



Welcome to Our Community!

What is different about Maplebrook Community Acupuncture?

- **We treat in a community setting**

Most US acupuncturists treat patients on tables in individual cubicles. This is not traditional in Asia, where acupuncture usually occurs in a community setting. In our clinic we primarily use recliners, clustered in groups in large, quiet, soothing space. Treating patients in a community setting has many benefits: it's easy for friends and family members to come in for treatment together, many patients find it comforting; and a collective energetic field becomes established which makes individual treatments more powerful. In some styles of acupuncture, the needles are removed after only a few minutes or after a half hour at most. The style of acupuncture we practice at MAPLEBROOK COMMUNITY ACUPUNCTURE allows patients to keep their needles in as long as they want, and the "right" amount of time varies from patient to patient. Most people learn after a few treatments when they feel "done", this can take from twenty minutes to a couple of hours! Many people fall asleep, and wake feeling refreshed.

- **We Have a sliding scale**

Most US acupuncturists also see only one patient per hour and charge \$60 to \$175 per treatment. They tend to spend a long time talking with each patient, going over medical records, asking many questions. We don't. The only way that we at Maplebrook Acupuncture can make acupuncture affordable and still make a living ourselves is to streamline our treatments and see multiple patients in an hour, the traditional approach practiced in Asia.

Please see the enclosed form that explains our sliding scale. Because we have a sliding scale, we cannot do insurance billing (that's the insurance companies' rule), besides the fact the acupuncture is not a recognized profession yet in the state of Oklahoma, as the state is over 25 years behind healthcare. If you have insurance that covers acupuncture, we'll be happy to give you a payment receipt, and you can submit it; that's OK with the insurance companies.

Our Commitment to You

We want to make it possible for you to receive acupuncture regularly enough and long enough to get better and stay better. We want our community to be welcoming to all different kinds of people. We want to give you the tools to take care of your own health so that you will not need to rely on corporations like Big Insurance or Big Pharmaceuticals for costly, high/tech interventions. We will provide a safe environment with skilled practitioners.

What We Need From You

➤ **Responsibility**

MAPLEBROOK COMMUNITY ACUPUNCTURE does not provide primary care medicine! Acupuncture is a wonderful complement to Western medicine, but it is not a substitute for it. If you think you have a problem that is not “garden variety” (meaning, you are worried that you might have a serious infection, a malignant growth, or an injury that won’t heal), or if you want someone knowledgeable to go over the details of your medical history with you, you need to see a primary care physician (ND, MD, or DO). We can provide some excellent, affordable referrals, even if you have no insurance coverage. But you cannot expect us to diagnose and treat something serious. We can provide complimentary care for conditions which require a physician’s attention – for instance, we often treat patients for the side effects of chemotherapy.

But We need you to take responsibility for your own health.

MAPLEBROOK COMMUNITY ACUPUNCTURE does not receive grants, state or federal money, or insurance reimbursement. MAPLEBROOK exists because patients pay for their treatments – it is a sustainable community business model.

➤ **Flexibility**

The community setting requires some flexibility from you. For instance, many patients have a favorite recliner. When we are busy, someone may be sitting in yours. Similarly, we have a few patients who snore. Other patients who dislike snoring bring earplugs to their treatments. We are grateful for this! Some of our patients even bring favorite pillows or blankets from home with them, because they prefer theirs to ours. That’s fine with us. Basically, we need you to participate in making yourself comfortable in the community room before we arrive to treat you.

In terms of how long you want to stay – tell the front desk, when you check in, if you need to be somewhere at a certain time! If you want to be unpinned at a specific time, ask her to make a note and give it to the acupuncturist. We’ll make sure you’re out on time. In general, if you feel done, open your eyes and give us a meaningful look – if your eyes are closed, we think you’re asleep and we won’t wake you up.

Please Do Not Remove Your Own Needles!

It is a safety issue and we are committed to your safety.

➤ **Community-Mindedness**

The soothing atmosphere in our clinic exists because all our patients create it by relaxing together. We appreciate everyone’s presence! This kind of collective stillness is a rare and precious thing in our rushed and busy society. Maintaining this reservoir of calm requires that no one talk very much in the clinic space. If you would like to speak to a practitioner one-on-one for a longer time, please let the front desk know, so we can decide, you might need to schedule a separate appointment.

Part of our success is that our patients learn the “routine” and take on a lot of responsibility for the appointments. Re-scheduling and making payment happen at the front desk BEFORE each treatment,

so after you can just relax and enjoy. Please take all personal belongings (bags, shoes etc.) with you back into the treatment room and place them in a basket.

And of course, please silence your cell phone and just enjoy the quiet time.

➤ **Commitment**

Acupuncture is a PROCESS. It is very rare for any acupuncturist to be able to resolve a problem with one treatment. In China, a typical treatment protocol for a chronic condition could be acupuncture every other day for three months! Most of our patients don't need that much acupuncture, but virtually every patient requires a course of treatment, rather than a single treatment, in order to get what they want from acupuncture.

One big reason that we can keep our prices so low is because of the extraordinary amount of marketing our patents do on our behalf – we don't have to advertise. We cannot express how grateful we are for this. Our patients are such effective marketers because they have firsthand experience of how well acupuncture works. All our satisfied patients basically made a commitment of a course of treatment.

On your first visit, your acupuncturist will suggest a course of treatment, which can be anything from “we'd like to see you once a week for six weeks” to “we'd really like to see you every day for the next week.” This suggestion is based on our experience with treating different kinds of conditions. If you don't come in often enough or long enough, acupuncture probably won't work for you. The purpose of our sliding scale is to help you make that commitment. If you have questions about how long it will take to see results, please ask – usually between the 4th and 6th treatment you'll see results -. We need you to commit to the process of treatment in order to get good results.

And last, but not least, enjoy the space. We do and hope that Maplebrook Acupuncture Clinic can be an important part of your community. Thank You,

MAPLEBROOK COMMUNITY ACUPUNCTURE STAFF