



I've just gotten acupuncture, now what?

Now it is critical not to interfere with your body's natural healing/inflammatory response.

AVOID THE FOLLOWING: (or minimize as much as possible)

- **Do Not Take NSAIDS** (Non-Steroidal Anti-Inflammatory Drugs) Aspirin, Alleve, Motrin, Naproxen, Ibuprofen, Tylenol (technically not an NSAID but still avoid it), etc.
- **Do Not Use Ice** on the area, rely on heat. If ice has been helping, then try 1 minute of ice, 3 minutes of heat, 1 minute of ice, 3 minutes of heat, and finally 1 minute of ice. For a total of about 9 minutes.

These things will speed your progress

- **Eat good wholesome food**-Meat, vegetables, and good fats (butter, olive oil, and coconut oil) organic whenever possible, are the best diet for most people. If you are overweight or have cholesterol or triglyceride issues, then you probably have an insulin problem and should reduce or eliminate carbohydrates in your diet. If you don't have those problems, then you can probably tolerate carbohydrates and should eat them in the form of whole grains.
- **Use a heating pad** for 5-10 minutes per time on the affected area. This can be even more effective if you also use a liniment. Ask me which one is best for you.
 - **Lightly exercise, stretch, and massage the area**
 - **Take your Tien Qi Formula herb pills** (unless you are on prescription blood thinners)

These things are possible after a treatment

- **You might feel sore** for a day or so. About half the patients I treat feel sore where we worked, this is just your body recovering from the treatment. This soreness is mild and tolerable. Very rarely, a patient will get uncomfortably sore (a flare-up). If this happens to you, call me so I can tell you what to do to get you out of the soreness as fast as possible.
- Rarely **some patients get “wiped out”** and feel very tired after a treatment. If you feel tired, sleep. Sleep as much as you can. Most healing takes place when we are asleep. I've had patients sleep as much as 14 hours after a treatment and they always thank me for it!!
- Even more rare, **some patients feel “flu-like”** with body aches and low energy. Call me if this happens so I can tell you what to do.

☞ **If you experience shortness of breath, chest pain, dry cough, or trouble breathing, contact me immediately and seek medical attention as these may indicate an extremely rare but serious complication.**



Tien Qi Formula

Tien Qi Formula is a blend of the best Chinese herbs traditionally used to speed your body's healing. It helps maximize the benefits you receive from acupuncture. One way that acupuncture works is by creating a microtrauma that tricks your body to heal. Tien Qi Formula can improve that reaction so that you will need fewer acupuncture treatments overall. **Tien Qi Formula can amplify the effects of blood thinners** such as coumadin, warfarin, plavix, etc. If you are on prescription blood thinners, tell your doctor before you try any herb or vitamin including Tien Qi Formula.

Directions: Take 8-10 pills at a time, twice a day. You can safely double that dose right after a treatment if you are sore. **Not to be used by pregnant women or those on prescription blood thinners.**

These statements have not been evaluated by the FDA. Tien Qi Formula is not intended to diagnose, treat, cure, or prevent any disease.

What is this stinky stuff?

You may be treated with a Chinese Herbal Patch. They are made of various herbs that are time tested to promote blood circulation and help you heal fast and more completely.

- Don't leave it on longer than 24 hours
- Don't use a heating pad on top of the patch
- The patch may irritate your skin if you are sensitive. At any sign of reaction; **usually itchiness** or discomfort
TAKE THE PATCH OFF IMMEDIATELY
 - Don't apply to open wounds
- If you are going to apply the patches at home, you have to let your skin breath. A day on and a day off, or on at night and off during the day, or vice versa is best.
 - It can be easier to take the patch off when it is wet, such as after a shower or bath.
- If it leaves any herb residue on your skin, rub a little vegetable oil on it first and then wash with soap and water.

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