



Vibrational Healing Arts

Housekeeping Reminders

1. You and I are a partnership to achieve your highest level of health. If you choose to participate in activities that are self-defeating to your well-being, be aware that meeting your goal for pain relief, lose weight, or whatever imbalance you are facing will take longer.
2. It is imperative that you drink 7-8 8 ounce glasses of water each day. Acupuncture does not treat dehydration. Many health issues are resolved by hydrating the body.
3. Take at least five minutes each day to close your eyes and focus on the inhalation and exhalation of the breath. When "I have tos' " and "I forgot tos' " come into your mind, gently release the thoughts with no judgment.
4. If I recommend exercises, diet, lifestyle changes or herbal medicine, incorporate them into your daily life. The effectiveness of the treatments often work in conjunction with other major aspects of your routine.
5. If you cannot make your appointment, please give me 24 hours notice. I give everyone one freebie and then I need to charge for the appointment. O course, if it is an emergency, there is no charge. If you are going to be 15 or more minutes late, please reschedule.
6. Like at any Doctors office, take care of your financial responsibilities prior to your acupuncture treatment.

Patient's Name

Date

Thank you and be with one with your breath as your healing continues.

Jackie Bensinger, L.Ac.

5222 Balboa Avenue, Suite #44

San Diego, CA 92117

(858)505-9444

info@vibrationalhealingarts.net