

HEALTH REPORT

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SAFE, DRUGLESS ALLERGY RELIEF PROVEN TO BE AVAILABLE, COURTESY OF TRADITIONAL CHINESE MEDICINE STUDY

To be comfortable, a person with allergies unfortunately must either avoid the materials to which they are allergic, no matter how pervasive they are, or resort to medications for relief. Now, Acupuncture and Chinese herbs have been shown to provide blessed relief, no matter whether the source is pollen, animal dander or reaction to chemicals.

A study published in the April 2004 issue of *Allergy* reported on a study of 52 patients, all with allergic rhinitis (inflammation of the nasal mucous membranes) who received either weekly Acupuncture treatment and Chinese herbs or a placebo.

All the sufferers were between 20 and 58 years of age. They were randomly assigned to the Traditional Chinese Medicine (TCM) group or the placebo group. The TCM group received standardized weekly treatments for 20 minutes each. They also received treatment with Chinese herbs specifically addressing their condition.

The placebo group received sham Acupuncture treatment and rice powder in capsules exactly like the ones used for the Chinese herbs. Then each group was asked to rate the severity of their allergy symptoms.

TCM patients experienced improvements in allergy symptoms in the eyes and nose, higher levels of physical activity, and an improved psychological condition compared to patients in the control group.

Intake of anti-allergy drugs also dropped dramatically among TCM patients. According to the researchers, "The permitted drug intake for allergic rhinitis symptoms decreased substantially, from 7.7 to 3.4 points in the TCM group, whereas we found only a slight decrease in the control group (7.7-6.0)."

While further and longer studies will provide more convincing evidence for Western medicine and patients, this study shows the promise of the help available from Traditional Chinese Medicine.

SOURCE: <http://www.acupuncturetoday.com/archives2004/dec/12allergies.html>

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SEASONAL ALLERGY SUFFERINGS RELIEVED WITH ACUPUNCTURE

Jane, who lives in Toronto, had been suffering with the symptoms of seasonal allergies for years. Usually around the first week in May, Jane would get dry skin; sinus pain on both sides of the face; a runny, stuffy nose producing clear mucus; and red, itchy eyes. The worst of the symptoms usually lasted for about two weeks. Otherwise, her general health was quite good. She'd fall victim to a cold or flu about one time per year. Three years ago in April she decided to consult an Acupuncturist to see if relief from her annual May and June discomforts could be averted.

In addition to analyzing her symptoms, her acupuncturist did a careful evaluation of her personality traits before determining a course of treatment. He noted that Jane had difficulty expressing herself, and that she tended to let her frustrations build before blowing her stack.

Jane was put on a schedule where by she received one Acupuncture treatment each week for six weeks in combination with herbs she ingested each day. The focus of the first treatment were the lungs and the liver to remove external pathogens from these areas.

The morning after her first treatment Jane reported that she felt foggy-headed, congested and had only slight pain and pressure in her sinuses. Later that day, all of these symptoms had disappeared and only her clear, runny nose remained.

During the course of treatment the Acupuncturist also noticed tendencies for Jane to be irritable, to exhibit quick mood swings, and that she had a bit of a temper. This led her acupuncturist to include some points that affected the spleen as well.

During the course of the next several treatments, the symptoms continued to subside. Mucus flow continued but was definitely being reduced. By the time of her sixth treatment in mid-May, with pollen flying everywhere, Jane was symptom free the entire week. One final week of herbs ended her course of treatment.

Best of all, now having gone through three spring seasons following her six treatments, Jane has remained completely symptom free. Seasonal pollen no longer has any effect on her. She can breathe again and lives free from sinus pain.