

HEALTHY HEALING

SEPTEMBER 2009 Newsletter

<http://www.healthyhealingli.com>

Sharon McDermott, MS, L.Ac.

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TREATMENT OF SEASONAL ALLERGIES WITH TCM

We are coming into the Fall season with the main seasonal allergen of ragweed in the Northeast or the reaction known as hayfever. Weed pollen is the main cause of seasonal allergies in the late summer and early fall. Depending on the area of North America, these weeds include ragweed, sagebrush, pigweed, tumbleweed (Russian thistle) and cocklebur. The two trees that provide the most pollen in the Long Island area are maple and oak. In the eastern, southern, and midwestern United States, the pollens that cause hay fever in the spring usually come from trees, such as oak, elm, maple, alder, birch, juniper, and olive. In the early summer, pollens come from grasses, such as bluegrasses, timothy, redtop, and orchard grass; in the late summer, pollens come from ragweed. Symptoms involve primarily the membrane lining the nose, causing allergic rhinitis, or the membrane lining the eyelids and covering the whites of the eyes (conjunctiva), causing allergic conjunctivitis. Many people who have a seasonal allergy also have asthma which can result in wheezing. The ideal time to start anti-allergy treatments are three weeks before allergy season is scheduled to start.

Between 10 and 20 percent of the general population is believed to have some form of allergic rhinitis, with direct and indirect health care costs totaling between \$4.5 and \$7.7 billion per year in the U.S. alone.¹ In China, acupuncture and herbal remedies have been used to combat symptoms similar to allergic rhinitis successfully for centuries. Previous research has shown, for instance, that Chinese herbal medicine can treat atopic dermatitis, while acupuncture has been proven effective in relieving the symptoms a number of allergic conditions. However, few studies have examined the combined use of acupuncture and Chinese herbal remedies in the treatment of allergic rhinitis. A study in the September 2004 issue

¹ *Management of Allergic Rhinitis in the Working-Age Population* . Summary, Evidence Report/Technology Assessment: Number 67. AHRQ Publication No. 03-E013, February 2003. Agency for Healthcare Research and Quality, Rockville, MD.

www.ahrq.gov/clinic/epcsums/rhinworksum.htm.

of *Allergy* has concluded that a combination of Chinese herbs and weekly acupuncture sessions may be more effective than a placebo at relieving the symptoms of seasonal allergic rhinitis. The authors of the study also suggest that future research be conducted to investigate the effectiveness of an acupuncture-herb combination in the treatment of other conditions.²

The main channels affected by seasonal allergies are the lung, liver and kidney. Increasing the lung and kidney energy will boost the person's immunity and help to grasp qi (taking in oxygen). Late summer to fall is a transition time from heart to spleen energy. Your acupuncturist will help to balance the fire energy of the heart with the earth energy of the spleen. She will also help increase qi to the whole body by boosting the immune system. Local points on the face will help to relieve congestion, sneezing and itchy eye symptoms particularly on the Stomach and Large Intestine channels. The Spleen channel is important to drain phlegm accumulation as well. Herbal treatment will address the symptoms and root of the allergic reactions tailored to your needs to provide the best therapeutic outcome. Chinese herbs with antihistamine and decongestant properties can be used without the side effects commonly experienced with Western OTC medications.

UPCOMING EVENTS!

Vitamin Shoppe – Merrick, NY

When: Monday, September 14, 2009 from 11 am to 1pm

Where: Merrick Road, Merrick, NY

Come with questions about Chinese medicine while celebrating the September sale at Vitamin Shoppe

The Parkway Community Church – Hicksville, NY

COMMUNITY HEALTH FAIR and BLOOD DRIVE

When: Saturday, October 17, 2009 from 10 am to 3pm

Where: 95 Stewart Avenue, Hicksville, NY

Chinese Quote of the Day:

² Brinkhaus R, Hummelsberger J, Kohnen R, et al. Acupuncture and Chinese herbal medicine in the treatment of patients with seasonal allergic rhinitis: a randomized-controlled clinical trial. *Allergy* 2004;59: 953-960.

A bit of fragrance clings to the hand that gives flowers. – Chinese Proverb