Welcome to Our Community!

Please take a minute to read this introduction to our clinic and to our community. We are delighted that you are interested in joining us!

What is different about Inter-Health Acupuncture?

• We treat in a community setting -
Most US acupuncturists treat people on tables in individual cubicles. This is not traditional in Asia, where acupuncture usually occurs in a community setting. In our clinic we primarily use recliners, arranged together in a larger, comfortable space. Treating clients in a community setting has many benefits: it’s easy for friends and family members to come in for treatment together; many clients find it comforting; and a collective energetic field becomes established which actually makes individual treatments more powerful. In some styles of acupuncture, the needles are removed after only a few minutes or after a half hour at most. The style of acupuncture we practice at Inter-Health Acupuncture (IHA) is individualized so the length of time needles are left in varies with each client and the condition being treated. Generally speaking however, needles are left in between 30-45 minutes. Many people fall asleep, and wake feeling refreshed.

• We have a sliding scale -
Most US acupuncturists also see only one patient per hour and charge $65 to $175 per treatment. We don’t. The only way that we at IHA can make acupuncture affordable and still make a living ourselves is to streamline our treatments and see multiple patients in an hour, so we have returned to the traditional approach. Instead of asking you lots of questions, we rely on pulse and tongue diagnosis and palpation of affected or related meridians to decide how to treat you. This is exactly how acupuncture is practiced traditionally in Asia -- many patients per hour and very little talking.

We offer a sliding scale of $20.00 - $40.00 for acupuncture treatments in order to make treatment more affordable, and therefore more accessible, to everyone. You decide what you pay within our sliding scale. Because we have a sliding scale, we cannot do insurance billing (that’s the insurance companies’ rule). If you have insurance that covers acupuncture, we’ll be happy to give you a payment receipt, and you can submit it; that’s OK with the insurance companies.

We do have the capability of offering individual acupuncture treatments for people who prefer that option. Those services require an individual appointment to be scheduled outside of our community clinic hours and have a different fee structure.

Our Commitment to You

We want to make it possible for you to receive acupuncture regularly enough and long enough to get better and stay better. We want our community to be welcoming to all different kinds of people. We want to give you the tools to take care of your own health. We will provide a safe environment with skilled practitioners. If intensive treatment is recommended to you, we will make every effort to make the care you need accessible and affordable.

What We Need From You

♦ Responsibility
IHA does not provide primary care medicine! Acupuncture is a wonderful complement to Western medicine, but it is not a substitute for it. If you think you have a problem that is not “garden variety” (meaning, you are worried that you might have a serious infection, a malignant growth, or an injury that won’t heal), or if you want someone knowledgeable to go over the details of your medical history with you, you need to see a primary care physician (ND, MD, or DO). We can provide some excellent, affordable referrals, even if you have no insurance coverage. We can provide complimentary care for conditions that require a physician’s attention, but we need you to take responsibility for your own health.
Flexibility
The community setting requires some flexibility from you. For instance, many clients have a favorite recliner. When we are busy, someone may be sitting in yours. Similarly, we have a few clients who snore. Some clients who dislike snoring bring earplugs to their treatments. We are grateful for this! Some of our clients even bring favorite pillows or blankets from home with them, because they prefer theirs to ours. That’s fine with us. Basically, we need you to participate in making yourself comfortable in the community room before we arrive to treat you.

In terms of how long you want to stay -- tell the receptionist, when you check in, if you need to be somewhere at a certain time! If you want to be unpinned at a specific time, ask her to make a note and give it to the acupuncturist. We’ll make sure you’re out on time. In general, if you feel your treatment is done, open your eyes and give us a meaningful look -- if your eyes are closed, we think you’re asleep and we won’t wake you up.

Community-Mindedness
The soothing atmosphere in our clinic exists because all of our clients create it by relaxing together. We appreciate everyone’s presence! This kind of collective stillness is a rare and precious thing in our rushed and busy society. Maintaining this reservoir of calm requires that no one talk very much in the clinic space. If you would like to speak to a practitioner one-on-one at any length, please let us know. If you want to have a substantial conversation, we will probably need to schedule that separately and might need to do it by phone.

Part of our success is that our clients learn the “routine” and take on a lot of responsibility for their appointments. Re-scheduling and making payment happens at the front desk BEFORE each treatment, so you can relax and enjoy treatment. Please take all personal belongings, (bags, shoes, etc.) with you back into the treatment room. And of course, please turn off your cell phone.

Commitment
Acupuncture is a PROCESS. It is very rare for any acupuncturist to be able 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 of our patients don’t need that much acupuncture, but virtually every patient requires a course of treatment, rather than a single treatment, in order to get what they want from acupuncture.

On your first visit, your acupuncturist will suggest a course of treatment, which can be anything from “we’d like to see you once a week for six weeks” to “we’d really like to see you every day for the next four days”. This suggestion is based on our experience with treating different kinds of conditions. If you don’t come in often enough or long enough, acupuncture probably won’t work for you. The purpose of our sliding scale is to help you make that commitment. If you have questions about how long it will take to see results, please ask us, or if you think you need to adjust your treatment plan, please let us 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. We do, and hope that Inter-Health Acupuncture can be an important part of your community. Thank you,

Inter-Health Acupuncture, LLC Staff