



Todd McCloskey, M.Ac., L.Ac.

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Basic information for your first acupuncture session

Bring your paperwork

Please fill out and bring your paperwork, both the HIPPA/consent form and the Intake Acupuncture form. These can be found at my website.

Late Cancellation

I respectfully ask for 24 cancellation notice. All appointments not canceled prior to 24 hours will be charged full price.

What to wear

Feel free to wear whatever clothes are comfortable or convenient. Depending upon the acupuncture treatment you may need to disrobe, however, you will always be respectfully draped. Some patients like to bring a pair of shorts or wear loose fitting clothes that they consider "acupuncture friendly."

What to expect

In most cases, during the initial appointment, we will have an open and broad conversation about what you'd like to be treated for; your health goals, your overall health and a variety of other related factors. All said and done we may talk between 15 minutes to 50 minutes. Typically in cases of acute pain we'll talk less and treat more during the initial treatment. In chronic cases it will be important to gather and organize a wider range of information and we might talk around 45 minutes.

After which I will give you a brief diagnosis based on Chinese medicine as well as a rough outline of your treatment plan. The treatment plan will include acupuncture and could also include, tui na (chinese massage therapy), Chinese herbal medicine and dietary/lifestyle suggestions.

Chinese herbs

In many cases I will prescribe Chinese herbal medicine. This can be in the form of topical ointments, pills or powders. In some cases it will be more advantageous to treat conditions with herbs as the primary or as an adjunct treatment therapy.

"The most important thing I need to explain to you is that acupuncture works by helping the body get more out of its own natural healing resources. Our bodies produce a wide range of natural pain relieving substances, natural anti-inflammatory chemistry, hormones, immune system enhancers, and so forth, all without the need for outside drugs. In fact, some of our most effective drugs are man-made synthetic copies of the chemistry our body makes naturally, like cortisone. In modern medicine we made the mistake of assuming that when a problem lingers and is not healed right away by our internal natural resources, this must mean it is beyond our body's ability to heal. We then look to bring-in outside resources like drugs or surgery to address the problem. The fact is though, that just because a problem is not healed right away by our internal resources doesn't necessarily mean it is beyond those resources. We don't always get 100% from our inside self healing resources any more than we always get 100% out of our brains' resources or our muscles' resources. Acupuncture helps squeeze more out of our natural ability to heal ourselves- to get us closer to 100% full potential. "

-Matthew D. Bauer, L.Ac. describing how acupuncture works.