



McBride Healing, LLC

Welcome to Our Community

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

Philosophy

The purpose of this clinic is to provide high quality acupuncture, herbal and shiatsu treatments at affordable rates in a supportive community setting. My goals are to help you to get relief, feel better, and stay better. According to thousands of years of experience in China and current medical research, the best way to accomplish these goals is to ensure that you can come in frequently and to maintain a course of treatment over the long term. This is only possible if I keep my prices affordable.

Community-Mindedness

Traditionally in Asia, acupuncture occurs in a community setting with a majority of patients being treated in chairs. I primarily use several recliners in a quiet, soothing room. The soothing atmosphere of our clinic exists because all of our patients 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. Please enjoy the space... We do, and hope that this clinic can be an important part of your community.

What to expect at a community clinic

Experience

Your first time at the clinic you will fill out paperwork regarding your health history and current health concerns. You will also have time to ask me questions and discuss your current health. Once you have been through your first treatment, all the other aspects of treatment will remain the same. As soon as you arrive at the clinic, check in at the front desk and let them know you have arrived. You can schedule your next appointment, pay ahead of your treatment, or wait to do that at the end.

Then you will go to the community room, and make yourself comfortable. Someone will either direct you back, or if I am not with another patient, I will come up to greet you. When you enter the treatment space, you will see 5 recliners; some chairs will have patients resting in them. Choose whichever chair you want, and put belongings in the basket along the side of the recliner. You will hear quiet music playing which mutes conversation in the room. Grab a blanket if you think you may get cold, ear plugs if you need additional quiet, and settle into your chair. I will soon come over to check in with you. We will talk quietly for a short time about your case. It is important that we focus on treating one issue at a time. This allows you to determine whether we are making progress. I will take your pulse and look at your tongue. I rely primarily on pulse diagnosis to determine your treatment plan.

I will then start the treatment. I will insert fine single-use needles into 1 to 20 acupuncture points. I practice a Japanese form of acupuncture. In this style, most of the points will be located from your elbows to your fingers, or knees down to your toes; this is true even if you have back pain. Rarely will I put needles into the local area where you have symptoms. I have found this style of treatment to be very effective for my patients, especially for pain relief. At the insertion of the needles you may feel something similar to a mosquito bite when the needle goes in, or you may feel nothing at all.



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Once the needle is in, I want you to feel either nothing at all, a dull ache, warmth, tingling, or a mild electric sensation. I do not want you to feel anything sharp, so please let me know if that is the case; I will make an adjustment or take the needle out. The style of acupuncture I practice allows patients to keep their needles in for as long as they want up to an hour. The “right” amount of time varies from patient to patient. Most people learn over time when they feel “done”. The indication for this “done” feeling is that you may get very groggy or fall asleep, and then wake feeling refreshed like you just took a great nap.

After your needles are taken out, you may feel tenderness at a particular point. In this case, please let me know and I may take some time to relieve the achy feeling. It will be good for you to continue to massage that point regularly over the next few days. Once the treatment is done, please check out with the front desk and let them know you are leaving. You can process your payment with the front desk. If you need a receipt, please let them know and they will print it for you. Schedule your next appointment and ask them for a reminder card if you need one.

My Commitment to You

I want to make it possible for you to receive acupuncture frequently and long enough to get and stay better. I want to give you the tools to take care of your own health so that you will not need to rely on insurance or pharmaceutical companies for costly, high-tech interventions. I will provide a safe environment with skilled and licensed practitioners.

Payments

I will give you several payment options that make acupuncture an affordable and reasonable part of your ongoing health maintenance plan. Your long term health is my primary goal. The only way this is possible within Asian medicine is to start, continue, and maintain treatment as a long term process. The payment options are intended to ensure you can afford to start and stick with a treatment plan that allows you to feel better. After you have reviewed the payment options sheet, if you have any concerns, please call my cellular number to discuss this directly with me.

Insurance

Please see the enclosed form that explains our payment options. Because I have a range of prices, I can not bill insurance companies. If you have insurance that covers acupuncture, please let the front desk know and we'll be happy to give you a payment receipt with the appropriate codes. You can then submit it directly to the insurance company.

How to Choose the Setting that is Right for You

Why Choose A Community Setting?

Have you ever noticed the difference between watching a concert or sports event in a stadium verses watching it alone on TV at home? How about attending church or a yoga class verses praying or practicing yoga by yourself? Have you heard the phrase “Power in numbers”? There really is something powerful about doing things in a group that is difficult to put into words. It is more than just the great energy that comes when you are surrounded by community; you are in a comforting, supportive environment where other people are experiencing what you are experiencing. Many people appreciate that you can come in for treatment with family, friends and/ or colleagues. In addition, people find that there is a synergy that promotes relaxation and healing which is stronger in the community environment.



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And finally, acupuncture is more affordable in a community environment, and this allows you to come in more frequently and for longer periods of time to ensure faster and more permanent healing.

Why Choose A Private Setting?

In the private setting you can experience a one on one treatment. Some individuals choose this style of treatment because they feel rather shy, and prefer additional privacy. Others want a few private treatments before they get started in the community model. You will receive additional bodywork, and focused attention on individual acupuncture points. In addition, it is possible to provide an herbal formula that is fit to your symptoms during this timeframe.

How to make the best of your treatment time

What to do before acupuncture

Please wear comfortable clothes that can be easily pulled up to the knees and elbows. In addition, please eat a snack within the hour that you come in for treatment. If you haven't eaten recently, you may feel dizzy during acupuncture and we will need to end the session early. If you think you would like a favorite pillow or blanket from home, feel free to bring that in with you. Consider making a list of symptoms or concerns between appointments that you can hand to me so I can quickly review your updates.

What to do in the treatment room before your treatment

Find an open chair and make yourself comfortable. If you would like a bottle of water or cup of tea, please help yourself to what is available. Grab a blanket, earplugs, an extra pillow or anything you think you may need to feel comfortable. Push your clothes up above your elbows and knees before I get there. Remember to keep your voice down so that others can rest uninterrupted.

Timing

Treatment timing is somewhat flexible. If you need to leave at a certain time, please tell me or the front desk when you check in! In addition, make a note of it on your treatment envelope. We will make sure you are out on time. In general, if you feel "done", open your eyes and give me a nod. If your eyes are closed, I may think you are resting and I won't wake you up until your time is up. If you feel like resting after your needles are out, feel free to stay and enjoy the space.

What to do after acupuncture

Take time to rest the evening after your treatment. You may feel a lot of energy during the days after your treatment, and may sleep very well. Your body needs this energy to continue healing, and to get the best results for your treatment. To make the best use of this extra energy, think "Everything in moderation!" Avoid alcohol or eating in excess for 24 hours after your treatment. Try to avoid working longer hours, working out harder than you normally would, or staying up late.

Patients often sleep very well after their treatment. For the next 24 – 48 hours you should notice a gradual to dramatic improvement in your symptoms. For some individuals, they wake the morning after with a significant change. For 10 – 15 percent of patients, they may have aggravated symptoms for the 24 – 48 hours after, and then feel much better after that. Although having more pain after your treatment is counter-intuitive, this is a very good sign that the treatment will be particularly effective. Please take note of how long your relief lasts, and when your symptoms start up again. These patterns are useful for us to plan your visit frequency, as well as help you gauge your progress over time.



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Keys for Getting Well

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. All of my satisfied patients have made a commitment to a course of treatment.

On your first visit, I will suggest a treatment schedule which will be anything from "I'd like to see you once a week for six weeks" to "I'd really like to see you everyday for the next 2 weeks, and then twice a

week for several weeks". This suggestion is based on my experience with treating different kinds of conditions. The purpose of our payment options 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. This is the best way to get good results.

Treatment Frequency Guidelines

Issue	Frequency
Pain or symptoms are a 10 out of 10	Every day until we see a change
You feel that you are at the end of your rope	Every day until we see a change
Pain or symptoms are 5 out of 10 or greater	3 times a week (no less than 2 times/ week)
Mild chronic issues (3 months – 1 year)	Once a week for 6-8 weeks and then re-evaluate
Really long-term chronic issues (1 year – life long)	Once per week for 10 weeks, or 2 times a week for 5 weeks, and then re-evaluate
PMS, endometriosis, menstrual cycle related	Weekly until a normal cycle is established, then every other week until 2 good cycles, and then once a month during the week before the symptoms takes place.
Chronic stress	Once a week until stress subsides
Wellness and prevention	Once a week, especially preceding travel, during the change of each season, or times of higher stress.
Most other issues	Once a week until 50% improvement, and then every other week until resolved
Chronic conditions with a very poor prognosis	Once a week indefinitely
Chronic tinnitus (ear ringing)	Minimum 20 or more treatments plus herbs

Responsibility

Asian medicine 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 (MD, ND, DO). I only practice Asian medicine in this clinic. I will not provide a Western diagnosis, nor be a sole practitioner for a very serious condition. I can provide complimentary care for



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conditions that require a physician's attention – for instance, we treat patients for the side effects of chemotherapy. But we need you to take responsibility for your own health.

If you have questions about acupuncture and how it works, please read the literature in the lobby or ask your practitioner for references. If you would like to speak to a practitioner one-on-one at any length, please let me know. If you want to have a substantial conversation I will probably need to schedule that separately and might need to do it by phone.

Part of our success is that patients learn the “routine” and take on a lot of responsibility for the appointments. Please hang up your coat up in the lobby and take your personal belongings (bag, shoes, etc.) in the community room with you. And, of course, please turn off your cell phone and pagers. The community setting requires some flexibility and self-reliance. For instance, many patients have a favorite recliner. When I am busy, someone may be sitting in your favorite chair. I will provide what I can to make you comfortable, but my hope is that you will also help yourself in the community room. Re-scheduling and making payments happens after each treatment when you check out with the front desk.

This clinic does not receive grants, state or federal money, or insurance reimbursement. Please plan to pay for your treatments the day of service. This is a sustainable community business model.

Thank you.

McBride Healing Community Clinic



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REGISTRATION FORM

DATE _____

NAME _____

ADDRESS _____
STREET APT#

CITY STATE ZIP CODE

TELEPHONE _____
HOME WORK CELL

EMAIL _____

(This will allow me to send you information that is relevant to your case. I may also send a health newsletter once a quarter. I will protect your contact information, and will not share or sell your e-mail address.)

DATE OF BIRTH ____/____/____ SEX: FEMALE / MALE

PRIMARY CARE PHYSICIAN _____

OCCUPATION _____ COMPANY NAME _____

EMERGENCY CONTACT _____ RELATIONSHIP _____

ADDRESS _____
STREET APT#

CITY STATE ZIP CODE

TELEPHONE _____
HOME WORK CELL

WHERE OR FROM WHOM DID YOU LEARN ABOUT McBRIDE HEALING, LLC?

SIGNATURE _____

DATE ____/____/____