**FQA from balance acupunctur**e

What should I expect from an acupuncture treatment?

Expect to enjoy it! Most people are pleasantly surprised by the experience of an acupuncture treatment. Treatment produces a profound level of relaxation in most people and many patients enjoy a restful nap while on the table. Afterwards, most people report a calm feeling of vitality and an improved sense of well being.

Does acupuncture hurt?

Most people are surprised and relieved to learn that acupuncture needles are extremely thin and completely unlike the hypodermic needles that they have experienced at their doctor’s office. Acupuncturists can attain a high level of skill in gently placing these tiny needles and often the insertion is barely perceptible.

Once the needle is inserted there may be a mild sensation of heaviness, achiness or tingling in the area of insertion. This is normal and even beneficial in many conditions. However, it is very rare that a patient describes this sensation as painful.

Are the needles safe?

Absolutely! Only sterile, single-use disposable needles are used. Patients are absolutely assured that there is no transmission of communicable disease from patient to patient.

Do I have to be sick to benefit from acupuncture?

Absolutely not! In recent years more and more people have discovered that it is much easier, safer and cost effective to maintain health than it is to recover it once it’s lost. Because of their ability to strengthen and nourish proper functioning in the body acupuncture and herbal medicine can be an important addition to any health program. Many of my patients come in for monthly to quarterly stress relief treatments and “tune-ups” as part of their health maintenance routine.

How frequently do I need to come for treatment?

The frequency of treatments varies with each individual. Most new patients begin treatment with weekly sessions lasting one hour each. During this time, significant signs of progress will likely appear. As patients experience improvement in their condition and enjoy a greater sense of ease in life, treatments may be extended to every other week, every three weeks, monthly and eventually seasonally.

What should I wear to my acupuncture session?

Just wear something comfortable and loose. Some people prefer to bring a pair of shorts and a t-shirt to change into if they’re coming from work.

Where is your acupuncture clinic located?

Balance Acupuncture and Herbs is conveniently located on the southwest corner of Bitters and Blanco in north central San Antonio, Texas. The office is located in the “Courtyards of Camino Real” facing Blanco Road and next to Prime Track Wellness and Rehab. It has easy access to 1604, highway 281, and 410. Visit our contact page for a map and office hours.