



E komo mai! We are delighted that you have decided to join us for acupuncture! Here are a few things that we think it's helpful for you to know:

WAILUKU COMMUNITY ACUPUNCTURE provides community acupuncture. This means that you will receive your treatment in a large, quiet, comfortable room; you will be sitting in a recliner, rather than lying on a table; you do not need to disrobe, you just need to roll your sleeves up to your elbows and your pants up to your knees; you and your acupuncturist will speak briefly in whispers before you get treated; you can stay as long as you want; and last but not least, there will be other people getting treated at the same time, in the same room, in the same way. We love community acupuncture because it makes it easy for people to get treatments whenever they want, to be treated with their families and friends, to feel comfortable rather than isolated, and to create together a collective energetic field, which makes the individual treatments more powerful and clinically effective.

WAILUKU COMMUNITY ACUPUNCTURE has a sliding scale. For many thousands of years, acupuncture has been a “people's medicine”: low-tech, inexpensive, easily available, and very quiet. Only in the US in the last thirty years did acupuncture become a luxury item for wealthy people, with a cost of \$50 to \$250 per treatment, individual treatment cubicles, and lots of talking. We have eliminated the unnecessary talking and the high prices. Please pay us whatever you feel comfortable with on our scale of \$15 to \$35, keeping in mind that you may need a series of treatments. If the cost of treatment is an issue, please let us know. We want you to come in for acupuncture frequently enough and regularly enough to really feel better.

There is a one-time \$10 paperwork fee with the first appointment.

Acupuncture appointments are on a sliding scale of \$15 - \$35 per treatment.

You decide what you can afford.

The purpose of our sliding scale is to separate the issues of money and treatment; we want you to come in often enough to really get better and stay better!

We understand that everyone's situation is different, and our primary goal is to make acupuncture available to you as often as you need it.

WAILUKU COMMUNITY ACUPUNCTURE has no relationship whatsoever with insurance companies, because insurance companies don't like sliding scales! If you have insurance that covers acupuncture, we can give you a Super Bill to submit, but we cannot bill your insurance for you.

A few housekeeping details: if you need to be up by a certain time, please tell us! Please bring whatever you need to make yourself comfortable, such as earplugs or headphones; we have blankets, but if you prefer your own, you can bring those too. Please take all personal belongings with you into the treatment room, and please keep your shoes on until you sit down in your chosen recliner. And please remember that our community works best when everyone is reasonably flexible. One of the things we love best about our clinic is how many different kinds of people enjoy coming here for acupuncture – but some of them do snore, it's true.

If you like, please come early or stay late and have a cup of tea before or after your treatment! We make our own tea, and though it's not a recliner, it's pretty relaxing too.

If you want to learn more about acupuncture, please read the book, [Acupuncture Is Like Noodles](#). Working Class Acupuncture in Portland, Oregon who started the community acupuncture “revolution” wrote and published it themselves, and it answers most of the frequently-asked-questions we get about acupuncture, such as: how does acupuncture work? And what can acupuncture treat? And why do you do it like this, instead of the way that some other acupuncturists do it? You can have a cup of tea and read one of our copies, or you can buy your own copy to take home.

How you can support us: **WAILUKU COMMUNITY ACUPUNCTURE** is a community-supported business. We do not receive any grants, state or federal money, or insurance reimbursement. Our growth is due entirely to all of our wonderful patients telling everyone they know about how great acupuncture is, and how well it works when it's not too expensive. Treating so many people allows us to keep our prices low, so the main thing you can do to support us is to help us spread the word!

Welcome again and thank you for joining us!

