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Dear New Patient,

We would like to take a moment to welcome you as a new patient of Acupuncture Associates of Long Island, P.C. Thank you for choosing us. We look forward to partnering with you to address your health concerns, and will do all we can to ensure that you achieve the most successful result possible for you.

The trust and confidence you have placed in us is most appreciated. We see many patients which respond favorably to acupuncture care. Our mission is to help you achieve your treatment goals, and to maintain optimal health over the long-term using safe, natural and holistic acupuncture, herbal therapy (when appropriate), and nutritional guidance and support.

Traditional Chinese Medicine, the ancient health care system of which acupuncture is a part, definitely works.

1. It can help prevent illness and disease
2. It activates the self-healing and self-regulating abilities of the body.
3. It adjusts and balances the flow of vital life energy, called Qi.
4. It can help you achieve optimal health, vitality, and well-being.

The precious gift of health is an investment that takes both time and money. In order to help you to get the most out of this worthwhile investment I would like to share a few suggestions:

- 1. Be on time and keep your appointments.** Each treatment builds upon previous ones. It is important to follow through with your future care plan in order to receive maximum benefit.
- 2. Do your homework.** In many ways what you do at home, at work and at play affects your progress. I offer suggestions and self-care techniques to support you on the road to your treatment goals toward a life of increased wellness and vitality.
- 3. Give it time.** As with any medical treatment, healing with acupuncture is a process, not a magic pill. It takes time and is influenced by many factors. Over time, things should improve and if necessary, we will adjust your treatment plan as we proceed. Changes to your condition can happen faster than anticipated, so enjoy them!
- 4. Keep a positive attitude and EXPECT positive results.** As we follow through on your treatment plan, look for signs of improvement and take encouragement from them. Build an attitude that expects positive results and know that profound healing is possible. Your belief and expectation has an incredibly strong influence on your body, and is a key factor in healing.

It is a great pleasure to welcome you to our office, and we look forward to our next appointment together.

Yours in Health and Wellness,

Jodie and JoAnn  
Acupuncture Associates of Long Island, P.C.