

Welcome to Open Door Community Acupuncture!

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

What is different about the ODCA clinic?

- ***We treat in a community setting***

Most US acupuncturists treat patients on tables in individual cubicles. This is not traditional in Asia, where acupuncture usually occurs in a community setting. In our clinic we primarily use recliners in a large, quiet, soothing space. Treating patients in a community setting has many benefits. It's easy for friends and family members to come in for treatment together; many patients find it comforting; and a collective energetic field becomes established which actually makes individual treatments more powerful. In some styles of acupuncture, the needles are removed after only a few minutes or after a half hour at most. The style of acupuncture we practice at ODCA allows patients to keep their needles in as long as they want, and the "right" amount of time varies from patient to patient. Most people learn after a few treatments when they feel "done"; this can take from twenty minutes to a couple of hours! Many people fall asleep, and wake feeling refreshed.

- ***We have a sliding scale***

Most US acupuncturists also see only one patient per hour and charge \$65 to \$175 per treatment. They tend to spend a long time talking with each patient, going over medical records, asking many questions. We don't. The only way that we at ODCA can make acupuncture affordable and still make a living ourselves is to streamline our treatments and see multiple patients in an hour, so we have streamlined our approach; we have a thorough intake form and we use pulse diagnosis to decide how to treat you. This is exactly how acupuncture is practiced traditionally in Asia -- many patients per hour and very little talking. Please see the enclosed form that explains our sliding scale (\$15 - 45, pay what you want). Because we have a sliding scale, we cannot do insurance billing (that's the insurance companies' rule). If you have insurance that covers acupuncture, we'll be happy to give you a payment receipt, and you can submit it; that's OK with the insurance companies.

Our Commitment to You

We want to make it possible for you to receive acupuncture regularly enough and long enough to get well and stay well. We want our community to be welcoming to all different kinds of people. We want to give you the tools to take care of your own health so that you will not need to rely on corporations like Big Insurance or Big Pharmaceuticals for costly, high-tech interventions. We will provide a safe environment with skilled practitioners.

What We Need From You

- **Responsibility**

ODCA does not provide Western medicine! Acupuncture and Western medicine complement each other wonderfully, but neither is a substitute for the other. 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 your medical history from a Western medical perspective, you need to see an appropriate provider (ND, MD, or DO). We can provide referrals. But you cannot expect us to diagnose something really serious. We *can* provide complimentary care for conditions that require a doctor’s attention -- for instance, we often treat patients for the side effects of chemotherapy. But we need you to take responsibility for your own health.

ODCA does not receive grants, state or federal money, or insurance reimbursement. ODCA exists because patients pay for their treatments – it a sustainable community business model.

- **Flexibility**

The community setting requires some flexibility from you. For instance, many patients have a favorite recliner. When we are busy, someone may be sitting in yours. Similarly, we have a few patients who snore. Other patients who dislike snoring bring earplugs to their treatments. We are grateful for this! Some of our patients even bring favorite pillows or blankets from home with them, because they prefer theirs to ours. That’s fine with us. Basically, we need you to participate in making yourself comfortable in the community room before we arrive to treat you.

In terms of how long you want to stay -- tell us, when you check in, if you need to be unpinned at a certain time. In general, if you feel done, open your eyes and give us a meaningful look -- if your eyes are closed, we think you’re asleep and we won’t wake you up.

- **Community-Mindedness**

The soothing atmosphere in 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. If you would like to speak to a practitioner one-on-one at any length, please let us know. If you want to have a substantial conversation, we will probably need to schedule that separately by phone. If you have questions about acupuncture and how it works, please ask at the desk. Unfortunately, we can’t explain what every point does, or how acupuncture works, while we are treating you -- these are very large topics!

Part of our success is that our patients learn the “routine” and take on a lot of responsibility for the appointments. Re-scheduling and making payment happens at the front desk BEFORE each treatment, so you can relax and enjoy treatment. Please take all personal belongings, (bags, shoes, etc.) with you back into the treatment room. And of course, please turn off your cell phone.

- **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 four times a week for a month! 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.

One big reason that we are able to keep our prices so low is because of the extraordinary amount of marketing our patients do on our behalf -- we don't have to advertise. We cannot express how grateful we are for this. Our patients are such effective marketers because they have first-hand experience of how well acupuncture works. All of our satisfied patients basically made a commitment to a course of treatment.

On your first visit, we will suggest a course of treatment, which can be anything from “we'd like to see you once a week for six weeks” to “we'd really like to see you every day for the next four days.” This suggestion is based on our experience with treating different kinds of conditions. If you don't come in often enough or long enough, acupuncture probably won't work for you. The purpose of our sliding scale 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. We need you to commit to the process of treatment in order to get good results.

And, last, but not least...enjoy the space. We do, and hope that Open Door Community Acupuncture can be an important part of your community.

Thank you,

Open Door Community Acupuncture Staff

WHAT CAN ACUPUNCTURE TREAT?

Acupuncture works by balancing the body. It doesn't matter how young or how old you are—it's good for all ages. Since many problems are the result of a qi imbalance, acupuncture can help a vast range of conditions. Here's a very short list!

- Acid Reflux
- Acne
- Addiction
- Anxiety
- Arthritis
- Asthma
- Back Pain
- Bell's Palsy
- Carpal Tunnel
- Chemotherapy Side Effects
- Chronic Pain
- Cold & Flu
- Constipation
- Depression
- Detox
- Diarrhea
- Digestion
- Energy
- Fibromyalgia
- Headaches
- Heart Health
- Hemorrhoids
- High Blood Pressure
- Immune Support
- Injury
- Insomnia
- Knee Pain
- Liver Health
- Low Blood Pressure
- Migraines
- Nausea
- Neck Pain
- Numbness
- Performance
- Pre- and Post-Surgery
- Prostatitis
- Quit Smoking
- Radiation Therapy Side Effects
- Sexual Health
- Shoulder Pain
- Shingles
- Stress
- Stroke
- Tingling
- TMJ
- Tune-ups
- Urination Issues
- And much more...

SLIDING SCALE

Open Door Community Acupuncture provides high quality acupuncture treatment at affordable rates in a supportive community setting. The acupuncture we practice uses mostly “distal” points in the hands, feet and head to treat problems anywhere in the body – meaning we will probably treat pain in your back by placing tiny needles in your hands. Research in the United States (as well as thousands of years of tradition in Asia) has shown that acupuncture is most effective when it is done frequently and regularly – once a week is usually the minimum required to make progress on any kind of health problem.

The purpose of our sliding scale is to separate the issues of money and treatment; we want you to come in often enough to really get well and stay well!

The table below contains suggested guidelines for what you might pay depending on your income; HOWEVER, we understand that everyone’s situation is different, and our primary goal is to make acupuncture available to you as often as you need it. No questions asked!

Please note that if you cancel your appointment with less than 24 hours’ notice, there will be a \$20 charge.

We accept cash or check.

Income	1st Appointment Paperwork Fee	Acupuncture Treatments
Under \$20,000	\$10	\$15
\$20,000-\$25,000	\$10	\$20
\$25,000-\$30,000	\$10	\$25
\$30,000-\$50,000	\$10	\$35
\$50,000 and up	\$10	\$45

FINANCIAL POLICY

Open Door Community Acupuncture makes alternative health care (as acupuncture and Chinese medicine) available to as many people as possible, at the most affordable rates.

We love to treat you, and everyone else who walks through our doors. If it's not possible for you to make your appointment, please give us 24 hours' notice. All appointments that are cancelled or rescheduled with less than 24 hours' notice will be charged a \$20 fee. If appointments have been purchased in a package, the missed one will be deducted from the remaining number.

Thank you for your understanding!

CONSENT FOR TREATMENT

Acupuncture and its associated modalities (tui na massage, electro-acupuncture, acupressure, manual therapy, cupping, gua sha) are very safe and highly effective.

Potential benefits: Drugless relief of presenting symptoms and improved balance of body energies that can lead to prevention, improvement or elimination of the presenting problem.

Occasionally there are side effects. These don't happen often!

Potential risks: Discomfort, pain, bruising, blistering, bleeding, temporary discoloration of the skin, possible aggravation of symptoms existing prior to the acupuncture treatment.

Patients with bleeding disorders, pacemakers or breast augmentation should inform the practitioner prior to receiving treatment.

With this knowledge, I voluntarily consent to acupuncture and associated modalities, realizing that no guarantees have been given to me by Open Door Community Acupuncture regarding cure or improvement of my condition. I hereby release Open Door Community Acupuncture from any and all liability, which may occur in connection with the above-mentioned procedures. I understand I am free to withdraw this consent and discontinue participation at any time.