



## **Welcome to Guelph Community Acupuncture!**

**We treat in a community setting.** We use lazyboy recliner chairs in a large, quiet, and soothing space. Treating patients in a community setting has many benefits: it is easy for friends and family members to come in for treatment together, which many patients find it comforting. This collective stillness is a precious thing in our rushed and isolating society. Maintaining the reservoir of calm requires that no one talk very much in the clinic space – including us. If you would like to speak to your acupuncturist one-on-one at great length, please let us know; we may need to do this over the phone, and schedule it at a different time.

**We have a sliding scale.** Most other acupuncturists see one patient per hour and charge anywhere from \$50 - \$130 per session. We don't. The way we at GCA are able to make acupuncture more affordable and still make a living by seeing multiple patients in an hour. This is exactly how acupuncture is practiced traditionally worldwide – group treatments, many patients per hour, and very little talking

There is a one-time \$10 paperwork fee with the first appointment. Acupuncture sessions are on a sliding scale of \$20-\$40 per treatment. You decide what you can afford. No questions asked. No difference in treatment based on payment.

**Acupuncture is a PROCESS.** It is very rare for any person to be able to resolve a problem completely with one treatment. Acupuncture is most effective for current health concerns when it is done frequently and regularly. We find this to be especially true at the beginning of a course of treatment. Frequent treatment is much more likely to lead to relief.

Your acupuncturist will suggest a course of treatment based on the intensity and duration of your health concern. This could be anywhere from “We’d like to see you once a week for six weeks” to “We’d like to see you every day for the next four days.” If you don’t come in often enough or for enough treatments, acupuncture probably won’t work as well for you. Our primary goal is to make acupuncture available to you as often as you need it.

We hope you enjoy your time here!

**Guelph Community Acupuncture staff**