

Bangor Veterans' Acupuncture Clinic (BVAC) Welcome Sheet

Please Make Sure You Have Eaten Before You Get a Treatment.

Please have a seat and make yourself comfortable. We are offering a simple treatment consisting of five (5) needles in each ear which help reduce stress and anxiety; uplift depressive feelings and relieve anxiety; help with trouble sleeping; provide a general sense of well-being and make you feel better. The ear points include treatment for the whole body, so many things are being treated with these points. **All needles are pre-packaged and sterile and are disposed of after use.**

While sitting with the needles in place, we ask that you:

- Relax – turn off your cell phone, close your eyes – take a nap if you like.
- Do not talk – it is easier to relax when quiet and you won't disturb others.
- Do not walk – the needles might fall out. They are not inserted very deeply.

If a needle falls out while you are seated, just let one of the acupuncturists know. They will pick it up. **If you are uncomfortable in any way, or if you feel light-headed, it is important that you let an acupuncturist know right away.** Please tell the acupuncturist if you are pregnant or have any other major medical conditions. The treatment will gently work itself over time. The treatment can have effects on emotional and physical issues. If possible, it is great to get more than one treatment.

Once the needles are in place, your ears may tingle or feel warm. Some people even fall asleep. These are normal responses. Some people say they feel very relaxed when they are having a treatment; others don't feel much at all. Even if you don't feel much, you are getting benefit from treatment. There may be a brief pain as the needle first passes through the skin.

If you receive ear magnets or seeds from your practitioner, you can rub them 3-5 times per day for a few minutes. Please remove the magnets or seeds after about 3 days. If they cause any discomfort, please remove them immediately.

Why use ear acupuncture after traumatic events?

- **Very accessible:** Five needles are placed in each ear so recipients can easily receive a treatment fully dressed while sitting in a chair.
- **Very flexible:** Treatments can be done anywhere as no special facilities or equipment is necessary. Treatments can easily be done on large groups and one practitioner can treat between 10 and 20 people an hour.
- **Very simple:** It can provide immediate "treatment on demand" without a lengthy intake or wait. Those receiving treatments often feel its immediate effect, as relaxation generally occurs within minutes.
- **Very economical:** Treatments, done in groups, are very cost-effective.
- **Very effective:** After treatments, people report:
 - Increased mental clarity and alertness
 - Improved ability to cope
 - Improved ability to sleep
 - Reduction in aches and pains
 - Reduction in depression and anxiety
 - Reduction of intrusive recall