

# Holistic Treatments

Dear Friends,

Please read this form carefully. The purpose of this form is to ensure you know what to expect when you choose our clinic for care and treatment. Please feel free to call us (207)240-4100 if you have any questions or concerns.

## We treat the person, not the symptom.

Family Acupuncture and Holistic Medicine is a holistic medical practice. Our main treatment approach is based on one of the world's oldest naturopathic medical practices - Classical Chinese Medicine (CCM).

Classical Chinese Medicine is a complete and refined medical system. It has been strengthened by thousands of years of empirical science. Volumes of books have been written by experienced Chinese doctors who have analyzed and summarized millions of medical cases through the centuries. The foundation of Classical Chinese Medicine is based upon this research and analysis of best practices. The effects of CCM have been investigated by western medical researchers throughout the world since the middle of the last century.

## When you come to our clinic...

Be ready to engage in a thoughtful conversation about your health and health care choices. The more details we know about you, the easier it is for us to find ways to help you. We treat the interconnected levels of each individual, meaning the physical, emotional, mental and spiritual parts of you. We do not rush; we only treat one patient at a time. If applicable, we will also discuss and consider your western medical diagnosis that you have received from your physician during our conversation.

Our holistic treatment utilizes a synergistic combination of eastern and western medical practices. We use proven naturopathic medical approaches including acupuncture, Western and Chinese medicinal herbs, individualized healing diets, minerals, vitamins and other natural food-based supplements, and lifestyle coaching. We strongly believe and encourage a synergistic, integrative approach to medicine where carefully selected medical modalities/techniques can be used together to achieve better results. We always recommend that you maintain a relationship with a primary care physician and appropriate medical specialists who are willing to communicate and exchange medical opinions with each other so that you can achieve optimal health.



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Most back, neck and other joint problems that may bring you to a chiropractor can be successfully relieved with acupuncture. In those rare cases when chiropractic adjustment is necessary, we will be glad to refer you to an experienced chiropractor. When it is appropriate, we also refer our patients to other experienced health care providers including medical specialists, massage therapists, homeopaths and psychotherapists.

## We may also use symptomatic approaches...

to help you with localized pain or discomfort. However, *our focus is to treat the whole individual* as we have noticed that local, symptomatic treatments often results in the eventual return of the original symptoms. The foundation of Classical Chinese Medicine is on the individual and working towards balance at the physical, emotional, mental and spiritual levels.

Holistic treatment requires identifying the primary imbalances in the body and inner organs. These imbalances (root problems) lead to symptoms and syndromes. Holistic treatment has great potential to bring the body into homeostasis. It may help you resolve problems that you initially complained about and also problems you forgot to complain about! Our body is a powerful self-regulating system that needs some help from us to provide self-healing.

Many of our patients have been told that their health condition is going to remain with them for the rest of their lives. We can never promise any outcome. However, we have observed that most of our patients improve and eventually resolve their health concerns.

Signature of patient: \_\_\_\_\_ Date: \_\_\_\_\_



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