



Daoist Traditions College Acupuncture Clinic

Frequently Asked Questions

What type of services does the clinic offer?

The Daoist Traditions College Acupuncture Clinic offers treatment with acupuncture and Chinese herbs, which may also include Tui Na (Chinese massage), nutritional counseling, moxibustion, cupping, or gua sha.

What is acupuncture? Does it hurt?

Acupuncture consists of the gentle insertion and stimulation of thin, disposable, sterile needles at specific acupuncture points. Acupuncture works by promoting the flow of Qi (life force) and blood. Treatment stimulates the release of endorphins, the body's natural calming, relaxing and pain-killing chemicals. Patients may feel a slight tingling sensation, a sensation of warmth, or nothing at all. It is common to feel calm, relaxed, or sleepy after treatment.

What should I expect during my first visit?

All new patients complete a health history form which includes questions about your current health conditions, medical history, and lifestyle. It can be helpful to bring copies of previous lab results and any medications or supplements you are currently taking. The physical exam will include an examination of the pulse and tongue, two major diagnostic techniques in Chinese medicine. Your treatment will begin once the intern's treatment has been approved by the Clinical Supervisor. After the needles are inserted, you will relax in the treatment room for approximately 20 minutes. Your intern will return to take out the needles and discuss your treatment plan and Chinese herbal supplements to help with your condition.

How many needles are inserted?

Generally, 10 to 20 needles may be inserted. The number of needles used varies depending on the particular condition being treated and the type of treatment being performed.

How long are the appointments?

While this can sometimes vary, a patient's first visit will generally last 1.5- 2 hours. Subsequent appointments last 1-1.5 hours.

Do you provide any discounts?

To make the health care at the Daoist Traditions College Clinic affordable to the public, we offer our treatments at one low rate, including the initial appointment. Our rate is lower for children/teens under 18 years old and we offer discounts to students and veterans, with current ID. The clinic offers various discounted treatment specials and packages throughout the year. Our interns also provide treatments at no charge at the Haywood Street Congregation one day per week.

How long does it take to get an appointment?

While we can often accommodate same-day appointments, you may need to wait 2-3 days to be seen.

What is your cancellation policy?

We require 24-hours notice when canceling an appointment. There is a cancellation fee for late cancellations or missed appointments. If you are more than 15 minutes late, we may need to shorten or reschedule your appointment.

Do you provide parking?

Yes. Free patient parking is available in our parking lot located behind our building. Patients may also park on the street in front of our building along South French Broad Avenue.