

# Guide to Stopping Allergies & Hay Fever

## *with Herbs & Acupuncture*

### Allergies - a TCM Diagnosis

What causes allergic reactions such as hay fever and eczema during certain times of the year? The usual answer is that pollen from flowers, grass, insects, mould, or even food are causing the reactions.

However, if you look deeper into the nature of human health from the perspective of Traditional Chinese Medicine, certain patterns begin to emerge.

In Chinese Medicine, one of the main causes of these allergic reactions is usually Wind, traditionally likened to a force that seems to come and go seemingly at random.

Whilst Wind is the most common pathogen at the root of allergic reactions, this does not tell the whole story.

Your patient is likely to be suffering from an invasion of Wind accompanied by other widespread pathogens such as Cold, Heat, Dampness or Dryness.

For example, itchy skin with burning or hot sensation and obvious reddening suggests Wind and Heat, whereas Frequent sneezing and runny nose coupled with clear mucus and shivers is a sign of Wind and Cold.

Each pathogen brings with it its own signature complications as it unbalances the patient's health, see the table below for a summary of the 5 main root causes of allergies and their tell-tale symptoms.

### Sub-Syndrome Diagnostic Guide for Seasonal Allergies

<b>Wind</b>	Sudden onset of symptoms, such as sneezing, runny nose, and itchy eyes, that come and go rapidly; or skin eruptions/rashes that appear and spread rapidly, as well as itching; floating & wiry pulse
<b>Cold</b>	Clear, watery nasal discharge, aversion to cold, and possibly chills, white tongue coating, deep & slow pulse
<b>Heat</b>	Yellow mucus, phlegm, sore throats, red swollen skin, red tongue, yellow coating, rapid & full pulse
<b>Dampness</b>	Blocked sinuses, fatigue, skin secretions, bloated tongue with thick coating, slippery & soft pulse
<b>Dryness</b>	More intensive itchiness, thirsty, dry skin and flakes, dry tongue, thready & weak pulse

## Chinese Herbs for Allergic Reactions

After you identified the root cause behind your patient's allergic reactions (e.g. Wind Heat) you should consider prescribing herbs traditionally used to treat those problems.

There is a great many herbs to choose from, but for most allergies Jing Jie (荆芥) and Fang Feng (防风) are often chosen because they serve as a solid foundation for a personalised formula.

These herbs are relied upon by Chinese physicians as they help to clear the Wind and strengthen the body's natural defences against the triggers of allergic reactions.

However, one or two classic herbs might not be enough to eradicate all of your patient's symptoms, especially in cases where the Wind is accompanied by other pathogens that are complicating the condition, e.g. Wind Dryness or Wind Cold. You might have to combine certain herbs to stop the allergic reactions and reverse any other imbalances in your patient's body so they can recover from the Wind-based syndrome, see the table below for a summary of classic combinations of Chinese herbs for allergies:

### Commonly used herbs for allergies

Wind			
Jing Jie (荆芥), Fang Feng (防风)			
Cold	Heat	Dampness	Dryness
Ginger (生薑), Gui Zhi (桂枝)	Mint (薄荷), Xi Hu (石斛)	Huo Xian (藿香), Yi Yi Ren (薏苡仁)	Mai Dong (麥冬), Yhu Zu (玉价)

### Chinese Herbal Granules for Allergies

Although boiled herbs are the most potent form of Chinese Medicine it is also the most time-consuming and expensive form. The modern reality is that your patient might not be able to follow your herbal protocol because frequent business trips or a tight budget are making raw herbal medicine inconvenient or unaffordable.

In this case your option is to prescribe pots of Chinese herbs ground into granules which can be easily self-administered by the patient on the road and which don't cost as much.

This form of herbal medicine saves time and money by combining classic Chinese herbal formulae into a single pot of granules. Our Phytoform range of granulated Chinese herbs makes it easy to select, prescribe and self-administer time-tested Chinese herbal formulae for treating allergic reactions

*(click on the links to access these products at the AcuMedic Shop):*

**Wind & Cold · C5 (BUPLEURUM & SCHIZONEPETA BASE COMBINATION)**

**Wind & Heat · C19 (PUERARIA NASAL BASE COMBINATION)**

**Wind & Heat · C37 (SILER BASE COMBINATION)**

**Wind & Qi Deficiency · C54 (MAGNOLIA FLOWER BASE COMBINATION)**

**Clearing Wind, Dampness & Heat · C93 (LEDEBOURIELLA BASE COMBINATION)**

## Common Acupuncture Points for Hay Fever & Allergic Dermatitis

To stop your patient's allergic reactions as soon as possible, an acupuncture protocol should be prescribed that targets immediate improvements whilst the Chinese herbs gradually help to reverse underlying condition.

The following 5 acupoints have been traditionally used to tackle the symptoms experienced by those suffering from allergies.

Use these points to immediately stimulate the body's healing abilities while slowly rebuilding the patient's immunity and resistance to allergy triggers. Here is how to find them:

### Yingxiang (LI20) (迎香)

**Location:** placed bilaterally at the base of the nostrils, in the nasolabial groove.

**Benefits:** Helps relieve nasal congestion, runny nose, and sinus pressure associated with hay fever.

### Lieque (LU7) (裂缺)

**Location:** on the radial aspect of the forearm, approximately 1.5 cun above the wrist crease, on the line connecting Taiyuan (LU9) and Chize (LU5).

**Benefits:** Helps clear lung heat and alleviate symptoms of allergic rhinitis, including sneezing and runny nose. Hegu (LI4) (列缺).

### Hegu (LI4) (列缺)

**Location:** on the dorsum of the hand, between the first and second metacarpal bones, in the middle of the second metacarpal bone on the radial side.

**Benefits:** Boosts the immune system, reduces inflammation, and alleviates symptoms of allergic dermatitis, including itching and skin inflammation.

### Quchi (LI11) (曲池)

**Location:** on the lateral end of the transverse cubital crease, in the depression at the lateral border of the tendon of the biceps brachii muscle.

**Benefits:** Clears heat and detoxifies the body, helps alleviate symptoms of allergic dermatitis, such as redness and swelling.

### Xuehai (SP10) (血海)

**Location:** on the medial aspect of the thigh, 2 cun above the transverse popliteal crease, on the line connecting Chongyang (ST42) and Yinlingquan (SP9).

**Benefits:** Clears heat, cools the blood, and reduces inflammation, helping to alleviate symptoms of allergic dermatitis.

## Dietary Modification Options for Allergy Patients

You can improve your patient outcomes by prescribing dietary strategies naturally strengthen the immune system.

In fact, you can now expect many of your patients to be actively researching for recipes they can try at home. Here are some simple and effective immune-boosters you can recommend for daily use. These products can be purchased from our health Shop (click on the link to access):

**Resistance** - A herbal mix formulated by AcuMedic's Chinese doctors for daily drinking. This 'functional blend' contains immune boosting and regulating herbs .

**Amachazuru Five Leaf Loose Tea** - known in China as simply the 'immortality herb' because of its reported effects on strengthening the immune system.

**Angelica Root** - Dang Gui is a famous Chinese known as the 'female ginseng' because of its value in treating problems related to periods and menopause, but it is also commonly used to strengthen immune health.

**Sniffles** - Chinese herbs combined into a single blend to treat the symptoms of Wind-Heat commonly experienced as cold or flu.

**Green Tea** - Rich in antioxidants and effective at helping to reduce inflammation. Green tea can also be used to alleviate allergy symptoms. Our sister company Mei Leaf has a meticulously curated collection of Greens selected for flavour and effect, including its concentrated form [Ceremonial Matcha](#) and the highly popular [Master's Matcha](#).

**Ginger Tea** - contains anti-inflammatory properties which can ease congestion and soothe irritated throat.

**Turmeric & Honey** - Turmeric and honey mixture: Turmeric's anti-inflammatory properties combined with honey's soothing effects can make an effective and enjoyable daily support in rebuilding the body's immunity and strengthening.

**Stir-fried Garlic & Broccoli** - Garlic has natural antihistamine properties, and broccoli is rich in vitamins that support a healthy immune system.

## Exercises for Boosting the Immune System

In Chinese Medicine, physical exercise is a soothing and graceful practice of encouraging a natural movement of Qi energy to nourish the whole body rather than stressing the muscles or the cardiovascular system with intense workouts.

If your patients like to lead an active lifestyle, or looking to incorporate more movement into their daily life, then make sure to recommend healthy exercise that can help them to strengthen their immune systems. You can recommend either Yoga or Tai Chi, depending on the patient's needs:

**Yoga** - Since stress weakens the immune system it can also exacerbate allergy symptoms, in which case practicing Yoga can be a wonderfully enjoyable way for to reduce stress through calming, physical exercises.

**Tai Chi** - This discipline of exercise is a part of the system of Chinese Medicine due to its ability to improve the flow of Qi - and even strengthen the lung function. For this reason, Chinese doctors traditionally prescribe Tai Chi exercises for daily practice because the soothing movements can boost the immune system through its calming, centering effect on the mind and the rebalancing effect on the flow of Qi energy.



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