

Acupuncture and Your Health

Albany Acupuncture

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Take Action to Reduce and Prevent Allergies

How to Deal with Allergies

It's springtime and many people find themselves suffering from seasonal allergies. In my neighborhood the pine trees are filled with golden pollen that coats everything including your nasal passages. Allergy symptoms range from post nasal drip, itchy eyes, nasal congestion, headache, sneezing, fatigue and scratchy throat. Sometimes allergies can turn into a head cold or sinus infection if left untreated.

There are several things you can do at home to alleviate symptoms. There are also other treatment plans I can develop for you in my office. If possible it's best to strengthen the immune system before the allergy season starts. I advise my patients to do a series of acupuncture treatments in the fall and winter to prepare for spring.

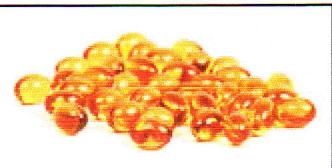
Start with Your Habits

First of all examine your sleep-

ing and eating habits.

- Are you getting enough sleep? With our lengthening days and nicer weather we may not be getting the rest that is so important for our body's to function optimally. Eight hours of sleep should be your goal.
- How about diet? Are you eating regularly and are you looking for food that is in season? If your body is working over time to process heavy or junk food you're hindering its ability to filter and process an attack of pollen.
- Is your digestion working well? Now that winter is ending the first delicious greens are coming into the markets. All cooked greens are very good for strengthening and cleansing the immune system. My favorites are dandelion greens and stinging nettles. Some

other greens are green onions, arugula, mizuna, tatsoi and green garlic. The bitter taste is what we need in the spring as it helps cleanse the liver after eating the heavier foods of winter. The enzymes in the fresh greens help our digestion by producing bile.



or distilled water mixed with $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon sea salt. Follow the directions on the bottle and then gently squeeze the mixture into the nasal passages and help remove pollen from the sinus area and sooth and heal the inflamed tissue.

Open Your Nasal Passages

For immediate relief of allergy symptoms first you need to get the nasal passages open. Anything with menthol in it will open up the nasal passages. Try Olbas Oil or the essential oils of pine, peppermint or eucalyptus. Just sniff it from the bottle or put a drop on a handkerchief and breathe in the scent.

Use a nasal rinse bottle which you can get in any drug store. Make a solution of warm salt water using one cup of filtered

If this procedure is irritating in any way stop. Another option is getting a pre-mixed salt solution in a nasal spray and using that several times per day. One brand in the drug stores is called Ocean.

Vitamins that help allergies are vitamin C 4,000mg to 12,000mg per day, vitamin B5 also called pantethine 250mg to 500mg per day, and quercetin, a bioflavonoid, (*continued on page 2*)

Tasty Greens to Help with Your Allergies

Nettles & Dandelion Greens

Fresh stinging nettles must be cooked and can not be touched with bare hands because the hairs on the fresh leaves have formic acid that will irritate the skin causing an itchy rash. I buy nettles fresh at the farmers market and handle them with tongs or rubber gloves until they are cooked. Once the nettles are cooked or dried the

formic acid is completely transformed and will not sting. Nettles are a beautiful bright green when cooked and can be used like cooked spinach. There are Italian recipes that use nettles in pasta and pesto. I like to make a simple soup with broth and par boiled nettles which I purée. It's very nutritious, full of minerals, good for the immune system, dries up yellow

mucus, good for seasonal allergies & eczema and is delicious.

Nettles can also be purchased in dried or tincture form. To make a tea use a handful of dried nettles to a quart of boiled water and steep overnight then drink the strained tea throughout the day. It's very mild. To use in tincture form use 2 droppers full 2 times per day as a prevention for allergies or

4 droppers full 2 times per day for acute allergy symptoms.

My favorite way to use fresh dandelion greens is to par boil them for 5-8 minutes then rinse and squeeze out excess moisture; next sauté the greens with garlic and shitake mushrooms. Serve with salt and fresh lemon juice. Dandelion can also be used in tea form as well.

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Herbs & Acupuncture Will Help Your Allergies

(Continued from page 1)

500mg 2 to 3 times per day. All of these nutrients are a form of antihistamine and strengthen the immune system.

Natural Treatment Regimen

If your allergies are more than a minor bother and you need daily pharmaceutical medication you will need a more comprehensive approach. Many patients find that their pharmaceutical medicine is not as effective after using it for a long time and are having recurrent sinus infections and need multiple courses of antibiotics. A complimentary & concentrated plan would

include custom herb formulas, nutrition counseling and a series of acupuncture treatments.

Custom Treatment Plan

I have worked with many patients who had severe allergies and sinus problems and designed a custom treatment plan so they could avoid sinus surgery. Now they are feeling healthy during the heavy pollen season and are glad that they avoided a major surgical procedure not to mention dealing with serious recovery time. Call my office and we can discuss working up a prevention and healing protocol for your allergies and sinus problems.



Susan Wallace, is a licensed acupuncturist, with over 20 years experience. She has successfully treated chronic illnesses and pain with acupuncture and herbs, and is now helping patients improve their brain functions using the best of Western nutrition