

Does the treatment hurt?

Acupuncturists use single-use, disposable needles made of solid stainless steel and are the thickness of two human hairs. These slender needles are inserted just beneath the skin's surface. Sensations vary from person to person from no sensation at all to a momentary ache or a tingling.

Why do people choose acupuncture?

Acupuncture has grown in popularity in the United States as a safe, holistic, and affordable approach to the management of disease and maintenance of health. It is a non-toxic alternative to pharmaceutical treatment in some situations, especially for chronic pain. Acupuncture is often used to speed recovery after surgery, alleviate the side effects of medication, or provide relief from the effects of chronic illness. It is also used by many people who are working through an acute illness and others who are well and want to maximize and prolong their vitality.

What health concerns can acupuncture help?

Acupuncture has been found effective for a wide range of both acute and chronic conditions including, but not limited to: headaches, chronic fatigue, anxiety, depression, insomnia, allergies, back pain, digestive disorders, joint pain, sleeping problems, infertility, and menstrual disorders.

What are the ongoing benefits of acupuncture?

Acupuncturists treat the whole person, not just certain parts of the body or a set of symptoms. They address your health on every level of functioning—body, mind, and spirit. People who receive acupuncture on a regular basis report that they tend to get sick less often and recover more quickly; have improved stamina and vitality; see reductions in long-term healthcare costs; learn to recognize and shift unhealthful patterns and behaviors; and experience a greater sense of ease in their lives.

Additional Services Available at the Natural Care Center

You may find, like many of our clients, that combining acupuncture with other natural treatments and approaches offers additional benefits. Consider seeing a graduate student intern for:

- Chinese Herbal Medicine Consultations
- Western Herbal Medicine Consultations
- Nutritional Consultations
- Yoga Therapy Sessions

Thank you for referring others to the Natural Care Center.



Natural Care Center
7750 Montpelier Road
Laurel, MD 20723
410-888-9048 ext. 6614
NaturalCareCenter@muih.edu
www.muih.edu/ncc



Natural Care Center University Teaching Clinic Acupuncture

Experience the profound benefits of acupuncture treatment from a team of compassionate student interns and experienced licensed faculty

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Flexible hours
Open 7 days a week

Maryland University of Integrative Health

Maryland University of Integrative Health (MUIH) is the leading academic institution for integrative health in the nation. For 40 years, MUIH has educated practitioners in health and wellness through transformative and relationship-centered programs that draw from contemporary science as well as traditional wisdom. We provide compassionate, relationship-based health care from graduate student interns and professional practitioners, and deliver more than 35,000 clinical treatments and consultations each year.

Acupuncture at the Natural Care Center

When you choose care with our acupuncture student interns, you receive the best that we have to offer at highly affordable rates. You are also playing a critical role in creating the next generation of integrative healers and leaders.

What is acupuncture?

Originating in China, acupuncture is a system of healing which has been practiced for thousands of years. It is based on natural laws influencing the movement of energy in nature and in the body. This life force, or *qi*, flows through the body in channels, like rivers flowing through the earth. Health is promoted when the *qi* in the body is robust and moving properly.

Physical and emotional challenges can disrupt the harmonious movement of *qi* which results in illness and injury that show up as various symptoms and syndromes. Acupuncture is highly effective at relieving symptoms, and more importantly, is one of very few health disciplines that treats the underlying imbalances, relieves blockages, and allows the body to return to a state of optimum health.



Appointments at the Natural Care Center

The Natural Care Center provides a pleasant, safe, and supportive environment for patients. You'll be treated by a team of graduate student interns and a licensed faculty supervisor.

What will my first acupuncture visit be like?

The primary purpose of the first visit is to gather information and get to know you. During the initial 90-minute session, we will discuss your health concerns and assess the underlying conditions leading to your current state of health. We will perform a physical and energetic exam, make a recommendation for your treatment plan, and set up your next appointment.

What should I bring with me to my first visit?

Please bring your Patient Intake Form and a list of all medications and nutritional and herbal supplements you are taking.

Can I combine acupuncture and other treatment?

We are happy to work with you and your healthcare providers and wellness practitioners to provide a comprehensive and collaborative approach to your care.

How do I schedule an appointment?

Contact a student intern directly or the Natural Care Center at NaturalCareCenter@muih.edu or 410-888-9048 ext. 6614. Acupuncture appointments are available Monday through Saturday.

What are the fees?

Acupuncture New Patient Intake	\$70
Acupuncture Treatment	\$55

Will insurance cover my appointment?

Coverage for care is dependent upon your healthcare or insurance plan. It is your responsibility to confirm your benefits. We will provide you with a receipt for submission to file a claim of benefits. If you plan to seek reimbursement for care, please discuss this with your student intern or contact the Assistant Director, Operations, of the Natural Care Center at 410-888-9048 ext. 6656 or NaturalCareCenter@muih.edu.

What is your cancellation policy?

We understand that there may be a shift in your schedule and you may need to cancel or reschedule an appointment. In order to avoid a fee, please contact your student intern or the Natural Care Center more than 24 hours prior to your scheduled appointment. In the event we are not notified, there may be a charge for your missed visit.