

**NEW PATIENT INTRODUCTION PACKET**

# **LOTUS SPRING & TRADITIONAL CHINESE MEDICINE**



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# INTRODUCTION

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In this new patient information packet, we'll be going over several details that will better assist your knowledge and understanding of how we run things here at Lotus Spring Acupuncture & Wellness Inc. We'll be going over an introduction and quick history lesson of everything that entails what Traditional Chinese Medicine is and how it will benefit your life and health goals.

We'll also be giving you a background of our clinic, what we're all about, and what we stand for in the world of health and healing. With this, we will include detailed descriptions of how your first visit/appointment will go and what to expect out of your first consultation and examination. In that appointment, you'll be given instructions and a personalized treatment plan that will help you attain your health goals. To give you an idea, we'll also include in this packet the different types of conditions we treat, more about our short-term and long-term treatment plans as well as all the services we offer and their general prices.

Lastly, we want to make sure you feel confident in the services we have provided for over 20 years. In an effort to be able to assist in this way, we have also included numerous patient reviews and experiences that share their results and treatment success. We look forward to not only sharing with you this information BUT also helping you experience the life-changing effects of Traditional Chinese Medicine.





# HISTORY OF TRADITIONAL CHINESE MEDICINE

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In recent years, more and more research is emerging around the natural healing properties that Alternative Medicine has to offer, which has led many individuals to switch to this ancient form of healthcare. Alternative Medicine can be used in conjunction with allopathic healthcare to strengthen it and give the body a good start. Alternative Medicine also improves the quality of life. Alternative medicine offers many benefits that include pain relief, stress relief, increased energy levels, and overall better health. Alternative Medicine is all about learning how your body works and using that knowledge for effective natural healing.

Alternative medicine is becoming a more popular option for people seeking alternative treatments to avoid the side effects of modern medicine. Studies have shown that many prescription drugs lead to long-term health problems such as diabetes, heart disease, and even cancer in some cases. With alternative medicine treatments, you can find relief without risking your future health. Alternative therapies can either be used alone or in conjunction with other medications and treatments. In this article, we will explore; the rise of alternative medicine, how it works, who uses it, and some of the reasons people are turning to the practice of alternative healthcare.

## *The Rise of Alternative Medicine*

The most common form of alternative medicine is Traditional Chinese medicine or “TCM”. TCM is a longstanding, philosophical approach to maintaining the balance between yin and yang. Yin represents energy that flows downward while Yang stands for an upward flowing force. So in other words, Traditional Chinese Medicine is based on the theory that all of your organs mutually support each other. This means you have to be healthy so they can work together in harmony, and this balance is attained by harmonizing yin with yang – two complementary energies thought to affect life everywhere. This is done through the use of acupuncture which uses needles to stimulate various points on your body to help relieve pain.



Acupuncture also helps by improving blood flow and helping with digestion, relieving tension, increasing relaxation, reducing stress, and relieving emotional problems such as anxiety and anger.

Traditional Chinese Medicine dates back thousands of years ago when people practiced techniques such as acupuncture and herbal remedies alongside more modern medical practice methods. One theory behind traditional treatments is that qi – or vital energy – flows throughout your body along certain pathways (or “meridians”). When this flow becomes blocked, weakens, or increases to a point where it’s too much pressure on an area of the meridian system then physical diseases may develop as well as emotional issues like depression and anxiety. In order to maintain balance within yourself, you need to have enough chi flowing through these meridians so they can do their job properly!

### *How Traditional Chinese Medicine Works*

Alternative therapies to treat health problems have been used for thousands of years by Chinese healers. Alternative medicine can also be referred to as Alternative Complementary Medicine (CAM) and it’s different from conventional medicine – which focuses on keeping the body healthy through scientific advances, although there are some alternative treatments that are supported by modern science too. Alternative methods include acupuncture, herbal remedies, cupping therapy, Qi Gong, osteopathy, and naturopathy. Alternative medicine focuses on treating the root cause of disease and illness instead of focusing only on symptom relief. Alternative treatments can be used alongside conventional medicine, not as an alternative.

Alternative medicine is usually complementary to conventional healthcare in that it compliments the care provided by a doctor or other medical practitioner. Alternative medicine sometimes offers a wider range of options that have a greater benefit to healing your type of condition than typical modern medicine does. Alternative medicine is important because if you have a bad condition that conventional medicine can’t treat effectively, Alternative Medicine may be the answer as they often use different ways to boost your health and healing.



# ABOUT LOTUS SPRING ACUPUNCTURE & WELLNESS

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In order to truly give the best description of what our clinic stands for, what we accomplish, and how we do it; we must go to the beginning of what inspired our clinic's fire to success.

When Dan Clark (Owner & Practitioner) was a teenager, his father was diagnosed with the Epstein-Barr Virus. For eight years Dan's father visited doctors, took the prescribed medications, and suffered from the many side effects, with no real improvement. A friend referred him to an acupuncturist in Las Vegas, and, after only a few treatments and the use of a prescribed herbal formula, he was free of the virus! Not only did Dan's father have more energy than he had before the virus, but he was able to function more effectively at his work while enjoying his family and hobbies more as well.

*"Watching my dad go through this experience and then seeing how the body can be healed through more holistic methods, without the side effects, sparked my interest in becoming a healer myself."*



Dan attended the Utah College of Massage Therapy in Lindon, Utah, and graduated in December 1998. He then went on to attend the Southwest Acupuncture College in Santa Fe, New Mexico, where he graduated with honors in July of 2003. Dan has been practicing Traditional Chinese Medicine for over 20 years now, helping thousands recover and heal from various health conditions.



## *How Lotus Spring Acupuncture Operates*

When it comes to the actual clinic, people who are new to acupuncture and Traditional Chinese Medicine can get confused between the different types of facilities. This confusion can arise mainly between a community acupuncture facility (which gives general treatment or non-personalized healthcare acupuncture treatment) and an actual Acupuncture Healthcare Clinic (which is what we are).



*"Acupuncture works as an effective alternative and adjunct treatment modality. It is a safe, effective, and natural approach to help regain and maintain health and well-being."*

Lotus Spring Acupuncture & Wellness is a Healthcare clinic just like any other doctor's office that uses a form of treatment called Traditional Chinese Medicine, which treats people's health conditions in a natural and holistic way. Dan is a properly trained, experienced, and certified acupuncture/Traditional Chinese Medicine practitioner. We want you to get the best results in achieving the health goals you wish to have resolved. Since every person's condition or health goals are different, an initial consultation is necessary to discuss your personal needs. Continue reading to learn more about your first visit and how we'd be able to help you attain optimal health in almost any condition or health issues you may be experiencing.



# FIRST APPOINTMENT EXPECTATIONS

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As shared before, since we're in the business of helping patients like you resolve any personal health issues or conditions, we need to personalize your treatment plan. Unlike western medicine and your regular primary care physician, we don't just give you a pill to pop every time there is something out of place with your body.



To help you understand our process a little better, let's dive deeper into what your first appointment would look like. This first step on your journey to increased health is important since we'll be providing you with one-on-one care! During your first appointment, which will be your initial examination and consultation, you will discuss with our practitioner your health history, any health conditions or goals you'd like to resolve or reach, as well as various other questions that will better help us personalize your treatment to your specific body.

Afterward, the practitioner will do a tongue diagnosis and take your pulse to help them pinpoint where in your body might be the roadblock to helping you progress. Dan will diagnose the root cause of your condition and structure a personalized healthcare plan for the best results for you. He'll structure a personalized treatment plan for both short-term relief and long-term results. Treatment solutions can include a variety of things such as acupuncture, prescribed herbs, breathing therapy, cupping, and many more. Overall, you should know Traditional Chinese Medicine promotes natural healing and targeted assistance to resolve the problem and not just mask the symptoms.



# ALL ABOUT TREATMENT PLANS & CONDITIONS

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Since Traditional Chinese Medicine (TCM) has been around for centuries, the types of health issues and conditions that can be treated are nearly endless. TCM has a very particular approach to view and treat the human body. We don't just look at where the symptoms are occurring, but also the surrounding areas where energy and blood flow are traveling. Some of the symptoms, conditions, and issues that we treat include but are not limited to:

Allergies	Fibromyalgia
Asthma	Autoimmune Disease
Diabetes	Infertility & IVF
Hypertension	Anxiety
Menopause	Stress
Multiple Sclerosis	Cancer Care
IBS	Weightloss
Depression	Neck Pain
PMS	Back Pain
HIV & AIDS	Headaches
Quit Smoking	Insomnia
Covid Long-Haulers	Arthritis
Dietary Needs & Allergies	Pregnancy





# SERVICES WE OFFER & TREATMENT PRICES

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Not only do we want you to have fantastic results in your health and treatment, but we also want them to be financially accessible to you! Insurance coverage varies from plan to plan. Although we used to work with insurance companies in the past, we have found that they do not cover as many visits as needed and patients have ended up owing a lot of money. Forcing you to pay even more out of pocket.

So we created an affordable plan that will allow you to get the treatment you need without worrying about your insurance leaving you helpless. Although we no longer accept insurance as a form of payment for your treatment sessions, we have created an affordable plan called “Super Bills,” that will allow you to get the treatment you need without worrying about your insurance screwing you over. For more information don't hesitate to call our office.

When it comes to our prices and treatment plans, you can find the following information on the next page!





# SERVICES & PRICING

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## RELIEF CARE PLAN

This short-term treatment plan focuses on helping you receive initial relief from your health condition. We want to make sure you're progressing in the right direction to receive the relief and results you deserve to have.

- 4-8 Sessions
- Acupuncture Treatments

**\$81 / SESSION**

## CORRECTIVE CARE

This long-term treatment plan focuses on preventing your condition from resurfacing. We want you to reach your health goals and to actually have long-term relief from whatever condition you may be battling.

- 8+ Sessions
- Acupuncture Treatments

**\$72 / SESSION**



Examination:	\$90
Re-Examination:	\$45
Acupuncture Treatment:	\$90
Herbal Exams:	\$45
Modifying Herbs:	\$55
Cupping Session:	\$45
Gua Sha/ Scraping Session:	\$45
Ear Acupuncture Treatment:	\$90
Foot Soak & Bag:	\$25



# LOTUS SPRING

## REVIEWS & RESULTS

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We want to make sure you feel confident in the services we have provided for over 20 years. To help, we have also included numerous patient reviews and experiences that share their results and treatment success.



**Katrina Bolduc**



Dr. Clark has been incredibly helpful, compassionate, caring, and professional with my acupuncture treatments. I started seeing him at about 3.5 weeks pregnancy after suffering two previous losses. I've been seeing him twice a week and recently changed to once a week. I'm over 16 weeks now and will continue to see him throughout my pregnancy and beyond. Being in a supportive environment and to know I'm not only taking care of my baby, but also my body, and mind has been great. I am grateful to have found him and his practice. I recommend anyone looking for acupuncture to go see him!

**Alison J**



My husband and I had tried for a long while to get pregnant, and I read online that acupuncture can help with fertility. So without knowing much about acupuncture, I decided to give it a try. Dr Clark made me feel comfortable and optimistic about what acupuncture can do. He answered all my questions and included herbal treatments based off of what I was needing. I did treatment from Oct-Dec and got pregnant in January! He has done a lot of fertility research and can definitely help in your journey!

**Tyna-Minet Anderson**



I had COVID-19 back in March (the 12th person in Utah county to be diagnosed). After thinking I was mostly better mid-April, the symptoms reappeared and I suffered my first relapse on May 4. My relapse included a fever, joint pain, increased cough, headache (almost all of the original symptoms, although just for a few days). I had another June 1 and again at the end of June. It was then that I realized it was trending every 28 days and correlated to my monthly cycle. My doctor said "western medicine tells us viruses don't act this way, they don't keep coming back like this." It was this comment that made me think I needed to try something that wasn't "western medicine" so I set up my acupuncture visits. Since starting I have not had another relapse, today is day 56 of being healthy!

**Tasha Ouderkirk**



My body doesn't respond well to western medicine so on my hormone and fertility journey I have been utilizing other methods. My feminine cycle was unpredictable and unhealthy for over ten years and is now becoming more regular like it used to be in high school because of my weekly accupuncture visits, healthy diet, and high quality suppliments. Hopefully we will have success with a pregnancy soon.



# LOTUS SPRING

## REVIEWS & RESULTS

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**Donna Jo Smith**



After having no relief from a cortisone shot and 20 visits of physical therapy, I am finally finding some relief from an unknown injury to my foot/leg. Dr. Clark has been so helpful, explaining the procedures and answering all of my many questions. I have been surprised at the effect of the herbal teas and the breathing techniques I have been taught. His office is peaceful and in a convenient location. Sherry, his office manager, is a delight. When I called for my first appointment she immediately put me at ease and helped me get set up for my first appointment. I give my full recommendation.

**Alisha Ferrell**



I have experienced back pain for almost 10 years. At the beginning of this year I decided to train for my first 5k. It was discouraging because running aggravated my back. About a month before my race a friend recommended Lotus Springs. Within two weeks my back felt much better and on the day of the race I didn't experience any back pain at all!

**Carla Meine**



I highly recommend Dan at Lotus Spring. I started coming after a back injury. I had a lot of sciatica pain & numbness in my toes. He helped me get back 100% to my active lifestyle within a few short months. I'm so happy with the work he did.

**Virginia Wilcox**



My experience has been profoundly impactful. Healing for sooooo many things: my anxiety, stomach issues, circulation, seasonal allergies, tension in my shoulders and hips, headaches, etc. It's been wonderful to have a series of weekly sessions over several months and to see how immediate the relief is for my body at every visit, no matter which issue is having a "flare-up" that week. I would highly recommend to anyone that has had a chronic health issue or stress-related injury. Just give acupuncture a try and see how your body responds. I was shocked at how quickly I felt better. And the herbs and foot soaks as supplementary treatments between sessions proved to be particularly effective for my stomach and saved me from having to get more invasive and expensive tests at my GP. The issue was gone! So there was no need for the tests! That was a huge relief. I love it when a wholistic approach is really so obviously the best way. Thank you Dan Clark for your gentle and consistent care! It's truly made my quality of life better ... every minute of every day. Best investment ever.



If you would like to read more people's experiences and reviews, then please don't hesitate to look at our Google Reviews on our Google Business Page. You can find it by typing into Google "Lotus Spring Acupuncture."



# CONCLUSION

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In this new patient information packet, as we went over several details about Lotus Spring Acupuncture & Wellness Inc, Traditional Chinese Medicine, and what to expect out of our facility and treatment solutions; we hope that it gave you greater knowledge and confidence in Alternative Medicine!

With over 20 years of experience, Dan Clark will be able to help target the root cause and help create a personalized treatment plan just for you! There's a good reason why people travel not just from all over Utah, but the nation, to come to experience the incredible healing methods of Traditional Chinese Medicine from Daniel Clark.

Lotus Spring Acupuncture & Wellness is Utah County's #1 Clinic for Traditional Chinese Medicine. We hope to see you in our clinic soon and beginning your journey of holistic healing as well as reaching your health goals.



If you have any questions, feel free to reach us at  
[Schedule@LotusSpringAcupuncture.com](mailto:Schedule@LotusSpringAcupuncture.com) or  
call us at +1 (385) 498-3914.



