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Acupuncture  
Herbal Medicine  
Massage Therapy  
Cupping  
Moxibustion & Heat Therapy

## Acupuncture for Hay fever.

Melbournians love spring time! Winter hibernation is over and we are instantly out enjoying the parks and the city. But for many, spring time means seasonal allergies and hay fever. And that means sneezing, runny nose, watery eyes, headaches, skin irritation, and tickling in your throat. Seasonal allergies are reactions to pollen spread by the wind. Generally, Hay fever is worse from the start of October to December but depending on what you are allergic to, there are those who also suffer from allergies the whole summer and autumn as well.

When you breathe in the pollen, your body reacts as if the pollen is a disease causing pathogen and starts an immune reaction to combat it. Antibodies attach to the allergen and then histamines are released into the blood, which cause the symptoms.

### What can Chinese Medicine offer?

Acupuncture has a documented history of reducing inflammation in the body, which is a leading cause of congestion, sinus pressure, and itchiness that are associated with Hay Fever. Our treatment focuses on strengthening the immune system to reduce the chronic immune reaction that constantly irritates the airways and reduce the mucous production that congests the sinuses and airways. It is also thought that acupuncture can increase the body's natural immune response and help regulate the levels of IgE and cytokines, which help control the body's reaction to external allergens. Acupuncture will not only relieve your symptoms but may significantly reduce your reliance on medications.



**Dietary recommendations:** According to Chinese Medicine, 'phlegm is produced in the stomach but stored in the lungs.' This is why diet plays an important role when combating allergies. Restrict your consumption of dairy products, refined sugar, alcohol, caffeine and fatty foods, in an effort to keep the body from producing too much phlegm. Phlegm can worsen the symptoms of allergic rhinitis. Drink plenty of water; chrysanthemum tea and goji berries can help improve eye symptoms.

<http://www.mindbodygreen.com/0-18266/6-strategies-to-eat-your-way-out-of-spring-allergies.html>

### Hay fever Acupuncture Research

<http://www.heraldsun.com.au/archive/old-news-pages/nasal-fix-pinpointed/news-story/b732c71df04c26e5c6aa731a5baedcc9>

<http://www.traditionalacupuncture.com.au/files/acupuncture%20and%20SAR.pdf>

<http://www.ingentaconnect.com/content/ocean/ajra/2015/00000029/00000001/art00019>

<https://www.hindawi.com/journals/ecam/2013/591796/>

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