

Darcy Forrest
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Welcome!

Acupuncture and Oriental Medicine is a form of healthcare that has been practiced successfully for thousands of years. I am so happy to have you here in my office, seeking a better quality of life. I will speak with you during your first treatment about what to expect during and after your initial session. Acupuncture works in a series of sessions, as it is cumulative. I like to have patients commit to coming in weekly for 8-10 weeks, once per week. This allows us to not only build a relationship-so that I can treat the whole you, but also, ignites the bodies healing capacity.

Around treatment 6 we will assess your symptoms and see how things are moving along, you may be able to cut back the treatments if symptoms are not returning from week to week. My goal is always to get people to tune up status where they come in once per month, or seasonally, so that I can check under the hood and make sure the engine is running correctly. Continuing with your acupuncture tune-ups is important, because this ensures that your body is continually reminded to re-balance, which reduces your chance of remission, and returns the body to a state of homeostasis. Acupuncture is a form of preventative healthcare as well, perhaps the only one aside from diet and lifestyle. I encourage you to participate in your healing by following the dietary and lifestyle recommendations that I may offer.

I politely ask that you consider the following:

Please be on time.

Please remember to come to your appointment.

Cancellations and schedule changes are understandable, but, I do require that you ***give 24 hours notice in the event that you cannot make your appointment.***

I do charge the full fee for missed appointments without proper notice, and of course, for no-shows. There may be someone else who really might appreciate that time slot.

Thanks for understanding.

Please practice good hygiene and please avoid heavy perfumes/colognes.

Please ask questions, I am here to answer them, if you'd like to know what it is that I am doing at any given time during your treatment, ask, I'd love to tell you.

Please speak up if there is any particular acupuncture points that are uncomfortable, I will gladly adjust them.

Please feel free to email me in between treatments to let me know how your feeling, or if anything pops up that you have a question about. darcyforrest@yahoo.com