

Welcome to Hillcrest Community Acupuncture!

We provide high-quality acupuncture at affordable rates in a relaxed, supportive community setting. At HCA, we practice a style of acupuncture that mostly uses “distal” points on the hands, feet, head and ears. We use areas from the elbows to fingers and knees to toes to treat problems anywhere in the body. **All of our acupuncturists have been practicing science-based healing arts for over 8 years, are licensed by the State of California and have Masters degrees in Acupuncture and Chinese Medicine.**

COMMUNITY SETTING

We use comfortable recliner chairs in a large, quiet, soothing space. This type of collective environment makes it easy for friends and family to come in for treatments together and enhances the overall healing process of each individual. This shared stillness and peace is a precious thing in our rushed and busy society. Many people fall asleep and wake up feeling refreshed, and treatment times range from thirty minutes to an hour and a half. **If you need to leave at a specific time, please tell the front desk AND the acupuncturist--we will make sure you are out on time.**

SLIDING SCALE

Our scale is very affordable at \$25-\$45 per treatment, with a \$10 first-time administration fee. Most U.S. acupuncturists see only one patient per hour and charge anywhere from \$60-\$250 per treatment. They spend time looking over patient medical records, asking many questions and have lengthy intake procedures. HCA has bypassed that method by streamlining our pulse and tongue diagnosis to hone in on the issues at hand. This way, we can see multiple patients in an hour and keep it affordable for everyone--this is how acupuncture is practiced in Asia, many patients per hour and very little talking.

[We cannot do insurance billing due to our sliding scale--that's the insurance companies' rule. If you have insurance that covers acupuncture we can give you a payment receipt to submit to your insurance company]

OUR COMMITMENT TO YOU

We want to make it possible for you to receive acupuncture regularly enough and long enough for you to get well and stay well. We want our community to be welcome to all different kinds of people. We want to give you the tools to take care of your own health so that you will not need to rely on corporations like Big Insurance or Big Pharmaceuticals for costly interventions. We will provide a safe, clean, healing environment with skilled practitioners. We will inform you of the many tools available to you--including herbs, topical creams and liniments, and other bodywork and healing modalities--so that you can speed your healing process and move towards higher levels of health and wellness.

YOUR RESPONSIBILITY

HCA does not provide primary care medicine. Acupuncture is a wonderful complement to Western medicine, but it is not a substitute for it. If you think you have a problem that is not "garden variety" (meaning a serious infection, a malignant growth, broken bones or an injury that won't heal), or if you want someone well-versed in Western medical exams and tests, you need to see a primary care physician. It is important that you take responsibility for your own health when choosing the right health professional for your needs.

COMMUNITY-MINDEDNESS

The relaxing atmosphere in our clinic exists because all of us create it by enjoying it together. **It's best to keep talking to a minimum once you enter the treatment room, and to speak in a quiet voice as to not disrupt the relaxation of others in the room.** If you'd like to speak to a practitioner one-on-one at length please let us know and we can arrange another setting. Some people do snore, if this bothers you please bring some earplugs with you (we have earplugs available at the front desk too). Also, many cultures have different levels of modesty and we honor this by having a clothes-on atmosphere here at HCA. We have one-size-fits-all clothing options available if your pants are too tight to roll up or if your shirt won't let us access areas that we need to needle for your treatment.

SAFETY

Acupuncture needles are very tiny and can be hard to see in our softly-lit treatment space. Please help us by checking your body after your needles are removed to make sure we took them all out and let us know if we missed one. On that note, **please do not remove your own needles, they are considered biohazards after entering the body and must be removed and disposed of by a licensed acupuncturist.**

COMMITMENT

We often are asked “how many treatments do I need?” The answer to this depends on the condition, the length of time it has been experienced by the patient and how fast the patient heals. A suggested course of treatment could be “we’d like to see you once a week for six weeks” or “we suggest you come in every day for the next four days.” Our suggestions are based on our experience treating different conditions and evidence-based research. **We recommend 2-3 visits initially, so we can track your rate of progress.** The purpose of our sliding scale is to help you make that commitment.

SUCCESS

HCA has been open since 2011! One big reason we are able to keep our chairs filled and prices so low is because of the extraordinary amount of marketing our patients do on our behalf. Our patients are such effective marketers because they committed to the process and now have first hand experience of how well acupuncture works. We are so grateful for all of our referrals!

And, last but not least, enjoy the space! We do, and hope that Hillcrest Community Acupuncture will be an important part of your community too!