



**Jean Painter - Dipl. OM/CH/Ac., L.Ac.**

Harmony Integrative Medicine, LLC  
 1745 Rustic Timbers Lane, Suite D  
 Prescott, AZ 86303  
 (928) 776-4895

**Relieve Your Seasonal Allergies with Acupuncture**

Acupuncture has been used to treat seasonal allergies for centuries with great success. According to traditional medicine, we direct treatment toward clearing the nasal passages, supporting the immune system, and strengthening body systems to prevent allergic reactions from recurring.



**What Are Seasonal Allergies?**

Commonly called hay fever or allergic rhinitis, a seasonal allergy is an allergic reaction to a trigger that is typically only present for part of the year, such as spring or fall. Pollens that are spread by the wind are usually the main cause of seasonal allergies. People who are allergic to pollens are also often sensitive to dust mites, animal dander, and molds. The body, in its wisdom, is doing exactly what it is designed to do when you sneeze to expel the allergen: it is trapping the allergen in mucus and draining that material to the surface (however unpleasant that may be).

Spring is traditionally the main season when allergies blossom because of new growth on trees and weeds. Fall, which ushers in a whole different set of blooming plants, as well as leaf mold, is a close second. Airborne mold spores can be found almost year round, along with other common allergens such as dust, dust mites, and animal dander. The greater Prescott area also has the soil fungus aspergillus, which is activated with moisture and most prevalent during the wet season.

Seasonal allergies are caused by the body's hypersensitivity to substances in the environment. Symptoms primarily involve the membrane lining the nose, causing allergic rhinitis, or the membrane lining the eyelids and covering the whites of the eyes, causing allergic conjunctivitis.

While there are many Western medications to treat the symptoms of seasonal allergies, these treatments can cause unwanted side effects, such as drowsiness and immune system suppression, as well as an over-reliance on medications. These side effects have motivated many people to search for alternative approaches like acupuncture and Oriental medicine to manage their allergies.

**How Acupuncture Treatments Provide Relief from Allergies**

According to Oriental Medicine, allergic rhinitis is related to Wind and a deficiency of the *Protective Wei Qi*. *Wei Qi* is the Qi, or energy, that flows at the surface of the body as a protective sheath and is responsible for resistance to colds and other respiratory infections. People with a deficiency of *Wei Qi* catch colds easily and are more susceptible to allergens.

When treating with acupuncture, we address underlying imbalances within the body and develop a treatment plan to relieve the acute symptoms of allergic rhinitis. We also treat the root problems that are contributing to the body's reaction to allergens. Treatments often include dietary modification, the use of specifically chosen herbal formulas, and acupuncture.

Seasonal acupuncture treatments just four times a year also serve to tonify the inner organ systems and can correct minor annoyances before they become serious problems.

For allergy sufferers we also offer an amazing treatment known as "NAET" (Nambudripad's Allergy Elimination Technique), a non-invasive, drug-free, natural solution to alleviate allergies of all types and intensities. NAET has been used successfully throughout the world over the last 30 years to relieve allergy sufferers from seasonal, food, and environmental allergen triggers. NAET uses a selective blend of acupuncture/acupressure, homeopathy, nutritional, and kinesiological disciplines to balance the body. We can accomplish significant and even complete resolution of seasonal and other allergies in as little as one treatment.

**If you experience seasonal allergies, now is the time to schedule an appointment. Call our office today to be freed from your allergies!**

**Foods for Seasonal Allergies**

**Ginger:** Ginger is a natural antihistamine and decongestant. It may provide some relief from allergy symptoms by dilating constricted bronchial tubes.

**In This Issue**

- **Relieve Your Seasonal Allergies**
- **Foods for Seasonal Allergies**
- **Acupuncture for Allergic Rhinitis**
- **Colds and Influenza**
- **Acupressure for Asthma**

**Colds and Influenza**



This year there will be 1 billion colds and 95 million cases of influenza in the United States alone. While the misery of colds and flu might be inevitable, one thing is changing: where we look for relief.

**Get Better Faster**

If you have already come down with a cold or the flu, acupuncture treatments can help relieve symptoms you are currently experiencing including chills, fever, body aches, runny nose, congestion, sore throat and cough. While bringing some immediate relief, treatments will reduce the incidence of an upper respiratory tract infection and shorten the length of the illness.

**Prevention**

Acupuncture and Oriental medicine can prevent colds and flu by strengthening the immune system with just a few needles inserted into key points along the body's energy pathways.

If you catch colds easily, have low energy and require a long time to recuperate from an illness your wei qi may be deficient.

**Acupressure for Asthma**

**Apples:** Some foods contain the flavonoid quercetin that can cross-react with tree pollen. Quercetin can reduce allergic reactions by having an antihistamine effect. It also decreases inflammation. Quercetin occurs naturally in certain foods, such as apples (with the skin on), berries, red grapes, red onions, capers and black tea.

**Carrots:** Carotenoids are a family of plant pigments that include beta-carotene. A lack of carotenoids in the diet is thought to promote inflammation in your airways. Good sources of carotenoids include apricots, carrots, pumpkin, sweet potato, spinach, kale, butternut squash, and collard greens.

**Omega-3:** Omega-3 essential fatty acids can counter the formation of chemicals that cause inflammation of the air passages. Good natural sources include flaxseed oil and salmon.

**Yogurt:** Food sensitivities seem to be connected with seasonal allergies. In a study conducted at the University of California, San Diego School of Medicine, patients who were fed 18 to 24 ounces of yogurt a day experienced a decline in their environmental allergic symptoms by 90 percent.

**Fiber:** A healthy and active colon can decrease food sensitivity, which, in turn, can lighten the burden on your immune system and may reduce the impact of seasonal allergies. For maximum colon health, increase the fiber in your diet.



One of the many benefits of acupressure is that it can be performed anywhere, anytime, and you can perform it on yourself.

If you suffer from asthma, try placing pressure on your upper left or right chest area, about three finger widths under the collarbone. Using two or three fingers, gently press this area and hold it in place for 30-45 seconds before releasing. In addition to treating asthma, this acupressure point is also known to relieve chest congestion, coughing and difficulties breathing.

Another helpful acupressure point for asthma sufferers is found next to the breastbone, also below the collarbone. Simply follow the steps outlined above by placing two or three fingers here and you should notice an improvement in your symptoms.

## Acupuncture Is Effective for Allergic Rhinitis

The American Journal of Epidemiology published a study that showed that acupuncture can significantly relieve allergic rhinitis symptoms.

In this German study, 5,237 men and women were analyzed to evaluate the effectiveness of acupuncture in addition to routine care in patients with allergic rhinitis, compared to treatment with routine care alone.

Patients with allergic rhinitis were randomly allocated to either a group that received acupuncture for a three month period or a control group that received no acupuncture. All patients were allowed to receive routine medical care. The Rhinitis Quality of Life Questionnaire (RQLQ) and general health-related quality of life (36-Item Short-Form Health Survey) were evaluated at baseline and after three and six months.

Improvements were noted at the three- and six-month evaluations for the patients receiving acupuncture. The authors of this study concluded that treating patients with allergic rhinitis in routine care with additional acupuncture leads to clinically relevant and persistent benefits.

Source: European Journal of Integrative Medicine. 2008 Nov;101(5):535-43.

## Qi Mail - News You Can Use To Feel Better Now!