



Patient Commitment Form

We require you to read this form first, as it will clearly lay out what you can expect as a new patient and the steps you will need to take to gain maximum benefit from your treatment.

Health has a lot to do with personal responsibility. Our clinic can certainly offer you very deep and powerful support in overcoming chronic health conditions or pain. However, it will be ultimately up to you to be accountable for your own health by being compliant with the lifestyle recommendations we offer, whether they be dietary, exercises or stress reduction techniques.

A lot of people assume that acupuncture works like magic and that all they have to do is show up for treatment and their health problems will disappear. This is not the way acupuncture and Oriental medicine works. When you have chronic health issues, we have to work together as a team and implement a variety of lifestyle strategies for the acupuncture to work on the deepest level possible. If you have been told “acupuncture should work on the first treatment or else it’s not going to work at all,” this is false information, and we encourage you to consider otherwise.

Many times the effects of acupuncture will take hold after an initial series of 6-8 treatments, depending on your situation. There are times when you may feel amazing after the first treatment, but for chronic issues, you can expect it to take some time.

Here are the exact steps you will need to take to gain maximum benefit from your treatment. Mary Mees, LAc, DAOM is very excited to work with you if you are willing to hold yourself accountable to these very important action steps:

1. Practice consistency in treatment

On your initial patient visit we will discuss frequency and number of treatments to reach maximum progress. We ask that you make a commitment to the treatment plan by making your visits a top priority. Acupuncture and functional medicine work best with consistent and cumulative care.

2. Follow our nutritional guidelines

On your initial patient visit you will receive our **Best Results Nutritional Guidelines**. This is one of the most important steps you can take to heal

805.705.1792

www.integratedacupuncture.com

© 2010 Integrated Acupuncture Services, PC

all kinds of chronic issues. Many of our patients are asked to undergo allergy elimination protocols as well in order to achieve optimal benefit.

3. Exercise 3-4 times per week

Choose the form of exercise that best suits your lifestyle and personality. Keep a journal of your activities. The key is to enjoy what you do. Try walking, stretching, yoga, tai chi, biking, etc.

4. Spend a few minutes a day of quiet time and introspection

Meditation is ideal for this purpose. Try our ***90-Second Meditation for Power People***.

5. Be willing to let go of addictions that are undermining your health.

We have found that acupuncture and Oriental medicine can work on very profound levels if these basic steps are taken. We only ask that you do the best you can to follow these guidelines, as they will ensure that you receive the full benefit from our care.

After seeing hundreds of patients over the past several years, we would like to share an overview of the patient that does best with our approach.

Our ideal patients:

- *Are willing to take responsibility for their health; they are not just looking for a magic bullet that will instantly cure their issues.*
- *Are interested in working with their minds by exposing and liberating harmful or limiting beliefs (our approach to medicine purposefully honors the powerful role the mind plays in our health and wellbeing).*
- *Are generally interested in living with purpose and balance.*
- *Are compliant; they are happy to make recommended lifestyle changes and to follow their prescribed herbs, supplements and exercises*
- *Value their health and the treatment process; they make a commitment to showing up on time for treatment and sticking to their appointments because they know how important it is to reaching their health goals.*
- *See acupuncture and Oriental medicine as a lifestyle choice; generally we don't see patients who just have a specific pain they want to go away in 1-2 treatments and then never come back.*
- *Are eager to learn and grow.*

If this describes you: GREAT! We would love to have you in our practice! You should do very well with our approach. Be sure to start by downloading our eBook *How To Thrive in the Modern World*. Then call us at **805-705-1792** or **schedule online**, and we'll get you in just as soon as we can!

805.705.1792

www.integratedacupuncture.com

© 2010 Integrated Acupuncture Services, PC