

Acupuncture Reduces Allergy Season Suffering

By Toni Eatros, MS, Dipl Ac, AP

A runny nose, sneezing, headache, itchy and watery eyes, these are the all too familiar symptoms of allergies. Allergies, seasonal or otherwise, are one of the biggest health issues people deal with in the United States. And the numbers are rising every year. It is estimated that nearly 50 million Americans suffer from allergies every year, and spend over \$18 billion per year on over-the-counter allergy medications.

What if there were a way to combat allergies without the harsh side effects of medications and actually get to the root of the problem instead of just masking the symptoms? In fact, there is. Acupuncture and Traditional Chinese Medicine (TCM) offer a permanent solution to seasonal allergies and relief from everyday allergies with an all-natural approach that will ultimately save you money.

When using TCM to treat allergies, practitioners focus heavily on something called Wei Qi. Wei Qi is similar to the immune system in Western medicine. Wei Qi protects the body against foreign materials that can lead to inflammation and eventually allergies. People with lower immunity or Wei Qi are more susceptible to allergies and frequent colds.

Western medicine sees seasonal allergies as a hypersensitive reaction that occurs when antibodies interact with airborne particles such as pollen. Interestingly, the places in the body where these antibodies are produced align with the energy meridians most strongly connected to allergic reactions in TCM.



Both Western medicine and TCM map these sensitivity points onto the gastrointestinal tract and the spleen. Both schools of thought also connect inflammatory foods such as sugar with allergy flare-ups. Through TCM, patients can find allergy relief through a holistic wellness plan that doesn't necessitate a reliance on pharmaceutical medications

In 2015, the American Journal of Rhinology and Allergy published research that found acupuncture is effective for the treatment of allergic rhinitis. Allergic rhinitis is also known as hay fever. The researchers compiled the results from 13 quality

studies, which followed 2,365 participants. The various studies confirmed that acupuncture significantly lowers the antibody known as immunoglobulin E or IgE. IgE is the antibody associated with allergies and hypersensitivities. The researchers found not only was the IgE antibody lowered, but so too were the symptoms associated with allergic rhinitis. Additionally, the participants reported better quality of life.

Acupuncture by itself will make a difference in fighting allergies, but adding herbs and herbal formulas will provide the final punch to help eliminate allergies for good. Because each patient has different causes for their allergies, adding herbal formulas can greatly increase the efficacy of the acupuncture treatments by extending the healing effect between treatments.

A comprehensive plan that includes acupuncture treatments, herbs and dietary changes will yield the best results when it comes to fighting allergies. Be sure to seek out a professional, fully trained and properly licensed acupuncturist and you will be grateful year after year for the relief they provide when it comes to treating seasonal allergies. TCM can provide relief without adverse side effects.

Schedule an acupuncture treatment online now at AcupunctureSolutionsOnline.com or call 239-260-4566. We treat many people with allergies, and the majority of them feel better by the end of the session. Stop suffering with seasonal allergies and reclaim your life!

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