

Welcome to CommuniChi Community Acupuncture!

Thank you for your interest! Please take a few minutes to read this introduction to CommuniChi.

What is different about the CommuniChi clinic?

Community setting

Most US acupuncturists treat each patient on a table in a private room. At CommuniChi, acupuncture treatments are given in a group setting, as is customary in Asia. In our clinic we group recliners in an open, shared space. Treating patients in a community setting has many benefits: it's easy for friends and family to come in for treatment together and sharing the healing experience makes individual treatments more powerful. This style of acupuncture treats patients in recliners, allowing them to rest with their needles for an extended period of time. The "right" amount of time varies from patient to patient. Most people learn after a few treatments when they feel "done," whether this is twenty minutes or an hour. Many people fall asleep and wake feeling refreshed.

Affordable fees

Most US acupuncturists see only one patient per hour per room and so must charge \$75 to \$200 per treatment. These prices limit who can use their services and how often they can use them. To make acupuncture affordable and still make it sustainable, I use my 16 years of experience combined with the inherent elegance and simplicity of the ancient art of acupuncture in order to efficiently address your health issues.

Please see the enclosed fee schedule. To keep my fees affordable, I cannot bill your insurance; the expense of dealing with insurance paperwork makes this impractical. If you have insurance that covers acupuncture, I will gladly give you a payment receipt that you can submit to your insurance company. I can also provide year-end or periodic receipts for health savings plans or for tax purposes.

My Commitment to You

I want to make it possible for you to receive acupuncture regularly and long enough to get better and stay better, to welcome all different kinds of people, to give you the tools to take care of your own health so that you will not need to rely as heavily on medications or major medical interventions. I will provide a safe environment with clinically tested treatments that help your condition.

What We Need From You

◆ Responsibility

*CommuniChi Community Acupuncture does not provide primary care medicine. If you think you have an uncommon problem - for example, you believe you might have a serious infection, a malignant growth, or an injury that will not heal - or if you want someone to review the details of your medical history, you need to see a primary care physician (MD, DO, ND, etc.) or an acupuncturist who will have the time to review these issues with you. I can provide some excellent, affordable referrals, even if you have no insurance coverage. Do not expect me to diagnose and treat a very serious condition. I *can* provide complementary care for serious conditions that require a physician's attention. But I need you to take responsibility for your own health.

*In order for CommuniChi to continue providing our services to you and the rest of the community, patients must pay for their treatments (before the treatment preferred). I am not a free clinic and receive no grants or government support. This is a social business supported solely by customers – you. Please tell your friends. "Like" the CommuniChi Facebook page. Take some business cards to share with co-workers. Write a review for the clinic on Yelp, Google, Angie's List, etc.

◆ Flexibility

The community setting requires some flexibility from you. For instance, many patients have a favorite recliner.

It's possible someone may be sitting in yours. Similarly, we have a few patients who snore. Other patients who dislike snoring bring earplugs to their treatments. Some patients even bring favorite pillows or blankets from home with them. That's fine.

If you need to leave after a certain length of time, tell me when you check in. I'll make sure you're out on time. In general, if you feel done, open your eyes and make eye contact--if your eyes are closed, I will think you're asleep and won't wake you up.

◆ **Community-Mindedness**

The soothing atmosphere in the clinic exists because patients create it by relaxing together. This kind of calm and quiet is especially important in our too-busy lives. Maintaining this atmosphere of calm requires that talking be kept to a minimum in the treatment space. If you would like to speak to me at any length, please let me know. If you want to have a substantial conversation, we may need to schedule that separately. And of course, please turn off your cell phone; do not place them on vibrate.

◆ **Commitment**

Acupuncture is a PROCESS. It is rare for any acupuncturist to resolve a problem with one treatment. In China, a typical treatment protocol for a chronic condition could be acupuncture every other day for three months! Most patients don't need that much acupuncture but every patient requires a course of treatment rather than a single treatment to get what they want from acupuncture.

One big reason that I am able to keep prices so low is because of the extraordinary amount of marketing patients do for the clinic -- I don't have to advertise. Thank you! Patients are such effective marketers because they have first-hand experience of how well acupuncture works. All of my satisfied patients basically made a commitment to a course of treatment.

On your first visit, I will suggest a course of treatment, which can be anything from "I'd like to see you once a week for six weeks" to "I'd really like to see you every day for the next four days." This suggestion is based on my experience with treating different kinds of conditions. If you don't come in often enough or long enough, you will not receive the full benefits--if any at all--of acupuncture. The purpose of the fee schedule is to help you make that commitment. If you have questions about how long it will take to see results, please ask me, or if you think you need to adjust your treatment plan, please let me know. We need you to commit to the process of treatment in order to get good results.

And, last, but not least...enjoy the space. I hope that CommuniChi Acupuncture can be an important part of your community. Thank you,

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