

# ACUPUNCTURE FOR HEALTH

WENDY STALKER R.Ac. Dip.Ac. B.Sc.

## BEFORE & AFTER YOUR ACUPUNCTURE TREATMENT

To help get the greatest benefit from your acupuncture treatment:

1. Wear loose fitting comfortable clothing.
2. Try to avoid alcohol for 24 hours before and after treatment.
3. Have something light to eat prior to treatment. Try not to be too hungry or over-full.
4. Avoid very hot or cold baths or showers the day of treatment.
5. Continue all prescription medications and treatments as directed by your physician or other health care providers.
6. Try to plan your activities so that you can rest after and consolidate the treatment.
7. Note and report any changes in physical or emotional patterns that occur between your acupuncture treatments. This is helpful in planning the course of your treatment.

11627-111 Ave. (117 Street Entrance)  
Edmonton AB T5G 0E2  
780-710-3919

[www.acupunctureforhealth.ca](http://www.acupunctureforhealth.ca)

health is a body, mind, spirit business