



# LONGEVITY HEALTH CENTER

## June 2019 Newsletter

From the Longevity Health Center Team

### COMMUNITY ACUPUNCTURE

Community Acupuncture is a model of care based on the tenets of Traditional Chinese Medicine (TCM). More often in western cultures, the practice of TCM has been delivered in private practice settings modeled in similar fashion to allopathic medical practices. This private practice setting affords one medical provider to assess and treat one patient at a time in a small, private room. The costs to see a Medical Doctor in this setting can range from \$100-\$300 per visit, but is often offset with medical insurance, leaving the patient to pay only a portion or copay. Private TCM practices are similar in design and cost, but due to the nature of repetitive treatments required to resolve most health conditions, this can add up in costs very quickly. And even if a patient were to have medical coverage to support TCM/acupuncture, the volume of treatments medically required would likely exceed the volume of treatments allowed by most medical plans. This poses a dilemma unique to the practice of acupuncture and TCM. A visit to an MD office rarely includes a treatment modality, and if it does, it is not often replicated with frequency. Therefore routine office visits may be limited to three per year (Source: <https://www.cdc.gov/nchs/fastats/physician-visits.htm>). The care administered by a Licensed Acupuncturist (LAc) may require multiple courses of treatment and each course consists of 10-15 treatments. At Longevity Health Center, our initial consultation and treatment in private practice is \$110, with \$80 established patient visit charges. One course of treatment could cost up to \$800 and be administered in 5-6 weeks. We hesitate to measure good health by dollars, but most people do live within a budget, and \$500 to \$1000 per month extra can be exhaustive to their budget. Therefore, we offer community acupuncture.

Community acupuncture (CA) differs from private practice in logistics and cost, but not quality. Jeffrey Tice, LAc, conceived the first community acupuncture clinic on Maui ten years ago and cultivated it out of his garage. It has grown since then to be located here at Longevity Health Center and include five Licensed Acupuncturists offering clinics five days per week in three hour blocks. The cost of sessions are based upon a sliding scale of \$20-\$40 (plus \$10 for initial consult for first visit only). The sliding scale allows patients to choose what they can afford, often based upon the frequency of treatments. For example, if someone is coming in once per month for maintenance, they could pay \$40. But if the condition being treated requires more than one treatment per week, they could choose to pay only \$20 per session. Aside from a reduced cost, community acupuncture differs from private practice in setting. Our intakes remain private, but our treatment room is as the name suggests, in community. We have a large treatment room with six comfortable, reclining, zero-gravity chairs upon which our patients can relax and receive treatment. As this is a chair in a community room, our LAc's will choose readily available parts of the body to access, and therefore all patients will remain fully clothed. This works well from a TCM treatment perspective as the most commonly used acupuncture points and often the most powerful points are located below the knees and elbows. One of the limitations to community acupuncture is the limited contact time in the intake portion. This does not mean the acupuncture treatment is deficient in any way, but some of the other tools our experts in TCM are trained and licensed to provide, such as cupping, moxibustion, custom herbal prescriptions, and tuina (a form of massage) are not included in a CA session. These can be scheduled separately in a private practice setting as an adjunct to regular community acupuncture treatments. Please contact our wonderful support staff at Longevity Health Center or ask to speak with any of our Licensed Acupuncturists to find the best solution for your health care.

### LIFESTYLE EDUCATION SEASONAL RECIPES:



#### INGREDIENTS:

This sweet, delicious tea is good to drink in the Spring and Summer time due to it's cooling nature. It helps with headaches, dizziness, and eye conditions such as pink eye or a sty.

To make this tea, add several dried chrysanthemum flowers and 6 goji berries to your cup.

Add water that is almost boiling—approximately 190\*.

Let steep for 5 minutes.

Strain flowers out. You can eat the goji berries if you like.

Drink tea.

Take the drained & cooled flowers and make a compress for your eyes.

We have Chrysanthemum flowers for sale here at Longevity or you can find Chrysanthemum tea bags, as well as Goji berries at your local health food store.

### Schedules

#### HOLIDAY SCHEDULE

**OUR OFFICE WILL BE CLOSED ON:**  
June 11, 2019 - King Kamehameha Day

#### MOVEMENT CLASSES

##### SOMATICS

Tuesday 9:00 a.m. - 10:15 a.m.  
Thursday 10:30 a.m. - 11:45 a.m.  
Sliding Scale \$17-\$20

##### SOMATICS WORKSHOP

Dynamic aging: Pain-Free Feet  
June 8th • 9am-12pm • \$55

#### COMMUNITY ACUPUNCTURE

Monday 3:00 p.m. - 6:00 p.m.  
Tuesday 3:00 p.m. - 6:00 p.m.  
Wednesday 10:00 a.m. - 1:00 p.m.  
Thursday 3:00 p.m. - 6:00 p.m.  
Friday 3:00 p.m. - 6:00 p.m.

*Last appointment is 45 minutes before closing time.  
Drop ins may be accepted, but appointments are encouraged.*