

## **A strong intake will guide the success of the treatment**

We have to get the information from the client. Because it doesn't matter what we know, if we don't know, I mean, we have our book knowledge, we have our training knowledge, but we need the knowledge of the client. Not only what they tell you, but sometimes it's what they don't tell you too.

They can answer questions and the questions can lead to more questions.

I offer a training called the 10 questions, which is a method of performing an effective intake, and it can take 15 to 30 minutes. It is based on East Asian Medicine

If you're performing massage therapy, you may not feel like it's necessary, and a lot of the research says there's very little risk of harm with massage, but when you start to go into more advanced work, having a thorough quality of information is so helpful..

### **When you start to use tools like cupping and gua sha there's a greater risk of harm. I**

think it's really important to have an effective intake. I also believe there are a lot of people who have just picked up gua sha or scraping tools from watching videos or being taught by someone, and I think that's all fine and good if you're doing it on yourself, you're doing it on your friends and family, but I personally believe that if you are charging money for what you're doing, then you should have invested in proper training. Your clients are expecting that you have received proper training for any treatment you are charging them for.

The risks are low, but if you are not even aware of the risks it is difficult to make an informed decision.

This is why it's important for us to know the health information, to have a good intake form.

No risk of harm.

The problem right now is that people are walking around sick and with illnesses and they don't even know it.

And so one of the things that I am highly recommended to everyone

Check your pulses. Here is how...

Take your first three fingers and put them on the radial side of your wrist to check your pulse. And I want you to do this on yourselves and I want you to get a feel for it.

Count the beats. Are they even? Are they the same on each of those 6 (three on each side) spots?

And I want you to do it again and again and again.

And stay there for about a minute and just count, feel the beat, count the beat, keep track of it. And if it is inconsistent, take note of how it feels.

Like this, and you're feeling something different in each finger and or each wrist feels different, right? Or, it feels very weak, or it feels very strong, or it's uneven, speeds up and slows down. That's why you have to stay on it and you have to keep doing it at different times of the day. If you feel some emotions or some feelings, check in on your pulse.

Why am I saying this? Because even the healthiest of people are getting cardiovascular problems. This is easy self assessment.

So coming back to an **intake form**, I'm just, I just put one example down here.

Symptoms : headaches.

that's not enough information. When you're working with the meridians, the channels in the body then you want to figure out what the relationship, what meridian, channel, organ the headache is connected to. It could be the liver, the gallbladder, it could be other channels as well such as the bladder, or it could be the stomach meridian A number of meridians run through the head and it all looks differently.

How they experience the pain. Is it a dull pain? Is it a stabbing pain? Is it a deep pain? Is it a heaviness?

These details help us to use that information properly.

Another example of good intake is hydration, which is so important for our tissues.

It also helps us determine if the client has a **lot of chi** by their activity levels, preferences, diet, the sound of their voice and how they respond to the questions are all indicators that can help us get the right treatment.

Do they have a **good constitution** or are they in a weaker state? This is important to know when we are dividing how strong to apply our treatments. Sometimes it is quickly evident and others are a bit more complex and need more investigation.

The intake may continue throughout the session as things surface in the body that may seem curious.