

Community Acupuncture

Community acupuncture is a quiet setting in which a group of people are treated in the same room but at alternating times. This type of lounge setting is the more traditional method used in Asia. There has been a movement in the U.S. towards community acupuncture with the goal of reaching people who might not otherwise be able to afford treatments. Individual acupuncture treatments can run double, triple or even quadruple the price of community acupuncture. The drive behind this movement is to break through class barriers and eliminate the myth that these treatments should be reserved for those in the upper middle class and higher.

Keeping treatment costs low not only allows working and middle class patients the opportunity to experience this healing but also affords the ability to come in for frequent treatments, if necessary. An acupuncture treatment is not usually a one-time treatment and all is cured. Depending on the symptoms, a patient might have to come in once a week over a period of time or may be recommended multiple treatments in a week. If not for community acupuncture, that would be unattainable to most people. The aim is to create a healing space in which everyone is comfortable.

At Lincoln Square Acupuncture, we treat patients with a wide range of conditions, from active ailments to chronic illnesses. There can be up to five people in recliners in our lounge setting. The room is quiet but for a white noise machine and music that filters in through the speaker. Patients wear comfortable, loose clothing that allows access to the knees and elbows. Sharing information with the acupuncturist at intake is in a hushed whisper in which others will not hear private details. After the needles are inserted, patients relax in our peaceful, healing space.

The benefits of community acupuncture:

- Affordable acupuncture treatments that cater to clients of all incomes. This is especially important if frequent treatments are recommended.
- A wide range of conditions can be treated, from active ailments to chronic illnesses, at a cost that is within the financial means of most people.

- Collective energy from a group of people enhances healing more than if the patient is treated individually. This is called entrainment. Entrainment is when the body syncs up with a pulse greater than it's own.
- Easy for friends and family to come in together for treatments.
- The amount of information that is shared is up to the patient. An acupuncturist can make a diagnosis by checking a patient's pulse and/or looking at the tongue.

The payment method at Lincoln Square Acupuncture is a sliding scale of \$20 - \$40 per treatment (additional \$10 fee for first time consultation). It's up to the patient to decide how much they can afford. This method allows individuals to take an active role in their own healing abilities and in remitting payment.