

Patient Guidelines

Get the most benefit out of your treatment with Melissa Dana, Reiki Master/Teacher, EAMP, LAc, Dipl OM by following these guidelines for before and after the session.

WHAT TO DO

Chinese medicine relies on certain diagnostic tools, such as the tongue and pulse, to help in making a differential diagnosis. If the body is in its resting state, the underlying pattern of disease can be seen and felt in the tongue and pulse accurately. If the mind and body, however, are unduly stressed (e.g. poorly nourished, insufficiently rested, emotionally aggravated, etc), the tongue and pulse can become unreliable diagnostic tools. For this reason, following these guidelines will help ensure you receive a proper diagnosis and thereby proper care.

After a treatment, it is important to allow yourself time to adjust and hold your new pattern of being. Just as remolded clay needs time to set, you will want to take it easy for at least two (2) hours after treatment, being mindful of your diet and exertion. This will afford your body time to stabilize. To help you receive the best results from treatment, Melissa suggests the following:

1h Before and up to 2h After Treatment

TRY TO	TRY TO AVOID
LIFESTYLE <input checked="" type="checkbox"/> Enjoy encouraging company <input checked="" type="checkbox"/> Take in comforting images and sounds EXERTION <input checked="" type="checkbox"/> Rest well DIET <input checked="" type="checkbox"/> Eat simply <input checked="" type="checkbox"/> Drink plenty of water	LIFESTYLE <input checked="" type="checkbox"/> Tongue scraping/brushing <input checked="" type="checkbox"/> Upsetting situations/images EXERTION <input checked="" type="checkbox"/> Extreme work fatigue <input checked="" type="checkbox"/> Exercising <input checked="" type="checkbox"/> Sexual intercourse DIET <input checked="" type="checkbox"/> Alcohol/recreational drug use <input checked="" type="checkbox"/> Drinking coffee/tea <input checked="" type="checkbox"/> Missing a meal <input checked="" type="checkbox"/> Heavy and/or rich meals

WHAT TO WEAR

Acupuncture points are all over the body – the easier it is to reach them, the better. For this reason, Melissa recommends loose-fitting clothing that can be rolled up to expose the knee, back, or abdomen. If possible, refrain from wearing tights/leotards, or applying facial makeup that can smudge in a face cradle.

May your session be comfortable and restorative!