

Is acupuncture and herbal medicine right for you?

This **quiz** can help you determine if acupuncture and herbal medicine will be effective for you.

Circle your response to the following questions. Add up your points and review your results on the back of this page.

1. Do you **have difficulty calming your nervous system and relaxing your mind**?
Yes, but very rarely (1) Yes, weekly (2) Yes, daily (3) No (0)

2. Do you **experience pain** anywhere in your body?
Yes, my pain is due to a recent injury (1)
Yes, but my pain occurs very rarely (1)
Yes, my pain occurs on a weekly basis (2)
Yes, my pain occurs on a daily basis (3)
No, I do not experience any pain or discomfort (0)

3. Do you **have trouble sleeping**?
Yes, I have trouble sleeping every night (2)
Yes, I have trouble sleeping on a weekly basis (2)
Yes, but very rarely (0)
No, I do not have trouble sleep (0)

4. Are you **reluctant to take pharmaceuticals** and would prefer to try a natural approach first?
Yes, I prefer a natural approach (1)
No, I feel comfortable taking my prescription medication (0)
Pharmaceuticals have not been recommended to me (0)

Points:

0 - 1 : There is little need for you to receive Acupuncture and Oriental medical treatments.

1 - 2 : Your body is in great stable condition. Acupuncture and Oriental medicine can benefit you only when needed. A treatment every 1-4 months would suit you well.

3 - 6 : Acupuncture and Oriental medicine can be very effective for you. Acupuncture once a week for 1-2 months should suit you well. Once you begin to feel better, your treatments will be spaced out to once every 2-3 weeks. A custom herbal formula might also be prescribed to you.

6 - 9 : Acupuncture and Oriental medicine can be very effective for you. It will take time and commitment. Expect to receive acupuncture 1-2 times per week until you start to feel better. When you begin to feel better, treatments will be spaced out to once every 1-3 weeks. A custom herbal formula might also be prescribed to you. Be prepared to make small exciting changes to your daily life.

Question 1 conclusion:

Acupuncture works on the sympathetic nervous system. Patients leave sessions feeling calm, content and relaxed. Emotions that acupuncture works best to alleviate are stress, anxiety, depression, nervousness and irritability. Herbal formulas can be custom made to address your unique presentation.

Question 2 conclusion:

Acupuncture is known for relieving pain. The pain can be related to emotions or not. Stress, anxiety, depression, excessive worrying or irritability very often times expresses itself as headaches, stomach pain (IBS), chest tightness, fibromyalgia, neck, shoulder or upper back pain. Other types of pain that acupuncture is excellent for relieving is knee pain, menstrual cramping, migraines and carpal tunnel.

Question 3 conclusion:

The sympathetic nervous system is in charge of your sleep. By activating the nervous system, patients are able to sleep easier and longer.

Question 4 conclusion:

Acupuncture and herbal medicine can help you avoid the use of pharmaceuticals by balancing out hormones, alleviating pain and activating the parasympathetic nervous system.

If you are receiving therapy, you are encourage to continue your sessions. Research has shown, that receiving both treatments together make a bigger impact on the healing process then the use of one treatment alone. Ideally, clients should receive their acupuncture treatment after a therapy session (within 1-2 days).

If you have any questions regarding how acupuncture and herbal medicine can help you, don't hesitate to ask!

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