

Becky J Hinman, Licensed Acupuncturist

Master of Science in Oriental Medicine

New York State License #1598

Professional Esoteric Colorpuncture Certification

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I strongly recommend that you consume a small meal 2 hours before your appointment on _____ and before all your acupuncture treatments.

It should consist of protein and complex carbohydrates.

Suggestions are:

½ of a peanut butter and jelly sandwich

½ of a chicken breast and a small salad or brown rice

a beef and bean burrito

a hard boiled egg with whole grain bread

oatmeal and a protein powder shake

a burger and sweet potatoes

There is an increased risk of needle shock, if you have not eaten a protein-based meal before every acupuncture treatment. Needle shock consists of becoming dizzy or light headed or fainting or nausea with vomiting during or after your treatment.

I look forward to seeing you. Please call or text me if you have questions or concerns.