

Welcome to A Abundant Health Holistic Center

Becoming A New Patient

What do I bring with me to my first visit?

In an effort to better serve you, below is a reminder check list of things to prepare before your first visit:

- Fill out and sign all of the appropriate down loadable forms before your appointment. The names of all pharmaceutical drugs, Homeopathic and herbal remedies and nutritional supplements you may be taking or recently stopped taking.
- Bring your new patient forms with you when you come in for your first visit.
- If applicable please ask your doctors for surgical, lab and X-Ray reports.
- I also ask my patients to please let me know promptly of any treatment, prescription-based or otherwise, that they may start while under my care. Some things may not be advisable in all situations and might interfere with your results.
- Payments, in the form of check or cash, credit or debit or health savings plans are expected at the time services are rendered.
- We do not bill any insurance companies, business managers, etc. We can give you a super bill for you to submit.
- Please allow approximately an hour and a half up to 2 hours for your first visit and thirty minutes to one hour for subsequent visits. Please don't schedule something right after that may make you feel rushed or in a space that you can't relax. In our office many times you can get a quick nap and yes, snoring is allowed ☺.
- Do not hesitate to discuss any questions you might have with us.

How do I prepare for my appointment?

On the Day of Your Appointment

Because the tongue is routinely examined as part of Chinese diagnosis, please do not brush the tongue or discolor it with hard candy, cough drops, tea or coffee or chew gum within three hours of your appointment.

For best results from your acupuncture treatment, eat moderately within three hours of your treatment. Please do not come on an empty stomach or overly full. Alcohol should be avoided before a treatment.

Feel free to bring a [food journal](#) if you would like to focus on diet from a Chinese medical perspective.

What to wear: Loose clothing is best, especially with pants. Shorts are great. I may need access to the knee area or above it. If it is necessary to remove constrictive clothing, sheets are available for modesty coverage.

Do not wear perfume or aftershave as some patients have allergies and I desire to create a safe space for them.

For those of you who wish more information we are also including the answers to the Frequently Asked Questions:

The Consultation - What Should I expect on my first visit?

Assessment and Treatment Process

- Thorough interview, history, and physical examination.
- Diagnosis made based on interview, examination and assessment.
- Treatment of symptomatic as well as root problem using one or more modalities that best address the problem.

The first visit is where we get to know each other. Many times I can give a treatment the same visit. Much of this depends on how much time you spend filling out the forms in my office rather than at home. I will review everything and then make another appointment for us to go over all of your medical records, my findings and explain a treatment plan.

What is the Evaluation all about?

As a holistic practitioner of Homeopathy and Oriental Medicine, I will carefully listen to you and your concerns. While important, Dr. Solara does not just rely on lab tests (such as blood work, X-rays, MRI etc.) to understand what is going on and how to treat.

Holistic Physicians are trained as very careful observers—by listening, looking and palpation (touch). We are alert to sounds in voice, changes in complexion, ways of movement and much more.

During the assessment you will be asked a lot of questions that you might not think are related to your chief complaint but they are important to you as an individual. Often, something that you may think is unimportant, may be the most significant information for selecting the accurate homeopathic remedy. You will be asked for complete details of your symptoms. When they began, what makes them better or worse and how your lifestyle is affected? The more information we have will allow us to help you more.

Before your first appointment spend some time thinking about the areas of your life you desire help with. Be realistic; if there are several conditions or symptoms you would like to address please rank them in order of importance to you.

Pay attention to how they feel and affect your life. What modalities do they express - i.e.: better or worse cold, heat, air, temperatures outside, rain, etc. Be as descriptive and specific as possible. For example, "pain" and "discomfort" are very general words that won't help you find relief with my modalities.

Solara's modalities recognize subtle distinctions in different types of pain. Burning pain is not the same as pain that has a stabbing sensation. Listed below are some words you might use to distinguish your particular pain.

• Sharp • Dull • Achy • Constant • Burning • Contracting/Tight • Heavy • Radiating (from where to where?) • Intermittent • Stabbing • Distending • Numb • Pins & needles • No feeling • Wandering • Pounding, etc.

If none of these are appropriate, try coming up with your own words. If you are having difficulty describing your pain in words, try visualizing it or drawing a picture, and then describe what you see.

It is important for me to know specific modalities because in Homeopathy if you have the same symptoms all on the right side it would be a different remedy than those same symptoms on the left side. The remedy is individualized to you.

The clearer you can tell me all about your symptoms and how it affects your life, will directly impact the success rate of how quickly you may restore health.

The evaluation is the process of understanding your habits, emotions and relationships so you can gain the knowledge and insight you need to make the healing lifestyle changes that would most benefit you. Dr. Solara recognizes that even though the dis-ease name is identical - your individual reaction to experiencing those symptoms are unique to you. If you and a house mate both have a cold you might not get the same medicine. One of you might be thirsty the other not, one wants to watch TV and the other wants to stay in bed and not be bothered by anything including sounds.

The information will be analyzed to discover a pattern or recurrent theme to decide which modality is best for you. As treatments proceed, the pattern changes, and a new evaluation is made.

In Oriental Medicine we can get a picture of your health by the quality of your pulse. There are 12 positions and 28 pulse qualities that we palpate for on both wrists. I will be looking at your tongue for color, shape and markings and your face and fingernails for more clues to your overall state of health. Eating or drinking substances that color your tongue and the use of nail polish can hinder my assessment.



We will explain the procedures and answer your questions about the preferred protocols. Most people fall asleep during the treatment and feel very relaxed after a session. Be prepared to honor your body if it is saying I want to rest now. The techniques used are very powerful and your body will be adjusting to the new balance we are creating.



Drink lots of water daily but especially after acupuncture, cupping, Gua Sha, massage and other modalities. Your body will be releasing toxins from the cellular structure, which need to be flushed out. Not drinking the water can result in the toxins becoming trapped in-between the cells where it may become harder to get them out in the future.

Rarely, some people feel like they have been beat up or over exercised their muscles after deep tissue work. This is due to the release of toxins and other chemicals. Flushing with water is essential to avoid this feeling.

If you have congestive heart disease or poor kidney function or some medical problems, drinking lots of water might not apply to you.

It is believed that balance is the key to health. Any imbalance can become the cause of disease and pain. Solara recognizes the importance of preventive medicine and treating the underlying causes thereby creating a deeper kind of healing. This promotes profound changes in people's lives physically and emotionally.

If other treatments have failed can Acupuncture/ Homeopathy help me?

Many times the answer is Yes! These modalities take the whole person into account -not just biochemical lab tests. Many times symptoms can't be defined by Western tests but can be classified into a pattern of disharmony that are easily balanced by Oriental Medicine and Homeopathy.

If I am not ill is there any benefit to getting treatment?

Yes! In ancient days in China the physician was paid to keep the people healthy. If the patient became ill the physician was not paid. There was a great bond between them and the people worked diligently to keep their health in the harsh living conditions.

Part of the reason is because their physician counseled them in healthy lifestyle management techniques. We focus on preventive medicine to keep you healthy all year long. This office will be providing fun shops on various topics to help you stay healthy.

What Results can I expect?

If you truly desire long lasting results from the therapy you must be prepared to be committed to the course of treatment. This means following advice, scheduling follow-up appointments, keeping notes of how you are reacting to the therapy and communicating openly. As in any form of healing, the patient's attitude, diet, determination and lifestyle will affect the outcome of a course of treatment. The results are more than just placebo effects as animals, babies and plants have all responded favorably to our treatment modalities.

Patients are encouraged to actively participate in their healing process. Most patients with acute (short term) problems improve immediately. And although most patients with chronic (long term) problems start noticing a change in one to four weeks, it's unrealistic to think that the problems will disappear overnight. It took your body a long time to become chronically ill; it will take patience and commitment for complete healing.

Homeopathy, Acupuncture and Oriental medicine should be seen as complementary to Western medicine.

Many people find health and comfort in a full work-up or an occasional tune-up. Four times a year at the change of seasons we do “tune-ups” to keep the body healthy for the next three months. It is also a time to take care of minor issues before they become a dis-ease.

Should I continue to see my Western Medical Doctor?

We always strongly recommend patients to remain under the care of their choice of physicians during Homeopathic and or Oriental Medical treatment. We also always ask them to please continue all the treatments prescribed by their other doctors. These modalities and regular medicine usually complement each other nicely.

We would like to establish a professional relationship with your other physicians to open lines of communication and bring you the best integrative medical care available.

UNLESS YOU ARE HAVING ADVERSE AFFECTS TO YOUR MEDICATIONS “DO NOT” JUST STOP TAKING THEM BECAUSE YOU ARE FEELING BETTER OR COMING TO US. THIS COULD BE DETRIMENTAL TO YOUR HEALTH. Some medications need to be tapered off and others may need to be adjusted as your body comes into alignment with well-being.

What should I do if I require emergency care?

Emergencies mean a life or death situation. Please call 911 or go to an emergency room if you need emergency care. Call me between 9am and 6pm if you need urgent care and desire to be seen as soon as possible. 352 365-4325

Payment/Insurance

How is payment of my visit handled?

Our rates are economical and treating the whole person will save you money in the long run. Unless arranged beforehand services are expected to be paid in full as they are rendered. We offer payment options to assist you

In the office I take Cash, Checks, Debit/Credit cards and Gift Certificates. Credit card reservation in advance is required for all Beauty treatments.

Financing

We have teamed with Capital One to provide financing.

Capital One Healthcare Finance is a flexible monthly payment option.

- Low, monthly payments

- Low, fixed rates ranging from 5.9% - 12.9% APR
- No prepayment penalty

Each appointment is set aside exclusively for each patient. This office may charge for cancellations within 48 hours and for no shows. See cancellation policy.

Is my visit covered under Health Insurance?

Many insurance companies are now including acupuncture and complementary therapy on their plans. Ask your insurance representative about coverage. If you have a deductible, most companies will accept our treatment investments toward your deductible.

This office cannot accept responsibility for collecting insurance claims nor for negotiating settlements of disputed claims. For a small fee I have someone who is willing to call the insurance company and negotiate for you. She is really good at getting insurance companies to pay. Many times the insurance company will reimburse their subscribers quicker than they will a physician's office.

This office is not enrolled in Medicare and Medicaid programs. Medicare or Medicaid patients therefore will not be reimbursed for fees paid. A bill is up before Congress now so please contact your legislators and tell them you desire Acupuncture, Homeopathy, and other holistic modalities.

- [Florida State House of Representatives, Contact Information](#) - Find your legislators by zip code, contact your supervisor of elections, or find links to Representatives' home pages and to district maps.
- [Florida State Senate, Contact Information](#) - Find your legislators by zip code, contact your supervisor of elections, or find links to Senators' home pages and to district maps.
- [US Government Contact Information](#)

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My insurance does not include acupuncture and traditional medicine. What can I do to get coverage?

The insurance policy you have is between you and your insurance company. You are the customer! They are the broker for specific policies.

Remember this! If you want acupuncture and traditional medicine covered under your policy, let your voice be heard. Tell them! The insurance company will listen to you. They can make changes at the next renewal of your policy, or risk losing your business. You have the power to request specific line item coverage within your policy.

If you work for a corporation, tell your human resources person you desire Acupuncture and Homeopathy to be included in your policy. If they have any questions tell them to call me for more information.

Also, be aware that sometimes they will include acupuncture as a covered therapy only if a medical doctor provides it. For your information, according to the American Academy of Medical Acupuncturists “a minimum of 300 hours of systematic acupuncture training” is required for a medical doctor to be certified as a medical acupuncturist.

However, this is optional. In many states, physicians can practice acupuncture without any certification at all. FLORIDA is one of those states. In Florida, Medical Doctors (MD's) and Osteopathic Physicians (DO's) are NOT required by law to have any training in acupuncture before they are able to provide this therapy to a patient.

Chiropractors (DC's) are only required to complete a 100 hour class in other states 300 hours.

As a consumer, you must request the specialist in the field, a Florida-licensed acupuncturist. By going to a Florida-licensed acupuncturist, who graduated from a four year institution you are assured that they have close to 3000 hours of specific training and clinical internship in acupuncture and traditional medicine. Why settle for less? Always check your physician's credentials. Don't ask how many years of training ask how many hours. Weekend courses can take several years to complete.

Physician Educational Comparison and professional titles:

Acupuncture Physicians in the state of Florida must complete a four year program of intensive study with almost the same number of hours as other medical professionals:

Acupuncture Physicians 2750 hours (Solara has just under 3,000 hours)

MD/DO 2756 hours + 3 yrs of residency

Chiropractors 2887 hours + residency.

Traditional Chinese medicine is based on a totally different concept than western medicine, although the two systems may complement each other.

Acupuncture Physicians study a full complement of Eastern Sciences and medical practices of diagnosis and treatment modalities. They must also study western medicine subjects like: Anatomy and Physiology, Pharmacology, Pathology, Microbiology, Clinical Psychology, Western Diagnostics and Radiology, and lab work. Clinical Internships are also required.

Currently in Florida there are no educational requirements for medical doctors or osteopaths to practice acupuncture. Chiropractors may practice acupuncture with only 100 hours training and are called Certified Acupuncturists (CA). It is important to ask your acupuncturist how many hours and not years of training that they have.

Serious adverse events in acupuncture treatment are uncommon in the practice of adequately trained acupuncturists.

Professional Titles

Listed below are some of the most commonly used abbreviations (and their titles) in the Acupuncture and Oriental Medicine profession.

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DOM	Doctor of Oriental Medicine
AP	Acupuncture Physician
CA, CAc	Certified Acupuncturist (Chiropractors)
CH	Chinese Herbalist
Dipl. Ac.	Diplomate in Acupuncture
Dipl. CH	Diplomate in Chinese Herbalism
DNBHE	Diplomate National Board of Homeopathic Examiners
L.Ac.	Licensed Acupuncturist
MSOM	Master, Science of Oriental Medicine
MTCM	Master, Traditional Chinese Medicine
MTOM	Master, Traditional Oriental Medicine
OMD	Oriental Medicine Doctor
PhD	Doctor of Philosophy

May you enjoy health in the years to come!

Yours In Service,

A Abundant Health Holistic Center

Solara Attatharya, DOM, AP, DIM, DNBHE

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Past President and Secretary, Florida Homeopathic Medical Society

Past member Publicity and legal board, Florida State Oriental Medical Association