

Dear Patient,

Thank you for choosing Kimia Wellness as your preferred partner in health!

Please take note of the following instructions to optimize your acupuncture treatment.

### PRIOR to treatment:

- Make sure you have had a light snack or meal prior to the treatment (no empty stomach)
- Make sure you **do not** have a full stomach. Also do not over eat prior to the treatment.
- Make sure your cell phone is on Airplane mode or completely turned off for the duration of the treatment.
- Avoid alcohol on the day of treatment.
- Come well hydrated. Make sure you drink plenty of **water** before and after treatment. This will give your body the opportunity to flush out the toxins that are being released by the treatment.
- Please be considerate of our **24 hour** cancellation policy.

### DURING treatment:

- Make sure you wear comfortable clothing. (In case you don't we can provide you with special wear for the treatment) Preferably come with clothing that allows for the abdomen to be **free** and for sleeves/pants to be easily rolled up above elbows/knees.
- Your thoughts and attitude are **KEY to healing**. Having and maintaining a positive attitude and a belief that deep healing is possible will only deepen and speed up your healing process.

### AFTER treatment:

- Drink plenty of **water** after treatment (drink a minimum half your bodyweight in ounces a day)
- Start and keep a daily Food Journal for a minimum of three days. (breakfast, lunch, dinner & snacks)
- Chew food **50 times** before swallowing (or minimally start creating a conscious eating habit of chewing and eating slowly.)
- Payment is due at the time of treatment. We prefer cash or check, credit cards are accepted also. Most insurances health plans may also be accepted.
- Allow yourself some time to relax when possible prior to getting back to your regular tasks/activities.
- Please refrain from any strenuous exercise immediately following the treatment.
- Keep a **POSITIVE** attitude and EXPECT positive results.

~WELCOME TO KIMIA WELLNESS & LET THE HEALING BEGIN~  
ROY KIMIA, L.Ac.