



荷兰华夏医药中心

GENERAL INFORMATION

**IN PREPARATION OF YOUR
ACUPUNCTURE TREATMENT**



AFFILIATED WITH



NEDERLANDSE
VERENIGING VOOR
ACUPUNCTUUR

Postjesweg 36
1057 EB Amsterdam
Tel. **020 - 616 76 15**
info@chinamedic.nl
www.chinamedic.nl

*Most insurers
Cover the costs*



TIPS & ADVICE

1. Take a light meal one or two hours before the treatment (e.g. a bowl of soup with bread).
2. Do not engage in intense training or sport before or after a treatment.
3. **Always** tell your acupuncturist when you:
 - are **pregnant** or on your **period**;
 - are **diabetic**;
 - have a **blood disease**;
 - have a **contagious disease**;
 - are taking **blood thinners**;
 - have (had) a **navel hernia**.
 - Are using a **pacemaker**
4. Be sure you switch your phone to silent so you can just relax during the treatment.
5. Empty your bladder before the treatment.
6. Inform your acupuncturist when you have a fear for needles. We have an excellent alternative and total pain free technique: LaserNeedle Acupuncture.

ACUPUNCTURE IMPROVES

Acupuncture improves the natural self-healing abilities and is thus a suitable therapy for many ailments.

It relieves not only the disorders but also supports a better recovery.

During or after the treatment, you can sometimes experience certain sensations which are very common with acupuncture:

- feeling tired and lazy,
- a dull and heavy feeling in the treated part of your body,
- feeling a slight pinch while inserting the needle, it only last for a few seconds.

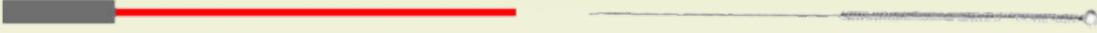
Acupuncture has rarely side effects:

Occasionally, a small blue spot might appears or someone may feel a little nauseous or dizzy after the treatment.

In some cases, a slight increase of the disorder can be experienced right after the treatment. This response to the treatment is considered as a normal reaction of acupuncture and you don't have to worry. It belongs to the natural healing mechanism and it will go away on its own in the following hours or days. Usually, the reaction get less strong after a few treatments. It is important to know that stress can make a lot of disorders worse.



ChinaMedic Aanpak[©]



At ChinaMedic we treat a large range of ailments and disorders. Through our years of clinical experience combined with in-depth studies and training in various acupuncture techniques we created the unique **ChinaMedic Approach.**

Acupuncture techniques:

The ChinaMedic Approach consist of a variety of acupuncture techniques with abdominal acupuncture expertise at its core.

Depending on your situation, our acupuncturists will usually combine abdominal acupuncture with other techniques and herbal therapy:

- Classic Acupuncture (among which Tung' s acupuncture);
- LaserNeedle ;
- Ear acupuncture;
- Balance, skull and navel acupuncture;
- Herbal therapy advice;
- Nutritional advice;
- Reference to Qi Gong exercises

Acupuncture needles:

At ChinaMedic we use thin disposable sterile needles. The treatment is therefore completely safe and usually painless.

HERBAL THERAPY

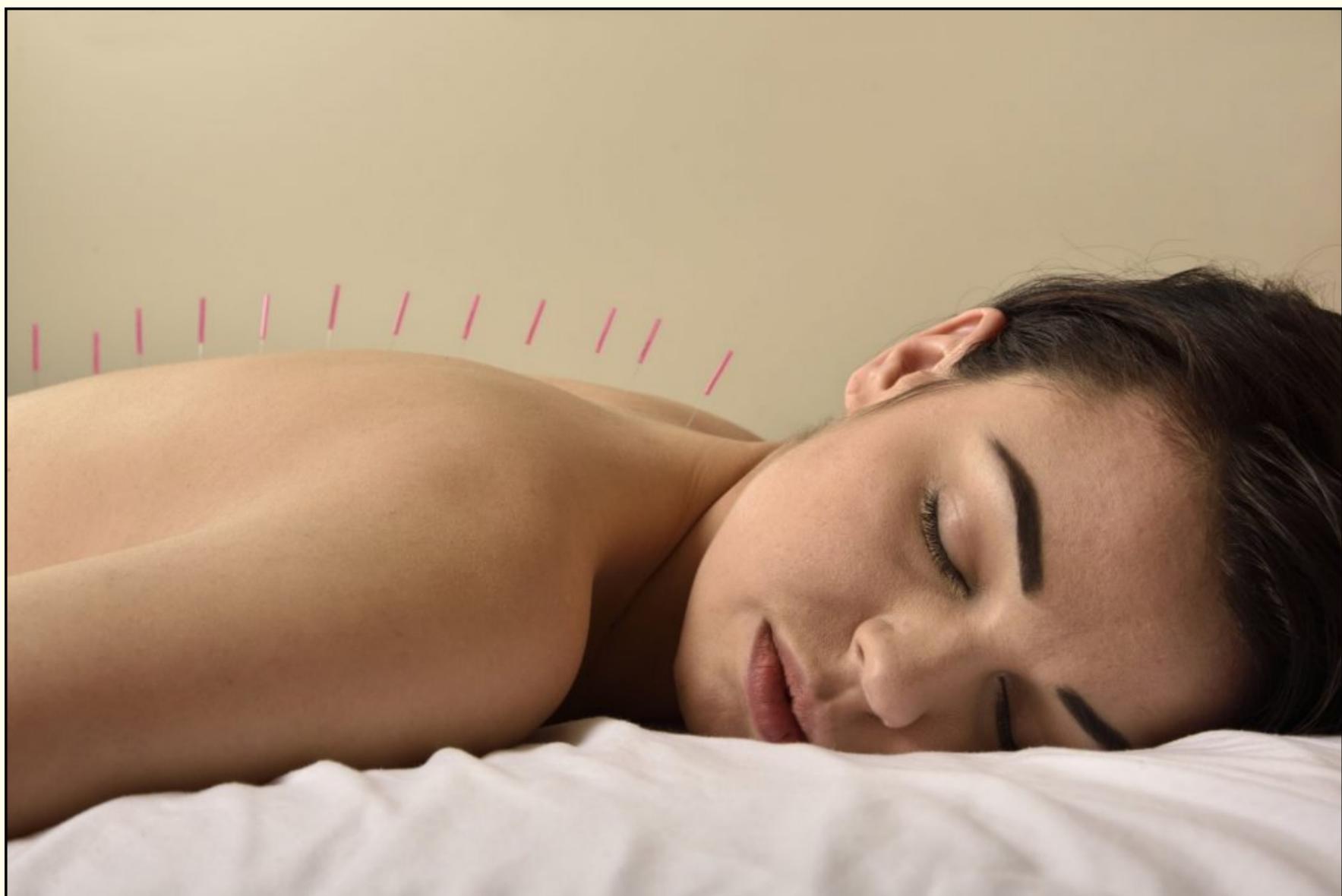
The acupuncture treatment aims to activate the body's ability to recover. Meanwhile the herbal teas are used to sustain the body and support its ability to recover.

The Chinese Herbal Therapy has thousands of years of practical experience.

Our therapists work according to the *Jing Fang* tradition: the well-established and validated classic formulas are applied in accordance with the method of pattern recognition and guiding principles. The *Jing Fang* herbal formulas are very accurately set up and are used for centuries: thereby we know that they work very efficiently and are safe to use.

These medicinal herbal tea preparations are being produced in Taiwan in compliance with European rules and regulations regarding production, hygiene and ingredients. Hereby these products are of the highest quality.





YOUR OWN ROLE

As a patient, you play an active role in your recovery journey. Following the advice you get from your acupuncturist (lifestyle, herbal therapy, etc.) will optimize the effect of your treatment.

At each appointment you can indicate how you're feeling and what is important for you at the moment. Your therapist will subsequently adjust the treatment.

COST

Acupuncture:

1st consultation & treatment € 85,-

Following treatment € 66,-

Herbal therapy (excluding costs of the herbs):

1st consultation € 45,-

Following consultation € 30,-

You can pay with **PIN**.

If you are unable to come, you are requested to inform us **24 hours in advance**. Otherwise, the consultation will be charged.

INSURANCE

We are affiliated to **KAB** and **NVA**,

Nederlandse Vereniging voor Acupunctuur.

Most insurers (partially) reimburse the costs depending on your insurance package. Generally, a written referral from your GP is **not** necessary. Contact your insurer for further information about your cover.

OPENING HOURS

Monday, Tuesday, Thursday and Saturday, from 9.30 till 17.00 o'clock.

EXPERIENCED ACUPUNCTURISTS

ChinaMedic already exists since **2003**.

During these 19 years, our team has gained a lot of experience in treating a wide variety of illnesses and complaints.

Our therapists speak Dutch, English and Chinese.

More info?

☎ 020-6167615

 www.chinamedic.nl