

Monarch Laser & Wellness Centre

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Acupuncture and Traditional Chinese Medicine Frequently Asked Questions

What type of ailments does Acupuncture or Chinese Medicine treat?

Acupuncture and Chinese Medicine are exceedingly effective modalities for treating often debilitating ailments. More important, Acupuncture and Chinese Medicine provide the added benefit of being free of adverse side effects. Both Acupuncture and Traditional Chinese Medicine, especially when used together, have proven successful in treating and managing irritable bowel syndrome (IBS), crohn's disease, ulcerative colitis, bloating, constipation, diarrhea and a host of other digestive problems. Both of these modalities are successfully employed to treat skin problems, allergies, immune disorders, diabetes, addictions, psychological and vision problems, muscular and skeletal ailments, as well as neurodegenerative issues. Acupuncture has also become the newly recognized and trauma free means of providing cosmetic "face-lifts".

How does Acupuncture work?

Acupuncture is based upon the theory of Qi (energy) regulating the proper flow of energy throughout one's body by restoring the body's natural state of balance and health and thus normalizing the body's metabolism.

Is there anyone who cannot get Acupuncture?

Patients with bleeding disorders may not be suitable candidates for Acupuncture and pregnant patients must notify their Acupuncturist of their pregnancy so that treatment formulas can be altered appropriately.

What kind of needles are used?

Only high quality sterile single use needles are used. For those who prefer needleless acupuncture is also available.

Does Acupuncture hurt?

Most people do not feel any discomfort upon needle insertion. In fact the treatments are described as relaxing and many clients fall asleep.

How much does it cost?

Patients are often surprised how exceedingly economical Acupuncture and Chinese Medicine treatments are. Acupuncture treatments are broken down in half hour time periods. Half hour consultations and treatments are each \$60.00, plus GST, and one hour treatments are \$100.00, plus GST. An additional \$20.00 plus GST will be charged when tuina massage, cupping or other modality of treatment are combined with Acupuncture. Most insurance carriers provide coverage for acupuncture treatments when provided by a qualified practitioner.

The exact cost of herbal Chinese Medicine is obviously dictated by the cost of the herbal medicine needed. However, most patients are pleasantly surprised to discover that the cost of the herbs is much cheaper than their Western Medicine counterpart.

How many treatments will I need?

The exact number of treatments necessary will be dictated by the nature and severity of the ailment, as well as whether it is chronic or acute. An ailment that has plagued one for a considerable period would be considered chronic and would, in most cases, require more treatments. For example, an individual who has been suffering with crohn's or colitis for years may need twelve to fourteen acupuncture treatments before monthly "maintenance treatments" can be applied.

By contrast, acute conditions that are treated shortly after they arise respond very quickly to relatively few acupuncture treatments. For example, an individual who has suffered a back strain can leave the office pain free and mobile in as few as, two to three treatments. In some cases, one treatment is sufficient. Obviously, the foregoing are just estimates, and every patient and his or her responsiveness to treatment is as individual as the patient and not subject to fixed treatment formulas.

How often do I come in?

You should come in at intervals and frequency recommended by your Acupuncturist and will depend on the ailment. Initially treatment intervals will be twice a week, then tapered to once a week, and then scaled back to one treatment every two weeks.

Are there any side effects from the remedies/acupuncture?

It is extremely rare for anyone to experience any adverse side effects to Acupuncture treatments or Chinese remedies. In a few cases, there may be localized bruising with Acupuncture but that disappears within days.

Where do the herbal remedies come from?

The formulas are derived from China, Taiwan, and Korea. They undergo strict inspection and grading for purity and safety which also ensures they are free of contaminants. Once they pass inspection the remedies are then shipped to the U.S.A. where they are inspected once again prior to being transformed into formulas (which are often hundreds of years old). These certified manufacturing plants are inspected by the U.S. government before they are given certification for distribution and use.

What are Dr. Sanc's credentials?

Cristian Sanc is a Doctor of Traditional Chinese Medicine and Acupuncture having four years of intensive academic and practical training from the Canadian International Academy of Acupuncture and Toronto Academy of Acupuncture and Chinese Medicine. After successfully completing the programs at these two institutions, he has been certified with the credentials D.C.M., Doctor of Chinese Medicine, and C.C.M.P., Certified Chinese Medicine Practitioner.

Dr. Sanc has practiced his art since 1996, treating patients in all modalities of Traditional Chinese Medicine including, but not limited to, Acupuncture, herbs and diet therapy. He is fluent in English and Romanian and can communicate in Italian and Spanish as well. He was a regular expert guest on 900 CHML a.m. radio when Lisa Brandt had her interactive show. He has appeared on a number of T.V Health and Wellness shows, as well as, has provided seminars on Acupuncture and Chinese Medicine.

Dr. Sanc is also a member of the Canadian Academy and Association of Chinese Medicine, the Ontario Chinese Medicine Society, the World Association of Chinese Medicine, the Canadian Association of Acupuncture and Traditional Chinese Medicine, the World Association of Laser Therapy, the Ontario Acupuncture Association, the Canadian Society of Chinese Medicine and Acupuncture as well as the Committee for Certified Acupuncturists of Ontario.

As such, he is a vocal advocate in favour of strict regulation and practical training of Acupuncturists and practitioners of Traditional Chinese Medicine in Ontario.