



WHO MIGHT BENEFIT FROM ACUPUNCTURE CARE?

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Acupuncture care is good for anyone to use, both to *prevent* ill health, and to *treat* ill-health. But some people are candidates for special reasons. If any of the following describe you, I encourage you to try acupuncture care.

1. People whose health conditions have not responded to biomedical ("standard", "conventional") care, or "have tried everything" without success.

2. People who seek a friendly, open, learning *relationship* with their practitioner. People who:

- want *time* to talk with their practitioner
- want a sense of *being in charge* of their own health, not just following directions or taking drugs
- *like* to be touched or (even) hugged
- are *committed* to making lifestyle changes to get well or stay well

3. People who want to take a *combined* approach to staying well or resolving their health problems. These people can combine acupuncture care with biomedicine, chiropractic, massage or any other health care practice to treat many conditions such as:

- nausea of pregnancy
- trauma and acute pain conditions
- pre-surgery preparation and post-surgery recovery
- post-stroke recovery
- fatigue and nausea of cancer care
- musculoskeletal pain and malfunction

4. People with special issues such as:

- "nothing wrong" by lab test but still don't feel well
- multiple problems that require them to see a lot of MDs yet suspect a holistic approach might help everything at once
- fragile conditions that preclude surgery
- multiple drug sensitivities or wishing for a non-drug approach
- former drug abusers who must avoid pharmaceuticals

5. People who dislike, fear, or resist the options offered by other medical practices.