

How am I protected from COVID and other respiratory illnesses if treatment is in a shared space?

Universal COVID precautions apply at One Earth: anyone with a positive COVID test or symptoms related to COVID must cancel their appointment - the same applies for having a fever, or a positive test for RSV or the Flu. Face-Masking is advised for those with compromised immune systems and when County level of transmission is High for respiratory illnesses. In-office precautions: all surfaces are cleaned and disinfected routinely and ventilation provides HEPA-filtered air-flow. Always speak with the Acupuncturist if you have any questions.

The number one question for someone who has never before had acupuncture is ‘Does it hurt?’

Many people do not feel the needles while others describe the sensation as tingling, fullness, pressure, or a dull ache. All of these sensations typically subside quickly. If any discomfort is experienced during a treatment, it can be communicated immediately and rectified. Some patients who describe themselves as being ‘needle sensitive’ find that Evelynne’s needling-technique is very gentle - the end result of a treatment far outweighs any minor and temporary discomfort.

How does the sliding scale payment work?

One Earth Acupuncture is considered a social business, where value is based on people and our united ability to contribute to others - the collective community of patients sustains the business. This differs from private acupuncture offices in the U.S. that might charge anywhere from \$80 to \$200 per visit to maintain high profit margins, satisfy shareholders, and employ sizable staff including insurance billing. In community acupuncture, the sliding scale makes it possible to have treatments as often as necessary for you to get better and stay better, regardless of your working-class, income, or social status. The sliding scale fee for a follow-up visit is \$30 to \$60. There’s no income verification - you simply choose what you are able to pay, no questions asked. The amount of your payment does not affect your treatment and you may pay a different amount for each visit.

Will One Earth Acupuncture accept my health insurance?

No, One Earth Acupuncture does not handle insurance billing. At each visit you will be provided a Payment Receipt – if you have insurance that covers acupuncture, you may submit this receipt on your own for reimbursement. One Earth does not provide a diagnosis code or correspond with your Health Carrier to resolve any claim concerns that might arise with any Insurance Carrier.

How Does Acupuncture work?

Acupuncture points cover the entire body similar to the circulatory system and nervous system. Each point, when activated, has a distinct effect on the muscles, joints, organs, physiologic and nervous system of the body. Points are used to reduce pain and inflammation, accelerate healing and strengthen the immune system, digestive and respiratory systems. The acupuncturist will provide more detail during your Initial and Follow-Up Visits.

How many treatments will I need?

That depends on your unique situation. A treatment plan will be discussed during your Initial Visit. Treatment frequency may be revised as treatment progresses based on your response. If you’re seeking treatment for a long-standing problem, it is always recommended to commit to about a dozen treatments to give acupuncture the opportunity to make a difference. Coming in for a single acupuncture treatment is a bit like taking one vitamin or doing one workout - while it’s probably good for you, you will not experience big results without carrying-out a full treatment plan.

Is Acupuncture safe?

Acupuncture is very safe with virtually no side effects. Needles generally cause no bleeding on entry or removal. Only single-use, sterile and disposable needles are used, thus eliminating the risk of infection or contagion. There is minimal risk of organ or blood vessel penetration when acupuncture is administered

by a fully trained, licensed professional. Certification in Clean Needle Technique (CNT) should be verified with your acupuncturist. Evelynne is fully credentialed and experienced.

Can You Replace my Doctor?

One Earth provides affordable acupuncture, not primary care medicine. One Earth does not provide a Western diagnosis for any medical condition. All patients are encouraged to work with a primary care provider.

Do I have to believe in Acupuncture for it to work?

No. Acupuncture is used successfully on cats, dogs, horses and other animals. These animal patients do not understand or believe in the process that helps them get better. Your effort in choosing a healthy lifestyle as well as a positive attitude toward wellness, will reinforce the effect of the acupuncture treatment received.

Do I Need to Take My Clothes off?

No. At One Earth you are required to wear loose fitting clothing so that you can roll up pant-legs and shirt sleeve as acupuncture points on the lower arms and legs are used in community clinics.

What about those who have used acupuncture and said 'it didn't work for me'?

It's always important to find out if a Licensed Acupuncturist (see 'credentials' below) administered the acupuncture and if the patient was in compliance with their treatment plan. There are many reasons a person may not have a good result, these may include: poor experience with the practitioner; poor office experience; patients who are over-anxious, high-stressed, deficient (poorly hydrated or nourished) or a person could be careless in personal-health.

At One Earth you are encouraged to provide feedback both positive and negative. Response to treatment is discussed at each office visit because it is vital feedback regarding your treatment progress and favorable outcome.

What kind of training and credentials is required to be an Acupuncturist?

NOT ALL PRACTITIONERS WHO USE ACUPUNCTURE NEEDLES ARE ACUPUNCTURISTS.

To confirm your practitioner's credentials – look for a copy of their license openly displayed in the practitioner's office. Acupuncture is regulated by individual state law.

In New Jersey, the Acupuncture Examining Board governs the standards of practice for acupuncture. This Board is supervised by the State Board of Medical Examiners (for complete information see <http://www.njconsumeraffairs.gov/acu/Pages/default.aspx>).

Exception: many states enable a person to practice using acupuncture needles as trained professionals of the National Acupuncture Detoxification Association [**NADA**] – this is a standardized ear acupuncture protocol that treats addictions, behavioral health, trauma and disaster relief. Evelynne is fully trained in the NADA protocol.

What is the difference in practicing Chinese Medicine versus 'dry needling'?

Chinese Medicine (practiced at One Earth) applies extensive medical theory and is a literate professional medicine using Standards of Care in diagnosis and treatment. An acupuncturist is a licensed practitioner who implements treatment based on a diagnosis and established treatment principles.

Dry needling is a technique requiring minimal training by a professional who uses needles to target the site of pain. In Dry Needling, adverse effects (including worsening of pain and neuromuscular damage) are common due to lack of needling-experience combined with inappropriate needle-insertion technique by the provider. You may speak to your acupuncturist for more detail on this subject.