



ZOE COHEN, L.AC. 510 326 7022  
ACUPUNCTURE & TRADITIONAL CHINESE MEDICINE

## WHAT YOU MAY FEEL AFTER ACUPUNCTURE

Everybody responds slightly differently to acupuncture; however, most people feel relaxed and experience a general sense of well-being after treatments. Your response may range from feeling “spacey” or sleepy to feeling energized or invigorated. Also, it is completely normal to feel a lingering sensation (slight ache, etc.) where some of the needles have been inserted. If possible, try to avoid vigorous exercise after receiving acupuncture - this allows for the body to respond fully to the energetic rebalancing, and thus for treatments to be more effective.

## HERBAL THERAPY

### Timing/Dosage:

If possible, take your herbs between meals - approximately 30 minutes (or more) before or after meals. Herbs are more potent on an empty stomach. In addition, if you are taking medications, try to take your herbs 2 hours apart from your medications. However, it is most important that you try to take the full dosage of herbs, even if that means that you occasionally have to take a dosage with a meal, with medication, etc. It's better to take your herbs with food than to skip a dose. **The priority is to take the full dosage so that the herbs will be effective.**

### Possible Side Effects:

It is very rare to experience side effects from herbs. The most common is mild indigestion (gas, bloating, nausea, etc.). If you experience this or any other side effects after taking your herbs, try lowering the dosage (by 1-2 tablets) and/or try taking them with meals. Do this for a few days, and then gradually increase the dose and then try again to take the herbs between meals. If you continue to have side effects at a very low dosage with meals, stop until your next appointment.

### When to Stop Taking Herbs:

**Stop taking your herbs immediately if you get sick, i.e. cold/flu.** It is very important to take only an herbal formula that is specifically for cold/flu, rather than herbs prescribed for a different condition. If I have given you a cold/flu herbal formula (“Cold Away”, “Gan Mao Ling”, etc.), begin taking that immediately; otherwise, call me to confirm. Only resume taking your regular herbs once the cold/flu is completely gone.

**Stop taking your herbs while you are on your period,** unless I have specifically instructed otherwise, or if you are taking herbs to address an acute problem such as cold or flu. Resume your regular herbs once your period has ended.

PLEASE FEEL FREE TO CALL ME IF YOU HAVE QUESTIONS OR CONCERNS.

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