



WELCOME to CAMA of Chestnut Hill

My mission is to provide high quality acupuncture to improve your physical and/or emotional health. Acupuncture is not simply for symptomatic relief of the body/mind. As with all holistic medicine, a larger perspective applies. I'm interested in the long view: your wellness and thriving long after you leave your symptoms behind. Like any choice you make for your well-being-- to eat healthfully, do yoga, meditate or simply take time to do the things you enjoy, my healing space can be experienced by you as a health sanctuary: a place you go to restore and revitalize your health, and reduce the effects of stress time and again.

Acupuncture is a *process*. It is very rare for any acupuncturist to be able to resolve a problem with one treatment. In China, a typical treatment protocol for a chronic condition could be acupuncture every other day for three months! Most patients don't need that much acupuncture, but virtually every patient requires a course of treatment, rather than a single treatment, in order to get the results they want from acupuncture. **All of our satisfied patients made a commitment to a course of treatment and have benefited from that choice.**

At your first visit, I will suggest a course of treatment, which can be anything from "once a week for six weeks" to "twice a week for the next 3 weeks," or a maintenance regimen of once a month. This suggestion is based on my experience with treating different kinds of conditions. Generally following recommendations is important--that's why **we ask for commitment in order to get the results we both desire.**

And, last, but not least....enjoy the space. It is offered to you with the hope that CAMA will become a part of the choices you make in pro-actively taking care of your health.

Thank you for trusting me to take care of you,

Sincerely,

Elise Rivers