



southpoint community
ACUPUNCTURE

At Southpoint Community Acupuncture, we provide affordable natural medicine in an open, inclusive, & sustainable community space. We are excited about your interest in joining us! Please take a few minutes to read this introduction to our clinic:

Welcome to our community! Our clinic is different from many other acupuncture clinics in the US. We treat individuals in our quiet community room and practice a style of acupuncture that uses points located below the elbows and knees to treat all types of conditions. Therefore, you just need to roll your sleeves and pant legs up in order to get ready for treatment. Our treatments are efficient, comfortable and extremely effective. Our method allows you to come in as often as needed to resolve your health concerns, and also creates quiet, peaceful community space where we are able to come together and share health.

Everyone who comes in for treatment is part of the Southpoint community and we look forward to making treatment work for you. In order for our space to remain peaceful and our style effective, there are also a few things we need from you:

1. **Responsibility** - SCA does not provide primary care medicine. Acupuncture is a wonderful complement to Western medicine, but 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 every detail of your medical history with you, then you need to see a primary care physician. We are able to provide some excellent referrals, even if you have no insurance coverage, but we can not diagnose and treat something really serious. However, we *can* provide complimentary care for conditions that require a physician’s attention, for example, the side effects of chemotherapy.
2. **Flexibility** – Our community setting has many benefits, but at times may require some flexibility. Sometimes you may find someone sitting in your favorite recliner or hear another patient snoring. Please adapt to these circumstances and participate in making yourself comfortable. Feel free to bring favorite pillows, blankets, earplugs, or headphones from home. We need you to make yourself comfortable in the treatment room *before* we arrive to treat you. Grab a blanket, kick off your shoes, and make yourself at home!

In terms of how long you want to stay, tell us at the start of your treatment if you need to be somewhere at a certain time. Once your needles are in, take some time to relax and/or take a nap. When you feel done, open your eyes and give us a meaningful look (If your eyes are closed, we will think you’re asleep and won’t wake you up unless you tell us to).

3. **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 might be acupuncture every other day for three months! Most of our patients don't need that much acupuncture, but almost every patient requires more than one visit in order to get what they want from acupuncture. 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 four days". This suggestion is based on our clinical experience treating different types of conditions. If you don't come in often enough or long enough, acupuncture probably won't work for you. We need you to commit to the process of treatment in order to get good results. If you have questions, or if you think you need to adjust your treatment plan, please let us know.

Our primary goal at Southpoint Community Acupuncture is to make acupuncture available as often as you need it, and we use a sliding scale to help you make that commitment. We believe that health care should not have to cost an arm and a leg, nor be given as charity, but be shared as a human right. We do not receive grant funding; we are a sustainable social business that exists because patients pay for their treatment. In order to separate the issues of money and treatment we charge **\$15-\$35 per visit**. You decide what you are able to pay, with no questions asked.

If the lower end of our sliding scale still seems too high for you, consider asking the staff if we have barter/trade opportunities available. You may also contact the Pillsbury House Integrative Health Clinic, where acupuncture is available regardless of your ability to pay, at 3501 Chicago Ave S, 612-824-0708.

4. **Community-Mindedness** – The treatment room is intended to remain a quiet space for you and others to rest, sleep, and heal. The soothing atmosphere in our clinic exists because all of our patients create it by relaxing together. 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 or very loudly in the clinic space. If you would like to speak to a practitioner one-on-one at any length, or have health concerns that require extra discretion, please let us know. If you want to have a substantial conversation, we will probably need to schedule that separately and may need to do it by phone.

Re-scheduling and making payment happens at the front desk BEFORE each treatment so that you can relax and enjoy your treatment. In order to keep our rates low, we rely on volunteer receptionists. When we do not have a receptionist working, we need you to take the responsibility of rebooking yourself and dropping your payment in the box on the wall - just follow the instructions at the front desk. You can also rebook yourself online through our website.

Coat hooks are available, but please take all valuables and other items with you back into the treatment area. And of course, please turn off your cell phone.

Community acupuncture practices are grown through the efforts of the acupuncturists and patients, who naturally rely on each other for success moving forward. Opportunities are available for those interested in bartering services, skills, or time for the benefit of our community practice. If you would like to directly support our mission of helping to bring

social justice to health care, please talk to our staff regarding opportunities with our clinic.

If you have questions about acupuncture and how it works please check out the Little Red Book for Patients in the lending library. Unfortunately, we can't explain what every point does or how acupuncture works while we are treating you, as these are very large topics. This is why we have a library, so if you have questions, make sure to ask them. We can happily give you plenty to read!

Last, but not least, enjoy the space. We do, and we hope that Southpoint Community Acupuncture can be an important part of your community!