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CROSS CURRENTS CLINIC
ACUPUNCTURE AND ORIENTAL MEDICINE

*Community Based Acupuncture
Making Acupuncture Accessible*

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Welcome to Our Community!

Please take a few moments to read over this introduction to our clinic and our community. We are pleased that you are interested in joining us and experiencing a unique form of acupuncture and oriental medicine care.

What is different about Cross Currents Clinic?

We treat in a community setting

Cross Currents Clinic offers high quality acupuncture with affordable rates in a respectful community setting. The model of care that we use is different from most acupuncture clinics in the West; however, this is the way acupuncture has been practiced throughout China and Asia for centuries.

We have very reasonable fees

Ask any acupuncturist - the simple fact is that acupuncture works best when treatments happen frequently for a period of time. The purpose of our lower fees (about half the going rate in Calgary!) is to reduce the issue of money when considering treatment; we want clients to be able to come in frequently and on a regular basis to get better and stay that way. We are not providing a second rate version of what people are experiencing by paying a higher fee. We are simply using a model that allows us to make acupuncture treatments more accessible to a broader range of the population.

Initial Consultation - \$50.00

Progress Exams - \$25.00

Acupuncture - \$40.00

Prepayment options:

1. Prepay for 5 sessions and receive a 5% discount on each - \$180.00
2. Prepay for 10 sessions and receive a 10% discount on each - \$360.00

Herbal Products are individually priced.

How do I join the practice?

The first step is to arrange an initial consult, which is composed of two parts. The first part is the consultation itself, and the second is a 'report of findings'.

Initial Consult:

The consult can take up to an hour, and consists of discussing your reasons for seeking care, taking a thorough history and pulse and tongue examinations. Before this first visit we ask that you complete our intake form, which can be downloaded from the 'contact us' page of the website. We also ask that you refrain from eating for 2 hours before the visit as this can limit the amount of information that can be gleaned from pulse diagnosis. *Please note that we typically do not perform acupuncture or prescribe herbs until after the report of findings, although exceptions can be made for those experiencing acute, severe symptoms.*

Report of Findings:

At the end of the initial consult we schedule a time for a report of findings. This is where we present the information we found during the consultation, discuss if Oriental medicine could be helpful, and if so lay out a treatment plan. In addition to recommendations for acupuncture and herbal care, you may also receive recommendations related to diet and lifestyle.

Acupuncture Visits – What should I expect?

In our practice, we use recliners and treatment tables spread around a large, quiet room where individual treatments occur with a number of other people receiving acupuncture nearby. Acupuncture does not require you to disrobe, but you are encouraged to wear loose fitting clothing or bring a change with you. There will be a room provided for you to change. Many of the most effective points are located on the limbs or in areas that can be accessed with the clothes on.

Treating in a community setting has many benefits. It makes it convenient for friends and family to come for appointments together. Each member of the group contributes to the energy in the room, and this group energy helps facilitate everyone's healing. Further, it allows people to decide when their session is done. After a few treatments most people learn when they feel 'done' and are ready to have the needles removed. The amount of time can vary from person to person, but is generally between thirty minutes to an hour. Many clients do fall asleep during a session and wake up feeling refreshed. *If you have someplace to be or want to be done by a specific time, tell us when you check in.* If your eyes are closed, we assume you're asleep and won't disturb you unless we know before hand. Once the needles are placed, you can relax and drift off. When you wake up, the needles will be taken out and you can return to your normal activities feeling refreshed, calm and tranquil.

Claim your time with us for yourself, and avoid disturbing those around you – turn off your cell phones! While we do play music in the community room, you can bring a portable music player if you want to relax to your own music.