



Stonington Natural Health Center

Welcome To Your Place for Health, Healing, & Happiness



YOUR FIRST ACUPUNCTURE & CHINESE MEDICINE VISIT

At Stonington Natural Health Center, our objective is to help you enjoy your visit, relax, and heal.

Your first Acupuncture appointment will begin with a half hour health history intake with Dr. Megan Marco in one of our relaxing four-season rooms. You will be able to discuss your health concerns and goals. Dr. Marco asks you questions, privately and without judgment, from both a Western and Chinese perspective. She generously draws upon her wealth of experience and training to develop a health plan for you that promotes your best outcomes, healing, and wellness.

After your health history intake, Dr. Marco will begin your Acupuncture treatment. You will be in a soothing and comfortable atmosphere, designed to provide the highest benefits for your health, healing, and happiness. Dr. Marco has incorporated her favorite relaxation atmosphere, including soothing music, dimming lights, hot stones, and Far Infrared heat lamps to soothe away stress, tension, and pain. Acupuncture points are like buttons on your personal circuit board. During an Acupuncture treatment, we activate a specific combination of buttons which sends signals to your brain to rewire the circuitry of your body so you can heal. Our goal is for you to be incredibly relaxed and to initiate and speed up your healing.

Your initial treatment will be completed with a closing conversation with Dr. Marco. Your Acupuncture Treatment Plan and recommended Chinese herbal formulas and nutrition will be discussed, as well as answers to any of your questions.

Over the course of your treatments with Dr. Megan Marco, topics may include:

1. Your Health History -- It's all about you!
2. Acupuncture - the Balance Method -- from the ancient texts and Dr. Richard Tan
3. Herbs - what's your Herb Type? The Classical way of prescribing Herbal Formulas from Dr. Huang
4. Nutrition -- the energy of food from a Chinese Medicine philosophy
5. Moxa - what is it, how does it work? How will it help me?
6. Qi Gong -- Acupuncture is a form of Qi Gong and possible Qi Gong homework
7. Stretches - to open your channels / pathways / meridians
8. Cupping - improve circulation to relieve muscle aches and pain