

## - South Shore Community Acupuncture -

Here is some general information about our practice at SSCA:

- ♣ SSCA provides community acupuncture. This means that you will receive your treatment in a large, quiet, comfortable room; you may be sitting in a recliner, rather than lying on a table; you do not need to disrobe, you just need to roll your sleeves up to your elbows and your pants up to your knees; treatments last anywhere between 30-60 minutes; and last but not least, there will be other people getting treated at the same time, in the same room, in the same way. We love community acupuncture because it makes it easy for people to get treatments whenever they want, to be treated with their families and friends, to feel comfortable rather than isolated, and to create together a collective energetic field which makes the individual treatments more powerful and clinically effective.
- ♣ SSCA hopes to provide affordable acupuncture treatments. For many thousands of years, acupuncture has been a "people's medicine": low-tech, inexpensive, easily available, and very quiet. Our fees are listed below.

New Patients: \$50

Returning Patients/Follow-ups: \$30

Chinese Herbal Consult: \$30 + cost of herbs

Cupping: \$30

- ♣ SSCA does not accept insurance – we keep our fees low so that your payment is the equivalent of a co-pay that you would typically pay at your doctor's office. If you have insurance that covers acupuncture, we can give you a receipt to submit, but we cannot bill insurance for your visit.
- ♣ Acupuncture is a process. Every now and then, acupuncture will act like a "miracle cure", and a person will have all of their symptoms disappear after only one treatment – but that is a rare event. Acupuncture works by stimulating the body's own self-healing mechanisms; it is gentle and safe and usually a gradual process to get your body back in balance. Almost everybody who gets acupuncture will need a series of treatments to get good results, which is one big reason we try to keep our rates affordable. If you don't come in often or long enough, acupuncture may not be very effective, as good results typically come gradually over time. Your acupuncturist will suggest a treatment plan for you, meaning, how many treatments we think you will need to get good results; please let us know if you have any questions about your treatment plan, and please stick with it to the best of your ability.

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A few housekeeping details: Please bring whatever you need to make yourself comfortable, such as earplugs or headphones; we have pillows and blankets, but if you prefer your own, you can bring those too. Please take all personal belongings with you into the treatment room, and please keep your shoes on until you sit down in your chosen recliner. And please remember that our community works best when everyone is reasonably flexible. One of the things we love best about our clinic is how many different kinds of people enjoy coming here for acupuncture. Some of our patients become so relaxed during treatment, they fall asleep (and sometimes snore, it's true). We personally think this is a complement to us, but if this bothers you, we sell earplugs or please bring your ear buds to listen to your own music. 😊

We are **not** members of the People Organization for Community Acupuncture (POCA) but we support them in their quest to bring affordable acupuncture to the masses. There is a website, with a list of clinics similar to ours, at [www.pocacoop.com](http://www.pocacoop.com); see the "Locate a Clinic" page if you would like to find a clinic like ours in another city. New clinics are opening all the time!

If you want to learn more about acupuncture, please read the book, [Acupuncture Is Like Noodles](#). It answers most of the frequently-asked-questions we get about acupuncture, such as: how does acupuncture work? And what can acupuncture treat? And why do you do it like this, instead of the way that some other acupuncturists do it? You can buy them online at [www.pocacoop.com](http://www.pocacoop.com).

How you can support us: SSCA is a community-supported business. We do not receive any grants, state or federal money, or insurance reimbursement. Our growth is due entirely to all of our wonderful patients telling everyone they know about how great acupuncture is, and how well it works when it's not too expensive. Treating so many people allows us to keep our prices low, so the main thing you can do to support us is to help us spread the word! Our goal is to open more SSCA clinics in areas that do not currently have community acupuncture.

Thanks again for joining us!

[www.southshorecommunityacupuncture.com](http://www.southshorecommunityacupuncture.com)

South Shore Community Acupuncture  
21 Totman Street, Quincy, MA 02169  
617.845.0544

(Located within MVPediatrics)