

Point Well Taken Acupuncture

To optimize your acupuncture treatment, we encourage you to do the following before and after your appointment.

- ▶ Set aside enough time to arrive relaxed to your appointment and to your next destination after treatment.
- ▶ Schedule a light day of activities, building extra time into your schedule so you may relax a bit after your appointment before returning to your daily activities.
- ▶ Make sure you have eaten (but not a heavy meal) and are well-hydrated before your appointment.*
- ▶ Do not wear heavy make-up or fragrances to treatment.
- ▶ Do not drink alcohol for at least six (6) hours before and/or after treatment.
- ▶ Do not drink caffeine for at least six (6) hours before and/or after treatment.
- ▶ Avoid strenuous exercise directly before and/or after treatment.
- ▶ Do not drink icy cold fluids for four (4) hours after treatment.
- ▶ Do not take a very hot shower, bath, or sauna within three to four (3-4) hours before and/or after treatment.

* Dehydration is the #1 trigger for daytime fatigue. Even mild hydration will slow metabolism as much as 3% and people consistently confuse thirst with hunger. Research indicates that drinking 8-10 8-oz glasses of water per day could provide significant relief for up to 80% of those suffering from back and joint pain.