



The People's Acupuncture of Asheville
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Welcome to Our Community!

Our Mission

The People's Acupuncture of Asheville is a community clinic designed to create the twin social benefits of inexpensive acupuncture and stable living wages for acupuncturists. Through this model we are committed to providing affordable acupuncture to the community so that everyone can get the care they need to get better and stay better!

About Us

The People's Acupuncture is a community clinic. This means we treat patients primarily in recliner chairs in one room. This is how acupuncture has been traditionally practiced in Asia. Treating patients like this has multiple benefits: it's easy for friends and family members to come together, it allows the treatments to be more powerful by removing us from our isolated illnesses and puts us together in a collective healing energy. Also, being treated in a group setting brings down the cost of treatment which makes acupuncture affordable and accessible to more people.

Our Sliding Scale

Our sliding scale is \$15-35 with an additional \$10 fee for the first treatment. We require no proof of income. You decide what you can afford. We only accept cash or check. If you have insurance that covers acupuncture we will gladly give you a receipt and you can send it to them.

The Whole Point

Acupuncture works best when received regularly and frequently. The whole point of our clinic is to make acupuncture accessible and affordable to you so that you can get regular treatments until you are feeling better. Please understand that acupuncture is a process and it may take time to resolve your health issues. Most of our patients see improvements in the first few treatments. If you have a very serious illness we recommend that you see a primary care physician (ND, MD, or DO) and use acupuncture as a complimentary therapy.

Our Flow

During your first treatment we will spend about 10-20 minutes discussing what you would like to be treated for. We generally recommend that you rest with the needles in for 45 minutes or more. Expect to stay about 1 ½ hours for your first appointment. Follow-up treatments have a shorter 5-10 minute intake where we check in. We will also do payment and scheduling at this time. When it's time for your treatment, pick a chair, take off your shoes and socks, and roll your pants up to the knee and sleeves to the elbow. The practitioner will then come in and needle you. We encourage patients to stay as long as they would like and are also free to leave when they need. When you feel done, give your practitioner a clear "I'm ready" look and they will remove your needles and you are done.

Extras

We provide blankets if you feel cold, ear plugs (we have some snorers), and music. Feel free to bring any item you need for your comfort. We also have a room with two massage tables available four days a week for patients who may need them.

Clinic Hours

Monday: 11 AM- 7 PM (Aimee)
 Tuesday: 9 AM - 2 PM (Aimee)
 2 PM - 7 PM (Sam)
 Wednesday: 11 AM - 7 PM (Aimee)
 Thursday: 11 AM - 7 PM (Sam)
 Friday: 11 AM - 7 PM (Sam)
 Saturday: 9 AM - 2 PM (Sam)
 Sunday: 2 PM - 7 PM (Aimee)

Clinic Schedule

AIMEE
 SAM

(HOURS)	MON.	TUES.	WED.	THURS	FRI	SAT	SUN
9-10 am							
10-11 am							
11-12 pm							
12-1 pm							
1-2 pm							
2-3 pm							
3-4 pm							
4-5 pm							
5-6 pm							
6-7 pm							