

J. Ragani Buegel, L.Ac.

Board Certified & Licensed Acupuncturist
GreenSquare Center for the Healing Arts
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Dear New Client,

Welcome! My mission is to offer you the highest quality, personalized service, in a relaxed and healing environment. Feel free to browse the website for frequently asked questions about acupuncture and related services.

Please fill out the enclosed paperwork and bring it with you for your first visit. The health history and forms usually take about 15- 20 minutes to complete. If you wish to fill the forms out in our waiting area, please arrive 20 minutes early for your appointment. Your initial visit may last up to two hours. Subsequent visits will last one hour.

Our office is located on the second floor of the GreenSquare Center building. Ample parking is located in front of the building and there is a ramp to the front door for those who use a wheelchair or have trouble with steps. Should you choose not to use the stairs by the entrance door, a lift is available just past the first floor inner lobby door. (Because it is a European-style lift and not an elevator, it takes a full 30 seconds to traverse between floors. Good time for a mini-meditation!) The second floor has a large and comfortable waiting room that is shared by a number of complementary practitioners. Coat racks are available in the waiting areas, and there is a filtered water dispenser. One of the two bathrooms on the second floor is handicap accessible.

Clients are asked to wait in the waiting room prior to their appointments. If I am not there to greet you upon your arrival, I am finishing up with a client and will be with you shortly. If weather is snowy or slushy, please remove your shoes prior to entering the waiting area and place them in the wet trays (you may wish to bring your own house shoes, slippers or socks for the waiting room). We share a waiting room with several other healthcare practitioners, and we request that you speak in a soft voice when in the waiting area out of respect for others receiving services. Please refrain from wearing perfumes and colognes, as many of our patients have respiratory allergies for which they are seeking treatment. For your acupuncture appointments, please make sure to eat something within 1-3 hours prior to your treatment session (receiving an acupuncture treatment on an empty stomach may leave you feeling dizzy and lightheaded).

As a licensed acupuncturist, I do not provide primary care medicine. Acupuncture is a wonderful complement to Western medicine, but it is not a substitute for it. If you have a serious health concern or need a medical diagnosis, you will need to see a physician. Acupuncture can, however, provide complementary care for conditions that require the care of a physician; for example, acupuncture may help to reduce the side effects for individuals undergoing chemotherapy, or may help to reduce the need for anti-inflammatory medication, etc.

I look forward to meeting you.

Sincerely,



J. Ragani Buegel, L.Ac.