Skin: Dryness Itching Oily Acne Eczema Psoriasis Roseacea Rashes
Dandruff Hair loss Dry brittle nails Other:.....

Digestion: Poor appetite Excessive hunger Gas Bloating Heartburn Acid reflux
Abdominal pain Belching Nausea Vomiting Bad breath
How often do you have a bowel movement? time(s)/ every day(s)
Hard stool Hard to pass Incomplete stool Loose (not formed) stool Watery stool

Urination: Dark / Light / Clear Scant / Copious Urgent Frequent #times per night:.....

Energy/Immunity: Fatigue Body/limbs feel heavy Tired after eating
Reduced immunity (such as due to HIV, auto-immune disease or chemotherapy)?

Sleep: hours/night Hard to fall asleep Hard to stay asleep Restless Tired in A.M.

Emotions: Irritability Depression Anxiety Mood swings Other.....

Female Reproductive: Age of first period:..... Date of last period:...../...../.....
Length of period:..... Length of full cycle:..... Are cycles regular? Y / N
Do you experience: Spotting Clots Heavy flow Light/Scanty flow
Cramps during PMS cramps PMS breast tenderness PMS emotional changes
PMS bloating PMS insomnia PMS other.....
Yeast infections Vaginal dryness Low libido
Are you pregnant? Y / N Total number of pregnancies:..... Live births:.....
Menopause: Age of last menses:..... Hot flashesx/day Night sweatsx/week

Male Reproductive: Erectile dysfunction Prostate problems Testicular pain/swelling Low libido

Please list any other concerns you would like to let us know about:

Acupuncture Together Payment and Cancellation Policy

Payment is due at time of treatment. Cash, checks and credit cards are accepted.

Acupuncture Together makes every attempt to make acupuncture and Chinese herbal medicine available to as many people as possible, at the most affordable rates in Cambridge. In respect for this intention and in consideration of others who also need appointments, we ask for 24 hours notice in advance of any appointment cancellation or rescheduling. Please call the clinic or email us as soon as possible if you need to cancel and/or reschedule, whether or not it is 24 hours in advance.

ALL APPOINTMENTS THAT ARE CANCELLED WITH LESS THAN 24 HOURS NOTICE, AND APPOINTMENTS MISSED WITH OR WITHOUT NOTICE, WILL BE CHARGED \$20 TO YOUR CREDIT CARD.

If appointments have been purchased in a package, then the missed or cancelled appointment will be deducted from the number of remaining appointments in that package.

Thank you for your understanding!

I agree to the above policy:

Print Name: -----

Signature: -----

Date: -----