

## **What should I expect during treatment?**

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Where the acupuncture needle has been inserted, you may experience a vague numbness, heaviness, tingling, or dull ache. Sometimes people experience a sensation of energy spreading and moving around the needle. This is called the “Qi” sensation. All these reactions are good and a sign that the treatment is working. Afterward you may feel energized or a deep sense of relaxation and well-being.