



Doris E. Reed, L.Ac.

Doris Reed has been practicing acupuncture and Eastern Medicine in Grays Harbor for many years. She sees numerous case of pain including back, neck, shoulder and knee pain. Doris also prescribes and prepares Eastern herbal formulas—either standards or custom—whichever works best for the client. She also treats other conditions such as insomnia, indigestion, infertility, stress and fatigue.

Doris graduated from Bastyr University with a Masters in Acupuncture and Oriental Medicine. Doris lives in the Aberdeen area, somewhat close to the beach. She enjoys walking on the beach and viewing the great Northwest scenery.

Hours of Operation

Monday, Tuesday and Thursday
9am-5pm

Wednesday - 10am-6pm

Friday - 9am-1pm

Saturday and Sunday
Closed

Fees

Initial visit: \$165.00, 1-1/2 hours

Subsequent visits: \$90.00, 1 hour

Same-day cancellation: \$45.00, we require a 24-hour cancellation prior to your appointment time.

Time of Service Special Offer

Prepaid; does not include initial visit; refundable

10 visits: \$750.00

Accepting most insurance plans!



Reed Acupuncture & Eastern Medicine, LLC

403 W State Street, Suite 102
Aberdeen, WA 98520

(360) 589-7148

Questions & Answers

Information for Patients



Q: What is Acupuncture?

A: Acupuncture is one of the modalities of Oriental medicine. Although what is called acupuncture in the West comprises several different therapies (such as moxibustion and cupping), mostly it consists of the insertion of fine needles into the body at specific points shown to be effective in the treatment of specific health problems. These points have been mapped by the Chinese over a period of two thousand years, and there are more than a thousand known acupoints. In the past four decades, electromagnetic research has confirmed the existence and location of these points.

Q: How does Acupuncture work?

A: Modern Western medicine cannot yet explain how acupuncture works. Traditional Asian acupuncture is based on ancient Chinese theories of the flow of qi (a fine, essential substance which nourishes and constructs the body) through distinct channels that cover the body somewhat like the nerves and blood vessels.

According to this theory, acupuncture adjusts the flow of qi in the body, leading it to areas where it is insufficient and draining it from areas where it is stuck and/or super abundant.

In this way, acupuncture restores the harmonious balance of the body and its parts. In Chinese, there is a saying, "If there is pain, there is no free flow, if there is free flow, there is no pain."

Acupuncture promotes and reestablishes the free flow of qi.



Q: Is Acupuncture safe?

A: When performed by a competently trained, licensed professional, acupuncture is extremely safe. All licensed acupuncturists today use individually packaged, sterile, disposable needles. So there is virtually no chance of infection or contagion.

Q: Does it hurt?

A: Acupuncture needles are typically not much thicker than a hair, and their insertion is practically painless. It is nothing like receiving an ordinary injection. In some cases, you will not

even know the needles are in place. In others, there may be some tingling, warmth, heaviness, or a feeling of the qi moving up and down the channels. Most people find acupuncture extremely relaxing, and many fall asleep during treatment.

Q: How many treatments will I need?

A: That depends on the duration, severity and nature of your complain. You may need only a single treatment for an acute condition. A series of 5-10 treatments may resolve many chronic problems. Some degenerative conditions may require many treatments over time. To help reduce the number of treatments, your practitioner may suggest dietary modifications, specific exercise regimes, relaxation techniques, self-massage, and/or Chinese herbal medicines, all of which may help to increase the efficacy of acupuncture.

Q: Are there different styles of Acupuncture?

A: Acupuncture originated in China but has spread to Korea, Japan, Vietnam, Europe and America. In different countries, different styles have developed based on differing opinions as to theory and technique. Patients should talk to their practitioner about his or her particular style and learn as much as possible about the treatment being proposed.

Q: What criteria should I use in choosing an Acupuncturist?

A: Prospective patients should ask about where the practitioner trained and for how long he or she has been in practice, and mostly importantly, what experience the practitioner has had in treating your specific ailment.

Acupuncture is a licensed and regulated health care profession in over 40 states in the U.S. In addition, the National Commission for the Certification of Acupuncture & Oriental Medicine (NCCAOM) certifies both acupuncturists and Chinese herbal practitioners. Acupuncturists who have passed the NCCAOM exam are entitled to add Dipl. Ac. (Diplomate of Acupuncture) after their name.

Q: What should I know about the proposed treatments?

A: Your practitioner will explain the nature of your problem in oriental medical terms and what treatment he or she is recommending. Your practitioner will tell you what benefits and risks there are to the proposed treatment and what other treatment options are available to you through this practitioner or by referral to another practitioner or physician.

Q: Is there anything I need to do before receiving an acupuncture treatment?

A: The following suggestions will help you get the maximum benefits from your treatment:

1. Wear loose clothing. Women should not wear one-piece dresses. Avoid wearing tight stockings.
2. Avoid treatment when excessively fatigued, hungry, full, emotionally upset, or shortly after sex.

Q: Is there anything I need to do while receiving acupuncture?

1. Relax. There is no need to be frightened. Ask your practitioner any questions you have along the way so that you can get the most benefit possible from the treatment.
2. Do not change your position or move suddenly. If you are uncomfortable, tell your practitioner.

Q: What can I expect after treatment?

A: Patients often experience dramatic results in the first treatment. Some patients experience an immediate total or partial relief of their pain or other symptoms. This relief may last or some pain may return. In a few cases, there may be no immediate relief only to notice the pain diminish over the next couple of days. Generally, you should expect to feel better.

ACUPUNCTURE WORKS!

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