

How do I know Chinese medicine can help allergies?

Considerable research has been done in the People's Republic of China on the effects of acupuncture and Chinese herbal medicine on hay fever and other respiratory allergies. Reports on recent Chinese research on allergies can be found in Bob Flaws' Curing Hay Fever Naturally with Chinese Medicine available from Blue Poppy Press, Inc. This book includes a discussion of the Chinese medical theory & diagnosis of allergies and a host of safe and simple home remedies for allergies. In addition, it discusses the role of diet in hay fever extensively.

For a personalized Chinese pattern diagnosis, more information on Chinese medicine and allergies, or for professional acupuncture and/or Chinese herbal treatment, see the practitioner whose name appears below.

Acupuncture
works!

Oriental Medicine Clinic

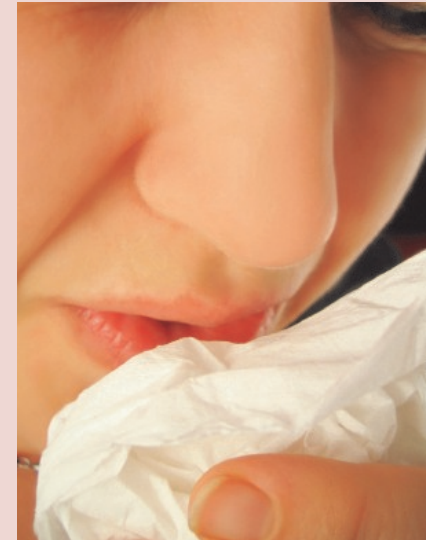
**Athenry - Dublin 2
Glasnevin - Glenageary**

Phone: 087 2260150
Martin@orientalmedicineclinic.com
www.orientalmedicineclinic.com

Oriental Medicine Clinic

Tel: 087 2260150

Treating Hay Fever



**With Traditional
Chinese
Medicine**

On The Increase

More than 50 million Americans suffer from various types of allergies. That means one out of five! Of these 50 million sufferers, 35 million or 17% of the population have allergic rhinitis, more popularly known as hay fever. Allergic rhinitis is the single most common chronic disease experienced by Americans. What is even more shocking is that the occurrence of allergies in developed countries is sharply on the rise, and Western scientists don't know why.

What causes hay fever?

Hay fever is essentially a mistaken immune system reaction to airborne particles which normally do not cause the body any trouble. These particles may be pollen, animal dander, dust, mould, or insects and their faeces. Most people inhale these without a problem. People with allergies inhale these and the body reacts as if it were being invaded by a pathogen. There is sneezing, runny nose, red, itchy, watering eyes, headache & even asthmatic contraction of the bronchioles of the lungs leading to panting, wheezing & coughing. Western medicine treats hay fever and other respiratory allergies by a combination of antihistamines and decongestants. Although the side effects of these Western drugs are less than they used to be, many patients do not want to stay on such drugs for long periods of time. Happily, Chinese medicine provides a time-tested alternative to Western drugs when it comes to the treatment of hay fever and other allergies.

What is Chinese medicine?

Chinese medicine is the oldest continually practiced, literate professional medicine in the world. Practitioners of Chinese medicine use such therapies as acupuncture, Chinese herbal medicine, and Chinese dietary therapy. In addition, the Chinese have developed a host of low or no cost home therapies which can effectively treat the symptoms of allergic attacks as well as eradicate the root cause of this condition.

How does Chinese medicine work?

Chinese medicine seeks to restore balance to the body.

Chinese medicine provides a time-tested alternative to Western drugs when it comes to the treatment of hay fever and other allergies.

Therefore, the practitioner begins by doing a Chinese medical diagnosis to determine the patient's individualized pattern of disharmony. This pattern diagnosis is made through four basic examinations: 1) Looking at the face, eyes, posture, & especially the tongue and its coating 2) Listening to the patient's voice, breathing, & manner of expression 3) Questioning about the course and history of the condition as well as about all other bodily functions, and 4) Feeling the pulse on both wrists. Based on that individualized pattern diagnosis, the practitioner will then craft a personalized treatment plan encompassing all aspects of the patient's life. In general, sufferers of hay fever exhibit a pattern of spleen weakness with excessive phlegm and dampness leading to problems with their lung function. Depending on the individual, this basic scenario may also be accompanied by kidney weakness, liver stagnation, liver-gallbladder-stomach heat, & other related patterns of disharmony. Chinese medicine treats the root. When it comes to hay fever, Chinese medical treatment is divided into two stages. During the acute attack, your practitioner will primarily try to alleviate your discomfort using safe and simple, natural therapies. In between attacks, they will primarily focus on the root cause of your imbalance. During this stage of treatment, no matter whether your practitioner primarily uses acupuncture or Chinese herbal medicine or some combination of both, they will try to help you identify and eliminate the root imbalance which is causing your hay fever.

Hay Fever & Diet

As Chinese medical practitioners believe that, in most cases, the cause of hay fever is spleen weakness with too much dampness and phlegm lodged in the lungs, dietary therapy typically plays a large part in patients' overall treatment plan. In particular, they are advised to stay away from or minimize sugars and sweets, fruit juices, dairy products, nuts and oils, and chilled, uncooked foods. Although other factors, such as exercise and stress, play a part in many people's hay fever, modification of one's diet is usually the cornerstone of the Chinese medical treatment plan. Happily, acupuncture and Chinese herbal medicine make such dietary changes easier to implement.