

Your acupuncture treatment will continue to work for 48 hours. We advise you to avoid the following substances during this time to maximize the benefits from your treatment. Consumption of any of the following foods or items will decrease the actions of your treatment:

NO ALCOHOL

NO SESAME OIL

NO SESAME SEEDS (even a few)

NO SPICY FOODS (e.g. hot peppers)

NO HEAVY GARLIC

NO FIGS