

Mandatory Consent and Disclosure

For

Two Rivers Acupuncture and Bodyworks

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What is Acupuncture?

Acupuncture is the insertion of hair-thin needles at certain points chosen specifically for you during each session, with the intention of benefiting your energy flow, health and well-being.

What is Moxibustion?

Moxibustion is the burning of a dried herb, *Artemisia vulgaris*, on points to stimulate and tonify the energy, often done prior to needling.

Do they work?

Acupuncture and Moxibustion, both ancient arts, are generally very effective, and most people respond well to them. However, nothing works for everyone, and there are no guarantees. The best way to know is to track all changes. You are of course free to get other opinions and to discontinue treatment at any time.

How often do I need to come?

After the initial consult, weekly sessions are recommended until you notice improvement. Then, typically, sessions are gradually tapered out. Some issues resolve quickly and others take longer. Progress also depends a lot upon motivation and life style choices. Since acupuncture is also preventative, many people continue to receive sessions seasonally to support their health and well-being throughout their life.

Are they safe/What are the risks?

Generally yes, though some side effects may occur. These could include slight bleeding or localized bruising if a blood vessel is brushed, slight swelling – a skin reaction, slight redness - from increased circulation, and sensations - if a nerve is brushed. Other risks include burns, temporary discomfort, weakness, dizziness, fainting, nausea, and temporary aggravation of pre-existing symptoms. Very unusual and rare risks of acupuncture include spontaneous miscarriage, nerve damage and organ puncture, including pneumothorax. Conventional medical therapy may be indicated, either in response to an emergency or as deemed necessary by a licensed physician.

What are your safety and cleanliness procedures?

I follow prescribed precautions to guard against the spread of infections. I use only sterilized prepackaged disposable needles that are inserted according to clean needle techniques based on nationally prescribed standards.

Are you a doctor?

No. A license to practice acupuncture does not authorize a person to practice medicine and surgery. The services of an acupuncturist must not be regarded as diagnosis and treatment by a person licensed to practice medicine, and must not be regarded as medical opinion or advice.

Who regulates acupuncture?

The Iowa Board of Medicine; The Iowa Board of Medical Examiners is located at 400 S.W. 8th Street, Suite C, Des Moines, IA 50309-4686. Telephone: 515-281-6641

What are your credentials?

I received a Bachelor of Arts in Botany from the University of Iowa, Massage Therapy Certification from Heartwood Institute, Zero Balancing Certification from the Zero Balancing Health Association, and a Masters of Acupuncture in Classical Five-Element Acupuncture from the Institute of Taoist Education and Acupuncture. The masters program consisted of three and a half years / 2160 hours of didactic, clinical and community health work. I am a member of the Zero Balancing Health Association and have current active status as a Diplomate of Acupuncture through the National Commission for Acupuncture and Oriental Medicine. I have never had any licenses, certificates or registrations in health care revoked by any local, state or national agencies. I am a licensed acupuncturist in the state of Iowa, and in full compliance with all rules and regulations adopted by the Iowa Board of Medicine.

What are your Fees?

Acupuncture:

- Initial Consult (2 hours) 150
- Weekly Treatments (1 hour 15 min) 80
- Subsequent (1 hour 15 min) 100

Acupressure/Therapeutic Bodywork:

- Initial Session (1 hour 15 min) 90
- Weekly (1 hour) 75
- Subsequent (1 hour) 80

Fees due upon completion of treatment (Cash, Check or Credit Card)

Private pay only ~ no insurance accepted

Do you have a cancellation policy?

Yes. Appointment times are reserved for you. Except in emergencies, cancellations with less than 24 hours notice will be charged the full fee.

I have read this statement carefully. I have felt free to ask any questions regarding this process and my questions have been answered to my satisfaction. I voluntarily consent to being treated with acupuncture and moxibustion.

Client Signature

Date