

## Seasonal Allergies (Pollen Allergy, Hay Fever)

Spring has come! That is what we have been waiting for. But at the same time it is time that a lot of people suffer from seasonal allergies. The symptoms include runny nose, itchy eyes, coughing, sneezing, wheezing, etc. In the Western Medicine, medications such as antihistamines are usually prescribed to stop the symptoms and every year various methods to reduce the symptoms are introduced but they have not become essential solutions.

In the Eastern Medicine, it is regarded as being **caused by the weakness of breathing power**. What that means is that if you have enough power of breathing, you can drop off the pollen coming into your nose by normal amount of nasal mucus, saliva, tears, etc., making them harmless. But if your breathing power is not strong enough, the pollen enters deep into your body and you need more nasal mucus, tears, coughing, sneezing to get rid of them from your system.

So why does the power of breathing become weak?

In our body, energy circulates upward and downward but if **there is some blockage between the chest and the abdomen**, enough amount of energy to breathe properly is not able to go up into the chest, resulting in the weakness of breathing power.

My acupuncture treatment tries to improve the symptoms from seasonal allergies by removing the blockage (tightness and/or pressure pain) at the level between the chest and the abdomen with very gentle technique. To remove the blockage faster, harmonization of the whole body is necessary as well. So if you happen to suffer from such symptoms, why don't you think about trying acupuncture?