

YOUR RECOMMENDED TREATMENT PLAN: _____ times per week for _____ treatments to start. At the end of this course of treatment, you and your acupuncturist will assess your progress and modify your plan, and you may continue as needed/suggested or “graduate.”

Recommended treatment plans are based on one’s overall health, the severity of the health condition(s) needing treatment and amount of time the health condition(s) have been present.

Here are some general guidelines to keep in mind:

- **Very severe discomfort, 10/10 severity:** daily for 2–4 days, then begin to start spacing treatments out further when discomfort drops to 8–9/10
- **Serious discomfort, 8–9/10 severity:** every other day or 3 times per week, usually for 1–2 weeks, then begin to start spacing treatments out further when discomfort drops to 5–7/10
- **Moderate discomfort, 5–7/10 severity:** 2–3 times per week, usually for 6–8 treatments, then begin to start spacing treatments out further when discomfort drops to 1–4/10
- **Mild discomfort, 1–4/10 severity:** 1–2 times per week, usually for 4–6 treatments, or until satisfied with alleviation of discomfort.
- Support for **mild to moderate level chronic illness** such as chronic pain, chronic stress or other chronic health problem: once a week ongoing.
- **General health, immune boost, acute stress/anxiety/insomnia:** as needed or once every 1–4 weeks ongoing.

Acupuncture is a therapy that requires a series of treatments for lasting improvement. If you are unable to receive treatment as frequently as we suggest, it is still beneficial to receive acupuncture spaced further apart, however, when attempting to correct any health condition it is strongly recommended to be treated at least once a week. You are always welcome to drop in for acupuncture from time to time as needed/desired for relief of any health condition.