

ALLERGIC RHINITIS

Acupuncture offers natural and effective treatment of allergic rhinitis, which is free of unwanted side effects. It is estimated that as many as one in 10 Americans is affected by hay fever or allergic rhinitis. Both males and females suffer from this condition. Children may grow out of allergic rhinitis, but as the patient ages, this condition may recur. Most patients have a history of being treated with repeated antibiotics as well as eating a diet high in sugars, dairy products, fruit juices, and yeasted grain products.

Allergic rhinitis refers to several symptoms characterized by seasonal or perennial sneezing, rhinorrhea, nasal congestion, itching, and often conjunctivitis and pharyngitis in response to airborne allergens. Seasonal allergic rhinitis is more often referred to as hay fever and is divided into three types: 1) spring type, 2) summer type, and 3) fall type. In spring allergic rhinitis, the allergens are usually tree pollens. In summer allergic rhinitis, the allergens are usually grass pollens and in the fall type, the allergens are usually weed pollens. Perennial allergic rhinitis may also occur with out regard to seasons. The most common allergens for this type of rhinitis are fungus spores; dust containing insect feces and proteins, and animal dander.

Treatment Principles

Appropriate Chinese dietary therapy is of utmost importance in this condition since a damaged spleen always plays a part in real-life Western patients. This means avoidance of foods which damage the spleen as well as foods which strongly engender fluids and sticking to a clear, bland diet.

Treatments based on pattern discrimination:

Wind Cold Invading the Lung Pattern – main symptoms include profuse clear nasal discharge accompanied by nasal congestion, frequent sneezing, itchy eyes, nose, and throat

Defensive Qi Vacuity-Exterior Insecurity & Deep Lying Phlegm Dampness Pattern – main symptoms include fatigue, lack of strength, soggy pulse

Kidney Qi Vacuity with Lung Loss of Warmth and Moistening Pattern – main symptoms include long-term clear nasal discharge, nasal itching, frequent sneezing, low back and knee soreness

Acupuncture techniques used to treat allergic rhinitis include:

- ◆ Distal Point Therapy – allows mobilization and manual therapy to be performed at the same time and is performed away from the point of discomfort
- ◆ Local Point Therapy – stimulates a point near the affected area for a short period of time and may prevent flare-up
- ◆ Chinese Herbal Medicine – various Chinese Medicines used either topically or taken orally to control the symptoms and ease symptoms
- ◆ Moxibustion – a complimentary technique where a burning stick or cone is placed over the affected area without burning the skin to increase the circulation of blood and strengthen the life energy, Qi

Results of Acupuncture Treatment

Acupuncture patients have experienced significantly fewer bouts of discomfort and inflammation, reduction of symptoms of congestion and phlegm, prevention of recurring episodes of allergic rhinitis, as well as improved overall health. Both our Vestal and Oneonta offices have treated numerous patients with allergic rhinitis for many years. Our offices demonstrate a high success rate for this condition.

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