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*Acupuncture  
Chinese Herbology  
Nutritional & Lifestyle Counseling*

## **SHOULD I KEEP MY APPOINTMENT IF I'M SICK?**

Every so often a patient will call to cancel an acupuncture appointment because "I'm sick". This reasoning perplexes acupuncturists, because if you're sick, why not keep your appointment so that your practitioner can treat the acute illness? It makes us realize that patients don't really see us as doctors. But we are, (Chinese) doctors! Most acupuncturists are GP's: General Practitioners. That means that rather than specializing in a particular clinical discipline, such as gynecology, dermatology, infertility, pain management, etc., acupuncturists treat whatever comes through the door. On any given day, we might treat gyn issues, such as PMS, cramping or perimenopausal complaints, followed by digestive problems like acid regurgitation or bowel irregularities next might come headache followed by back, neck or joint pain. We see skin rashes: hives, eczema and herpes, lung conditions including sinusitis, allergies, bronchitis and the common cold and flu, in addition to more complex medical problems.

Acupuncture and Chinese herbs are highly effective for treating acute conditions, such as colds and flu, stomach viruses and headaches. Patients report immediate improvement in symptoms after acupuncture treatment and commencing herbal therapy. An oft-repeated phrase by a happy patient is, "As soon as I started taking the herbs I felt better!"

Many patients call immediately to schedule a treatment when they first notice cold or flu symptoms. These include healthcare practitioners who don't want to get their patients sick, business professionals who are too busy for a sick day or two, and patients who are chronically ill and want to 'get this one over with, quickly'.

So if you're sick, call your acupuncturist and make an appointment. If you have an appointment scheduled, keep it. If you're concerned about being contagious to your practitioner, request an herbal consultation instead of an acupuncture treatment.