



## Frequently Asked Questions

### **What do I do before my acupuncture treatment?**

Make sure you eat and drink before your treatment and do not come on an empty stomach. Acupuncture does use your energy and burns calories so you need to make sure that you have "fuel" in your body. You do not need to be completely full, but definitely not starving.

### **What do I wear to my acupuncture appointment?**

Anything. We have sheets and towels in case you need to disrobe.

### **What should I do after my acupuncture treatment?**

Do not exercise and drink plenty of water. Walking after your acupuncture is fine. You will feel calm and relaxed so avoid strenuous activities after your acupuncture treatment.

### **What is the cost of acupuncture treatments?**

Initial Consult WITH acupuncture (1 hour) is \$135

Follow-ups (35-40min long) \$85

### **How does acupuncture work?**

Acupuncture is part of an ancient practice utilizing more than 2,000 acupuncture points on the body connected by pathways or meridians. These pathways create an energy "qi" flow through the body that is responsible for overall health. Disruption of the qi flow can cause disease. By applying acupuncture to certain points, it is thought to improve the flow of qi, thereby improving health.

Acupuncture points stimulate the central nervous system, thereby releasing chemicals into the muscles, spinal cord, and brain. These biochemical changes stimulate the body's natural healing abilities and promote physical, emotional, and hormonal well-being. The National Institutes of Health (NIH) has proven in several studies that acupuncture is an effective treatment alone or in combination with conventional therapies for a wide variety of ailments.

### **Do you accept insurance?**

Mirvana Acupuncture is now accepting all major insurances! Simply go to our website ([www.mirvacu.com](http://www.mirvacu.com)) and verify your insurance using the "verify insurance" button. Once you have completed the online form, our verification team will notify us of your coverage. We will reach out to you VIA EMAIL to let you know what we can offer.

We DO NOT accept medicare.

Just keep in mind that most insurance companies only cover pain management. If you are seeking acupuncture for fertility and your insurance stated that they cover acupuncture for fertility (unexplained infertility), please put that in the NOTES section of the form. You cannot expect for Dr. Patel to treat fertility with billing your insurance for pain. That is against the law and unethical.

### **How many treatments will I need?**

Dr. Patel will need to evaluate you first and can provide you with some feedback for your ailment during your first visit. There is no set number of treatments in order to see results. Everyone is different and some people see results sooner than others.

### **Conditions acupuncture DOES NOT treat:**

- Hernia/bulging disc- temporary relief can be offered with acupuncture, but it will not correct a structural problem.
  - Broken bones
  - Active shingles
- DVT- deep vein thrombosis
  - Bone spur
  - Osteoporosis
- Cancer- acupuncture is helpful to treat the side effects of chemotherapy and radiation, but it is not used to treat cancer.
  - Addictions - tobacco, smoking, etc.

