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**Qi-Mover Acupuncture** (410-964-3767)  
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## **QI-MOVER ACUPUNCTURE INFORMATION**

**TRADITIONAL ACUPUNCTURE** is a healing art based on the laws of nature. It takes into account the marvelous complexity of each person in body, mind and spirit - that is, as a total unified being. It works preventively, as well as curatively, doing whatever a person's unique nature will allow. Thus, the amount of treatment and the response to treatment vary according to the person.

It is important that you be aware of all sorts of change that may express itself within you during and after each treatment. This could include, but is not limited to, an intense awareness of old memories, unfamiliar bursts of emotion, a short period of intensification of a particular symptom, a sense of relaxation or a feeling of mental clarity and /or a change in body functions. Do not be concerned if you feel some unusual changes happening; they are important in the healing process and you should allow time for them to run their course.

### **BEFORE AND AFTER TREATMENT**

To enhance the value of therapy the following are important:

- Avoid heavy or large meals prior to and immediately after treatment.
- If you bathe or shower after treatment, use comfortably warm water; avoid hot or cold.
- Do not use perfume prior to treatment.
- Do not rush to your appointment - better to be a few minutes late than to elevate your pulse rate and blood pressure
- Plan your activities so that after treatment you can get some rest and thus allow your body to gain the maximum benefit.
- Continue prescription medication exactly as directed by your personal physician.
- Report any changes in physical or emotional patterns that occur between treatment sessions. Such detail is valuable in planning the course of treatment.

## **CARING FOR YOURSELF**

Traditional Chinese Medicine relies on one's own energies. To gain the maximum benefit, one must respect his/her body-mind and live with moderation within the laws of nature. Among other things, this means adequate rest, nutrition, and exercise on both the mental and physical levels. It is also important to avoid excess, such as excess worry, anxiety, fear, etc., on the mental level and excess sugar, refined flour, alcohol, coffee, tobacco and processed foods on the physical level.

It is helpful to imagine yourself the way you would like to be and feel. Your own mental energy is a powerful force. Allow your thoughts and attitude to reinforce the treatment. Picture yourself in a healthy, free flowing, balanced state of being and, most of all, be kind to yourself mentally and physically.

Being in acupuncture treatment is being in partnership with your practitioner. It is not done *to* you, but rather *with* you.

## **LIMITATIONS, EMERGENCIES AND GENERAL MEDICAL CARE**

Acupuncture may be used in conjunction with other care that you are receiving. Continue any prescription medication exactly as prescribed by your physician. In any medical emergency, contact your personal physician or nearest emergency health services facility. Please inform me about such occurrences.

Do not hesitate to call me at any time at 410-964-3767 if you have a concern about treatment. If you get the answering machine, please leave a message; if you feel it is an emergency, please say so. I will return your call as soon as possible.

Please read these instructions carefully and keep them for reference. I want to work with you as closely as possible. If you have any questions, please ask.

Sincerely,

Cathy J. Schwarz