

Tara's Top 5 Tips On What To Look For When Choosing An Acupuncturist

1. Get a trustworthy recommendation! Friends, family members and doctors you trust are usually excellent sources of referral. About half of my patients come from existing happy patients and the other half from surgeons, psychologists, dentists, OB-GYNs, orthopedists, etc.
2. Does he/she have any extra training in the area for which you are seeking help? If you are wanting to lose weight, do they have a background in exercise physiology or nutrition? I do a lot of orthopedic work (i.e. Joint pain, neck pain, back pain, TMJ) and I have well over 600 additional hours in orthopedic training
3. Try to assess if he/she has a good track record for solving the problem for which you are seeking a solution. Ask how many treatments it typically takes and how many cases of this he/she has solved. . I do a lot of fertility and woman's health work and was quoted in a leading fertility book "Conceptions and Misconceptions" as helping the authors get some of their toughest cases pregnant.
4. Be cautious of practitioners who want to sell you lots of supplements or sign you up for a big package deal. I have heard of too many people being given large promises and no solutions.
5. Be cautious if he/she seems more interested in getting paid than in your recovery. We all need to be reimbursed for our work, but a good and caring practitioner will have a significant mental and emotional investment in helping you achieve wellness.

Dr. Tara Grace Perry

P.S. Sign up for our mailing list (<http://www.bestfromeasttwest.com>). We are preparing a list of top acupuncturists from Santa Barbara to San Diego! We'll be sure to send it you when it's ready

My office is in West LA: (310) 586 9737