

5. How can people prevent hay fever?

Hay fever is most likely developed in your genes. However, one may be able to avoid symptoms by being aware of their body conditions especially those who suffer from eczema or asthma. Patients should lead a healthy and hygienic lifestyle which includes eating wholesome foods (avoid shellfish and spicy food), exercising exposed to fresh air, taking vitamins daily, and cutting down on environmental pollutants and toxins. Significantly, tobacco smoke, perfume from chemically made fragrance, and caffeine is proven to contribute greatly to allergy symptoms. Therefore, it is highly recommended to have a smoke-free atmosphere.

6. Treatment Menu

When having hay fever attack, acupuncture should be performed once every two days for three times in a row to control the symptoms. Herbal teas and pills are suggested to take everyday for two weeks. Usually patient's symptoms can be controlled in the first visit. If hay fever is associated with asthma attack, or infection of eye, ear, nose, and throat, the patient may need further visits to treat complicated symptoms.

When symptoms are under control, patients need maintenance care once every week or every ten days during the season. The treatment will concentrate on balancing the immune

When a patient is not suffering from seasonal attack, he/she who is ill with hay fever always has his/her own season. Please be aware of the attack season and let doctors make note of it. Ming Qi Natural Healthcare Center has a seasonal healthcare program, which includes hay fever prevention care. We will inform the patient one month before the season to start the treatment for their specific time. We also suggest the patient to undergo summer moxibustion to balance the immune system.

Usually patients who have taken the preventive care on time can avoid the allergic attacks in the season. Please check the website for detailed information (www.drmingqi.com - seasonal healthcare).



7. Hay Fever Care for Children

Since children would not be able to accept acupuncture, we usually apply acupressure on them. The treatment follows acupuncture meridian and points so is proven to be as effective as the adult treatment. Children could accept herbal tea when it is mixed with juice or other regular drinks. Herbal oil could be used as lotion or aromatherapy to result the great benefit for healing process.



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- Acupuncture can control the symptoms immediately.
- Preventive treatment should be applied two weeks before the season.
- Balance immune function is the major concern for treatment.

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1. What is hay fever?

Hay fever, also known as allergic rhinitis, is characterized by an allergic response to pollens, house dust mites, feathers, etc. There are two types of allergic rhinitis. One is seasonal which only occurs during the time when plants pollinate. The second is perennial which occurs throughout the year reacting according to the environment they live in. Some examples of such allergens include pillows, shower curtains, thick carpeting and fur in certain pets, paint, and particular clothing material.

2. What are the causes of hay fever?

Hay fever is a result of an overreaction in the immune system against harmless pollens or other allergens, viewing them as dangerous. The system reacts, flooding the bloodstreams with histamine, which inflames the nasal passage and sinus, thus causing people to sneeze. These symptoms are means of protection either by expelling the allergen or making nasal passages swollen so allergen may not enter.



TCM believes that body's health condition is always related to the environment they live in. We have a natural reaction with the atmosphere to protect ourselves from illnesses. A strong and balanced immune system can keep our body aware enough to fight against virus and bacteria but not overreact to the harmless substances. TCM named this "Qi energy balance". When the people always live in an air-conditioned or heated environment, rarely being exposed to the natural air and hardly exercising their body to adjust with the cold or warm weather to detoxicate the dust, mold, fur, pollen, and smell in the air, their immune system becomes too weak to recognize the "real enemy"- bacteria or virus. They are either too sensitive or too weak to fit themselves in the environment. This is the major reason of an allergic reaction. Patients with hay fever is also commonly related to other kinds of allergy such as food allergy, skin problem, asthma, and so forth.

3. What are the symptoms of hay fever that Chinese medicine can treat?

The major symptoms include the violent sneezing, stuffy, runny nose, itchy eyes and difficulty breathing. Others are related with hives, itching around an insect bite, swelling, redness, atopic dermatitis, prolonged, fatigue, and postnasal drip. Nasal secretions are usually colorless and thin while colds are also accompanied by fever or sore throat, which lasts for 2 weeks.

4. How does acupuncture and herbs treat allergies and hay fever?



TCM has developed a natural effective therapy to treat allergy problem in 3,000 years of Chinese medical

history. Acupuncture therapy can balance the immune system and stimulate the body to release the antihistamine naturally to help the symptoms. Also, it can control the body's overreaction to the harmless substance like pollen or dust. Herbal formula orally taken can reduce the inflammation and swelling that helps the patients' itchiness in the eyes and ears and aids in stuffy nose and sinus congestion. These treatments have been recently approved by scientific research, which shows that anti-allergic function works with acupuncture through balancing the antibodies, T-cell condition, as well as adjusting the adrenal function.

