

Notes

Welcome!

North Jersey Community Acupuncture is not your average acupuncture clinic. At NJCA, we aim to make acupuncture accessible to a wider group of people.

At NJCA, you'll find simple, effective acupuncture treatments in a relaxed community atmosphere. That's all.

Treating everyone in one big room lowers our overhead expenses, keeping costs super low and allowing us to charge a much lower fee.

Acupuncture is a very powerful tool for healing. We're glad you are joining us and we hope you'll stick around.

You can follow us on facebook. Our page is located at <https://www.facebook.com/NJcommunityacupuncture>

Cancellation Policy

Notes

24 hours' notice is required if you need to cancel your appointment. This is essential for our small clinic to continue running smoothly.

If you do not give notice 24 hours before a treatment, you will be charged with a \$10 late cancellation fee.

Exceptions

Exceptions are made for severe weather event which cause local schools to close. If you are unsure if the clinic is open, please check our facebook page or call 973-292-6522.

If you feel sick on the day of your appointment, you are still expected to make your appointment. Exceptions are made in cases where you require urgent care from a medical doctor. Feel free to call if you need help deciding if you are too sick to make your appointment and need an exception from the late cancellation fee.

What to Expect from Your First Treatment

Everybody is different, but most people notice at least one of the following after treatment:

- At least a few hours of complete pain relief, followed by a return in symptoms. Future treatments can be expected to provide a longer window of relief.
- The symptoms have changed. Old symptoms have returned. (This is rare, but it does happen. It's frequently followed by rapid improvement.)
- The symptoms seem to be getting worse. Again, this is rare, but you should know that it can be a normal part of treatment and that it will be temporary
- Many people become very thirsty or find themselves hungry after their first visit. Assuming your craving is a healthy one, you should try to meet that craving.
- Some people sleep more soundly after the first visit. Others find that their sleep pattern is somewhat interrupted. These are both normal reactions. You should expect your sleep patterns to improve with regular treatment.

Etiquette In A Community Clinic

- Let other patients rest. There is no need to make small talk with other patients while they are being treated.
- Speak in a quiet voice.
- Avoid strong odors. Don't wear perfume or cologne.
- **Turn off your cell phone.**
- Take responsibility for your own comfort.
 - If you would like silence, ask for earplugs.
 - If you need a dark room to rest, we can loan you an eye pillow.
 - Ask for extra blankets if you get cold.
 - Let the acupuncturist know if you are experiencing any discomfort.

More about the Sliding scale

I don't know where I belong on the sliding scale. Can't you just tell me how much to pay?

You may start with \$20 per treatment if you don't know how much to pay.

Why pay higher on a sliding scale?

Our business model relies on patients who understand the value of acupuncture in their lives. Those who pay higher on the sliding scale are taking a step to make sure that NJCA will be able to remain open in the future. Our goal is to make NJCA open all day, everyday, and to expand the number of people who use acupuncture as a regular part of their lives. Right now, there are hundreds of community acupuncture clinics operating across the country with the same policies. Our goal is nothing less than to change the face of alternative medicine in this country.

If paying higher is not an option for you, there are other ways you can contribute to our success. You can help promote NJCA by telling your friends, or volunteer to help out in other ways. Your participation is welcome and needed!

How often do I need treatment?

Research in the United States (as well as thousands of years of tradition in Asia) has shown that acupuncture is most effective when it is done frequently and regularly – once a week is usually the minimum required to make progress on any kind of health problem.

Everyone responds differently, but in general you should get acupuncture treatments:

3-5 times a week for a problem that is acute, very painful, or a complication of a chronic problem. If you have any severe pain that limits your daily activities, you should put yourself in this category.

2-3 times a week for a chronic problem until there is significant improvement, then once a week until satisfactory progress is achieved. Some examples include arthritis, mild tendonitis, Lyme disease in the chronic stage, asthma, chronic mild headache, and chronic stress.

1 time a week for a symptom that comes and goes. Examples include creaky joints, frequent colds, bouts of mild depression or anxiety, difficulty sleeping that isn't really insomnia yet, menstrual cramps, and periodic headaches.

Once a month for overall wellbeing. Acupuncture is great for healthy people. By keeping your body in balance, we aim to keep you at your healthiest. Regular visits to the acupuncturist are both enjoyable and a great way to stay healthy.

How we Measure Progress

Acupuncture rarely works in one session. Usually, it takes regular treatments to see significant and permanent changes in symptoms. Progress is generally seen as subtle changes that occur over weeks or even months of treatment.

We look for progress in each of three areas.

1. Frequency of symptoms
2. Intensity of symptoms
3. Location (It is not uncommon for pain to change location before disappearing. This may be due to your body readjusting to living without the pain.)

Fees

The purpose of our sliding scale is to create ease around payment. We want you to come in often enough to really get better and stay better! We understand that everyone's situation is different, and our primary goal is to make acupuncture available to you as often as you need it.

**\$20 - \$50 per
treatment**

**No Proof of Income
Required**

Dana's Promise to You

- I will not promise an instant cure, tell you that I'm the only practitioner who can help you, or imply that acupuncture is your only hope for a cure.
- I will base my fees on what I need to sustain this clinic, not what I'm "worth." (Personally, I think good health and pain relief is priceless.)
- I will not tell you that any problem you have after acupuncture treatment is detoxing, or imply that you should anticipate long periods with rashes, increased pain, or malaise in the name of healing.
- I will do everything I'm able to do to make my clinic a safe place for all people. This includes people of color, LGBTQ, people with disabilities, and ALL religions. I can't meet every need, but I will do what I can. In return, I need your understanding and patience. I am human, too, and I will mess up sometimes, but I do try.
- Your treatment will be as personalized as you want it to be. Some people come for simple pain relief treatments. Others come for a long term relationship where we work to create balance and harmony in their lives. If you want to go deeper with treatment, I will work with you to do so.

Dana's Bio

Dana Holmes, LAc, MAc is a licensed acupuncturist who's been in practice since the year 2000. She holds a graduate degree in Acupuncture from TAI, now known as the Maryland University for Integrative Health. Before starting her practice, Dana passed a rigorous national exam and completed 4 years of post-graduate classroom education, and 2 years in a clinical internship. At the date of this publishing, Dana had completed over 300 hours of continuing education. Dana opened NJCA in Morristown in 2008, and continues to be its sole practitioner.

Dana also facilitates workshops and educational opportunities for adults and children. Her favorite subjects include food-based herbal medicine, personal spirituality, and forming healthy relationships.

Dana's "other life" is as a special education teacher, specializing in Autistic children and adults. She holds an undergraduate degree in Special Education from SUNY Geneseo and has several years experiencing in educating, supporting and championing the rights of people with disabilities in the community.