

Solimon Auricular Allergy Technique (SAAT)

Welcome to Your SAAT Acupuncture Visit

We're excited to support your health and wellness. Please review the following information to help you prepare for your appointment.

Before Your Appointment

- Do not wash your ears 24 hours before your visit.
- Eat a meal at least **2 hours before your visit** (treatment cannot be done on an empty stomach)
- Stay hydrated and plan to **drink water after your treatment**
- Avoid **alcohol for 24 hours after treatment**
- Wear **loose, comfortable clothing**
 - Disposable garments are available for purchase if needed

What to Expect

- Ultra-fine **Spinex** needles are used (about 3mm—very small)
- Needles are placed in the **outer ear**
- 1–3 needles are typically used
- They remain in place for approximately **3 weeks**
 - You may remove the needles yourself (free)
 - You may return to the office for removal (\$75 fee)
- Each needle treats **one allergic condition**

Cost

- 1st needle: **\$250** *Each additional needle: **\$175**

Conditions SAAT May Help Treat

- *Alpha-Gal Syndrome*
- *Lactose intolerance, Food allergies & sensitivities*
- *Environmental allergies (pollen, pet dander, dust mites)*
- *Mast Cell Activation Syndrome (MCAS)*