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**A Very Warm Welcome!**

It is a pleasure to meet you and support you in your healing journey.

The following is some helpful information regarding your acupuncture treatments with me using the Classical Five Element method. Please read carefully as everything you need to know has been thoughtfully outlined in this letter. Initial each page after reading.

Thank you for this opportunity to serve you!

Kea

Kea Hedberg, L.Ac.

**Initial Visit Checklist**

1. Be sure you have eaten before your treatment.

2. Bring your calendar for rescheduling.

3. Bring cash or check (no credit cards) for payment.

4. Bring your insurance card.

5. Please do not wear any scents (perfume, heavy scented hair products, cologne, etc); smell is an important part of Five Element diagnostics.

6. If you tend to run late, plan to arrive early.

**Downtown Clinic:**

108 Locust St.,

Suite #4

Santa Cruz, CA 95060

**Garden Clinic:**

343 Frederick St., Santa Cruz, CA 95062

(831) 247-7355

**Classical Five Element Acupuncture**

**Ancient form of Healing**

I specialize in Five Element Acupuncture, a 3,000 year old method of healing from China that has been passed down in an oral tradition. Receiving Five Element Acupuncture is a commitment on behalf of the patient as well as the practitioner. It requires the careful study and monitoring of each patient’s case. Our journey together is often intimate and soulful, as the treatment addresses the deepest level of imbalance. As this form of treatment is distinct from Western Healthcare, as well as most traditional acupuncture, I have found the following treatment protocol to be the most helpful to create a safe container for deep and long lasting healing.

**Introduction and Exploration**

**Your initial visit will be 1 ½ - 2 hours in length.** This comprehensive opening interview and examination will help me discover all of your significant symptoms. It also allows for time to do call and response testing and treatment with acupuncture.

**Recommended Course Of Treatment**

After your initial appointment, five weekly treatments (about 45 minutes each) are highly recommended to facilitate and experience optimal results. This momentum can be very helpful and sometimes critical to gain headway so your improvements will hold from treatment to treatment. Each person’s healing pace is unique. You may experience positive results after your very first treatment. The depth and length of history of the underlying condition are influential factors in your personal treatment protocol. Additionally, your commitment to healing is a valuable component of recovery. As soon as your balance is holding from one treatment to the next, we will extend the time between treatments.

Note: It is recommended that you book your five appointments during your first visit to accommodate both our schedules.

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**Nuts and Bolts**

**Payment Plan**

**Payment:** CASH AND CHECK ONLY are accepted. No credit cards at this time. I do NOT bill insurance, however, superbills are provided for you to submit to your insurance carrier.

**Initial Visit:** $220

**Follow Up Visits:** $120. Herbal prescriptions are additional and vary in price.

**Two-Day Cancellation and Rescheduling Policy**

In my intention to offer you the best service possible, I have adopted a two-day cancellation policy. Two-day policy example: if you have an appointment on a Wednesday, I need to be notified of your cancellation/rescheduling by the end of the day on Monday. Appointments cancelled/rescheduled with less than two day’s notification will be charged full payment. EXCEPTIONS: emergencies and the illness of self or child.

**Confidentiality**

As we are a small community here in Santa Cruz, it is important to remind everyone that all information shared in the treatment room is confidential. Occasionally I will discuss your case with a more senior practitioner or colleague for developmental purposes at which time all identities will be anonymous. If you are working with another health care practitioner, occasionally I will ask for permission to consult with her or him to deepen and further integrate your level of care.

**Post Treatment Checklist**

***Optimizing your treatment response***

1. Drink lots of water, especially in those first three days after treatment. Even if you are a water drinker, drink more than you are accustomed to drinking. Remember that caffeine and alcohol are dehydrating to the body.

2. No alcohol, heavy exercise, heavy sweating for 24 hours.

3. Simplify the rest of your day after your treatment – minimize distractions and avoid stressful situations.

4. Avoid sexual activity for 24 hours if issues touched upon in treatment are related to areas of intimacy.

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**Herbal Medicine**

Herbal medicine is a very powerful adjunct therapy that supports the healing process. Proper differential diagnosis may require additional treatment time to formulate your customized herbal prescription. If you would like herbs, please do not hesitate to ask for recommendations. For more complex cases, I will refer out to Darren Huckle, L.Ac. For more information on Darren, please refer to www.rootsofwellness.net.

**Treatment Response**

A treatment will actively go on in your body for up to three days after you leave the office. The process starts while you are on the table being treated, but goes on long after you leave the office. You may experience variable periods of fatigue or high energy in those first few days after treatment. Allow yourself to rest or get extra sleep if you feel that you need it. You may also have emotional ups and downs or mood swings; make space for this. Sometimes areas of your body may hurt more for the first couple of days after treatment. Try to remember that none of these things are bad. **They are usually a sign that your body is integrating the treatment and working on its own healing. It is often a sign that previously dormant conditions are being awakened so that healing can occur. If you have any questions or concerns at any time, please contact me.**

I look forward to our journey together!

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