



Welcome to Red River Health! Please take a moment to read through this information.

### **Acupuncture Treatments**

It is very common for a patient to feel uncomfortable with needles, with massage, and with the possibility of pain. Please understand that your reaction to these aspects of treatment tells me as much about you as any symptoms you may describe to me, and will always be factored in as I treat.

The general sensation that one feels with acupuncture is a dull ache around the area of insertion. Some people however react strongly to this type of stimulation and require less sensation. Others may require something with a little more obvious impact. Each individual is different and each individual's experiences with acupuncture are different. It is my opinion that the medicine serves you best when you are able to welcome it, not simply endure it.

### **Herbal Medicine**

Herbs are used in China for nearly every medical condition. Some hospitals have herbal pharmacies with over two thousand different plants, animals and minerals. Nevertheless, the significance of herbal medicine is different for each case. Some people would benefit almost solely from the integration of herbs in the diet. Other cases may benefit mostly from acupuncture and require few if any herbal supplements. Nevertheless, I feel it is important that the significance of herbal medicine be appreciated when understanding Chinese medicine.

I have acquired a pharmacy of herbal products that meet the highest regulations for safety and effectiveness. The herbal powders and pills that are available have come from a process of cooking the original herbs in their traditional way and having the remaining tea reduced to a powder or pill. This manufacturing process is done in accordance with the standards for Good Manufacturing Practice in both China and Australia. Notably the Australian standards for GMP are higher than those of the United States. The result of this manufacturing process is quality and convenience for you but that comes at a higher price. The average cost for a two-week prescription in powder form is \$15-30. Pills may be less expensive.

The other option for herbal prescriptions is cooking the tea yourself. I have a pharmacy of nearly two hundred herbs, which allows me to combine them in the way best suited to you. The most commonly used herbs are purchased from the only company in the United States evaluating the herbs for heavy metals, pesticides and fungicides. The advantage of this type of prescription is that I can modify it to suit you, and the cost is comparable. The average two-week supply of herbal tea is around \$10-\$30. The challenging part of herbal teas is that you need to commit some time to cooking them, and endure a more earthy taste when taking them. Both of these options are effective remedies although some would argue that the herbal teas are most effective.

### **Frequency of Treatments**

Each case is different. If you are here because your back started hurting yesterday, your 18 years old and you have never had back trouble, you may feel tremendously better today and not have to return. If you have struggled with a condition for years and nothing seems to help, your going to have to give the medicine and yourself some time. Generally if your condition is recent I would like to see some improvement during your first visits. If your condition is chronic it may take

from several weeks to several months. It is often best to start with visits as often as two or three times in the first couple weeks of treatment.

### **Arbitration Agreement**

I would like to take a minute to explain the significance of the “arbitration agreement” form. This form is provided by my insurer and serves as an agreement between you and I that any disputes arising from my services will be resolved through binding arbitration rather than in a court of law. Obviously, I will make every effort to prevent any occurrence that may require litigation. Nevertheless, this agreement is ultimately to the benefit of both you and I should such a thing occur. It allows me to be insured at a lower premium, which helps me keep the cost of my treatments down. It also allows for a speedier resolution of any disputes, with less court costs to us, and virtually no risk of a prolonged appeals process. Please read and sign the agreement, or ask me any questions you might have.

### **My requests as your care provider**

Please make every effort to be on time for your appointment. I set aside an hour for every follow up visit so that we can address your condition fully. If time is sacrificed because you are late it simply doesn't allow me to do my best with you.

Please show up for your appointment even if you are running late. I may ask that you reschedule if it affects my schedule too dramatically but “no shows” make running an efficient and effective practice difficult.

If you are unable to make your appointment please give me at least 24 hours notice (48 hours is preferred) . If you don't make your appointment or if you are more than fifteen minutes late I will ask that you pay a \$35 “missed appointment fee”. We will try to help get you in later that same week.

Try to come to your appointment with a little something in your stomach. Not too hungry not too full.

Avoid strenuous exercise following treatment and be sure to take a small walk if you are feeling a little light in the head.

Please plan to make your payments following each treatment. I accept cash, charge and check. Please make sure your cell phone is off. You're here to focus on you!

Thank You,

Robert Angotti, Lic. Ac., Herbalist