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301-606-2185

I am looking forward to meeting you for acupuncture treatment. This letter will give you more information about the treatment process. I will be treating you at my office on Market Street in Frederick.

The first appointment is your time to discuss your concerns, questions and goals. I will talk with you about your medical and social history and will perform a physical exam. This exam is to evaluate the balance of energy in your body and is a little different from a physical done by a doctor. We will decide together on a treatment schedule, based on all the above information. The first appointment will last 1 ½ to 2 hours. Please do not wear make-up, cologne or perfume to your treatment appointments, especially the first one! Please bring the completed health inventory form which I have included.

This visit and subsequent visits will involve the use of acupuncture needles and perhaps the use of an herb called moxa. Moxa is used on the skin to warm the acupuncture points and nourish the body's energy (known as qi). I select treatment for the day based on your concerns, goals, and your pulse readings. Please allow approximately 1 hour for each of these treatments

Charges: First visit is \$110 and the subsequent visits are \$75. I am a Blue Cross/Blue Shield participating provider, though not all plans cover acupuncture. **Please check with your individual plan's administrator or website before the visit.** I also accept United Healthcare Insurance. **Co-pays and coinsurances vary with plans;** if you are unsure about this we can look it up at the time of your appointment. For other insurances, I will provide information so you can apply for reimbursement. I take credit cards. If you have concerns about the fee, please voice them - *I don't want cost to be a barrier to treatment - we can work something out.*

Cancellation policy: It is important to call me as soon as possible if you need to cancel an appointment. If I must cancel the appointment due to weather or emergency, I will call you and leave messages at both your home and alternate number.

The office is located at 723 North Market Street Frederick, Md. (My website has a map - frederickacupuncture.com) Please do not hesitate to call me if you have any questions before your visit or at any time during your treatment. My phone number is 301-606-2185. I check for messages often.

Acupuncture, I say, is a wonderful healing art. I think you will be glad you are taking the opportunity to experience it.

Yours,
Nancy Smith L.Ac.

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Treatment Modalities

Acupuncture: The use of sterile especially designed needles placed into the skin at points of accumulation of "qi". Qi is an old term that is hard to describe. Qi may be the body's flow of information. When qi is flowing smoothly the experience of aliveness is enhanced. When qi is blocked symptoms may develop.

Moxa: An herb that is placed on the skin at acupuncture points. The herb is lit with an ember from an incense stick. The patient will experience a pleasant sense of heat. As soon as the patient feels the heat, the moxa is removed, so no or only slight flushing is present on the skin. Moxa promotes the movement of qi in a way similar to acupuncture needles.

Zero Balancing: A massage type technique that involves touching. The practitioner places her hands on the head and shoulders, back or feet and applies pressure at tense areas where the bone and muscles meet.

Somatic Experiencing: I am Somatic Experiencing Practitioner

"Somatic Experiencing® (SE) is a short-term naturalistic approach to the resolution and healing of trauma developed by Dr. Peter Levine. It is based upon the observation that wild prey animals, though threatened routinely, are rarely traumatized. Animals in the wild utilize innate mechanisms to regulate and discharge the high levels of energy arousal associated with defensive survival behaviors. These mechanisms provide animals with a built-in "immunity" to trauma that enables them to return to normal in the aftermath of highly "charged" life-threatening experiences.

Although humans are born with virtually the same regulatory mechanisms as animals, the function of these instinctive systems is often overridden or inhibited by, among other things, the "rational" portion of our brains. This restraint prevents the complete discharge of survival energies, and does not allow the nervous system to regain its equilibrium. The un-discharged "survival energy" remains "stuck" in the body and the nervous system. The various symptoms of trauma result from the body's attempt to "manage" and contain this unused energy.

SE employs the awareness of body sensation to help people "renegotiate" and heal their traumas rather than relieve them. With appropriate guidance with the body's instinctive "felt sense," individuals are able to access their own built-in immunity to trauma, allowing the highly aroused survival energies to be safely and gradually discharged. When these energies are discharged, people frequently experience a dramatic reduction in or disappearance of their traumatic symptoms." (information from the website traumahealing.com)

Diet, Exercise and Life Rhythm Assessment: Sometimes symptoms can be gently cleared by the inclusion of awareness of how diet, exercise and sleep patterns affect the symptom. An important part of this assessment is recognition of individual needs. For instance, sour tasting foods may improve digestion for some persons, but cause indigestion in others. Awareness and observation of individual responses is the key to this approach.

Qi Gong: Gentle movement and meditation done daily as a practice, to promote a relaxation response.