



**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 calm space requires that no one talk very much here, including us. If you need to speak with your practitioner one-on-one for a longer period, we may need to do this on the phone at a later time.

Please choose a tidy chair to sit in when you arrive. Please leave your blankets on your chair when you go.

**We have a sliding scale.** Most acupuncturists see one patient per hour, and charge anywhere from \$50 - \$150 per session. We don't. The way we at GCA are able to make acupuncture more affordable and still make a living is to see multiple patients in an hour. This is exactly how acupuncture is practiced traditionally worldwide—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 anyone to be able to completely resolve a problem with one treatment. Acupuncture is more effective when it is done frequently and regularly. We find this to be especially true at the beginning of a course of treatment. Frequent regular treatment is much more likely to lead to lasting relief.

Your practitioner 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 five 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**