

CHINESE MEDICINE GUIDE TO TAMING ALLERGIES

WALK BY THE "ALLERGY" SECTION OF ANY DRUGSTORE, EXPOSE YOURSELF TO LESS THAN AN HOUR OF PRIMETIME TV, OR FLIP CASUALLY THROUGH ANY MAGAZINE AND YOU ARE BOUND TO ENCOUNTER A GOLD RUSH OF ADVERTISEMENTS THAT TOUT RELIEF FOR THE ITCHY, RUNNING, SNEEZY, FOGGY HEADED CLOG OF THE INVISIBLE ANNOYANCE OF POLLENS, DUST AND WHATNOT.



EVERYWHERE IS THE LITANY OF SUFFERING AND PROMISE OF RELIEF, BUT THERE IS A CURIOUS SILENCE WHEN IT COMES TO DEALING WITH THE CORE ISSUE FROM WHICH THESE SYMPTOMS ARISE.

WHAT ABOUT GETTING TO THE ROOT OF THE PROBLEM?

IN THIS HANDY GUIDE WE WILL:

LEARN SOME NATURAL METHODS THAT HELP TO PUT THE KIBOSH ON ALLERGIES.

APPLY LEVERAGE TO YOUR IMMUNE SYSTEM WITH SOME DIY ACUPRESSURE.

GAIN CLARITY ON WHY SENSITIVITIES DIFFER FROM PERSON TO PERSON.

EXPLORE A FEW HELPFUL HERBAL FORMULATIONS, AND WHY IT'S BEST TO GET SOME HELP FROM AN EXPERT.



WHY DO SOME PEOPLE HAVE ALLERGIES?

EVER WONDER WHY IT IS THAT ONE PERSON SNEEZES AT RAGWEED AND ANOTHER FINDS IT TO BE NO BOTHER WHATSOEVER? IT HAS TO DO WITH THE ABILITY OF YOUR BODY TO COPE WITH THE EFFECT OF VARIOUS INFLUENCES.

THE CHINESE SEE IT AS THE INTERPLAY OF 正 "ZHENG" (UPRIGHT) AND 邪 "XIE" (PATHOGENIC) QI.

PLAIN ENGLISH PLEASE...



IN SHORT IF YOUR BODY HAS A CERTAIN KIND OF STRENGTH AND INTERNAL FLEXIBILITY THEN OUTSIDE INFLUENCES ARE LIKE A BUG ON THE WINDSHIELD. (SPLAT) IF YOUR "ZHENG QI" IS WEAK, WELL THEN IT IS AS IF YOU ARE DRIVING WITHOUT A WINDSHIELD. EVERY LITTLE THING, INCLUDING THE WIND ITSELF, IS A CAUSE OF IRRITATION.

THE SOLUTIONS IS TO STRENGTHEN THE BODY'S OWN RESOURCES SO THAT THERE IS MORE STRENGTH AND FLEXIBILITY IN TERMS OF DEALING WITH OUTSIDE INFLUENCES.

EVER MEET SOMEONE WHO WAS WOUND JUST A LITTLE TOO TIGHT? A CARELESS GLANCE OR WORD WOULD SET THEM OFF ON AN EMOTIONAL ROLLERCOASTER. OR THERE ARE OTHER PEOPLE WHO ARE CONSTANTLY TAKEN ADVANTAGE OF, AS THEIR VOCABULARY LACKS THE WORD "NO."

SOME OF US HAVE A PHYSICAL CONSTITUTION THAT IS A BIT LIKE THESE PERSONALITIES. THE BODY ITSELF IS EITHER OVERLY SENSITIVE OR TOO WEAK TO DEFEND ITS OWN TERRITORY. EITHER EXTREME BRINGS ITS OWN KIND OF PROBLEMS.

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HAS IT STRUCK YOU AS STRANGE THAT MODERN BIOMEDICINE ATTEMPTS TO TREAT EVERYONE THE SAME?



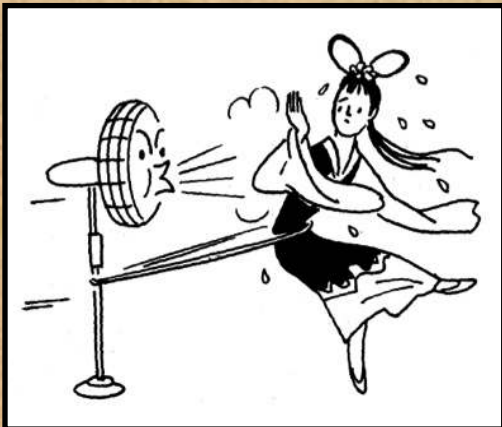
THE CHINESE LONG AGO FIGURED OUT THAT WE ARE ALL UNIQUELY DIFFERENT, AND IT IS NOT EFFECTIVE TO ATTEMPT TO TREAT EVERYONE THE SAME. ONE PERSON'S SNEEZING AND SINUS HEADACHE HAS A DIFFERENT ROOT CAUSE THAN SOMEONE ELSE'S.

SO WHILE THERE ARE A NUMBER OF HERBAL FORMULATIONS THAT HAVE BEEN USED FOR CENTURIES IN CHINA TO NATURALLY TREAT ALLERGIES BY REGULATING THE IMMUNE SYSTEM, IT IS KEY TO MAKE SURE YOU ARE TAKING THE FORMULA THAT IS RIGHT FOR YOU.

THIS IS APTLY DEMONSTRATED BY VARIOUS SYMPTOMOLOGY THAT ACCOMPANY ALLERGIES. SOME PEOPLE GET WATERY EYES, A RUNNY NOSE, CONSTANT CONGESTION AND POST-NASAL DRIP.

THEY MAY EVEN HAVE EDEMA NOT ONLY IN THE FACE, BUT IN THE HANDS AND FEET AS WELL, AS THEY ARE A "WATERY" CONSTITUTION. FOR THESE FOLKS, HERBS THAT HELP TO DRY THEM OUT A BIT WILL BE HELPFUL.

BUT, FOR ALLERGY SUFFERERS WHO SNEEZE A LOT, HAVE ITCHY AND DRY EYES, DRY SCRATCHY THROAT, ARE SENSITIVE TO DRAFTS AND WIND AND TEND TO BE THIRSTY, "DRYING" HERBS WOULD ACTUALLY MAKE THEIR CONDITION WORSE.





SO, WHEN IT COMES TO OUR SENSITIVITIES THAT EXPRESS AS ALLERGIES WE HAVE A NUMBER OF OPTIONS.

POLLEN AND MOLD COUNTS DO NOT HAVE TO DETERMINE YOUR DESTINY!

ONE IS TO SHUT OURSELVES AWAY INTO A PROTECTED ENVIRONMENT. CLOSE THE WINDOWS TO SPRING'S FRAGRANT SONG AND RITUALLY CHANGE THE FILTERS ON OUR HEPA DEVICES. ANOTHER IS TO SUPPRESS THE SYMPTOMS WITH PHARMACEUTICAL INTERVENTIONS. THIS HOWEVER DOES NOT SOLVE THE PROBLEM OF WHY WE HAVE THESE SENSITIVITIES; IT SIMPLY SHUTS DOWN THEIR EXPRESSION.

ANOTHER OPTION, GRANTED YOU WILL NOT FIND IT ADVERTISED ON DAYTIME TV OR IN FULL GLOSSY COLOR MAGAZINE ADS, IS TO GENTLY AND OVER TIME SHIFT THE BALANCE OF YOUR OWN IMMUNE SYSTEM.

USING ACUPUNCTURE, ACUPRESSURE, HERBS AND DIET YOU CAN CHANGE YOUR OWN INTERNAL ENVIRONMENT AND IN THIS WAY LOSE YOUR SENSITIVITY TO SPRING'S PERFUMED EXHALE OF POLLEN AND FERTILE DUST.

BOOM

LET'S LEARN A BIT OF ACUPRESSURE. IT'S EASY, EFFECTIVE, FEELS PRETTY GOOD, AND PEOPLE LOVE YOU WHEN IT DO IT FOR THEM. PLUS YOU CAN DO IT YOURSELF.

HERE'S THE BASICS:

- 1- FIND THE POINT THAT IS TENDER.
- 2- APPLY FIRM, ATTENTIVE PRESSURE. IMAGINE THAT YOU ARE USING YOUR FINGER TO SLOWLY AND THOUGHTFULLY MELT AN ICE CUBE. ACUPRESSURE POINTS USUALLY FEEL TENDER. WALK THAT LINE BETWEEN ACHY AND PAINFUL.
- 3- IF YOUR FINGERS GET TIRED, THEN GET A REGULAR OLD SHARPIE MAGIC MARKER. THE BACK HAS THE PERFECT CURVE FOR USE AS AN ACUPRESSURE TOOL. PLUS YOU CAN USE IT USE IT AS A MAGIC MARKER TOO!
- 4- STIMULATE THE ACUPRESSURE POINTS AT LEAST TWICE A DAY FOR 3-5 MINUTES. YOU CAN DO THIS WHILE WATCHING TV, READING, OR HAVING A CONVERSATION.





THE LUNG AND LARGE INTESTINE CHANNELS ARE HELPFUL IN TREATING ALLERGIES. THE LUNG OBVIOUSLY IS INVOLVED WITH RESPIRATORY ISSUES. YOU DON'T NEED TO BE A ACUPUNCTURIST TO FIGURE THAT ONE OUT. THE LARGE INTESTINE MAY SEEM A BIT OBSCURE, BUT IN FACT IS QUITE USEFUL IN TREATING NASAL ALLERGIES PARTLY BECAUSE THE CHANNEL RUNS UP INTO THE NOSE, AND PARTLY BECAUSE THE LARGE INTESTINE HELPS TO CLEAR TOXINS OUT OF THE SYSTEM.

OFTEN, ESPECIALLY FOR ALLERGY SUFFERERS, THERE ARE A NUMBER OF POINTS ON THESE CHANNELS THAT ARE QUITE TENDER TO THE TOUCH. USING ACUPRESSURE ON A DAILY BASIS CAN OVER TIME HARMONIZE AND REGULATE YOUR RESPONSE TO ALLERGENS.



THERE ARE A COUPLE WAYS TO APPROACH ACUPRESSURE.

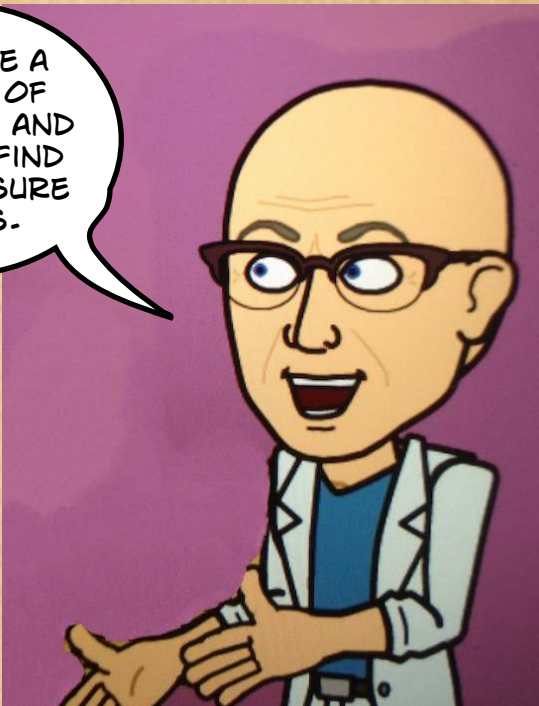
ONE WAY IS TO MASSAGE PAIRED CHANNELS TOGETHER AT THE SAME TIME BY PRESSING AND KNEADING. BASICALLY, USE YOUR THUMB ALONG WITH THE INDEX AND MIDDLE FINGERS TO MASSAGE BOTH CHANNELS AT THE SAME TIME.



LUNG & LARGE INTESTINE CHANNEL MASSAGE



HERE ARE A COUPLE OF EFFECTIVE AND EASY TO FIND ACUPRESSURE POINTS.



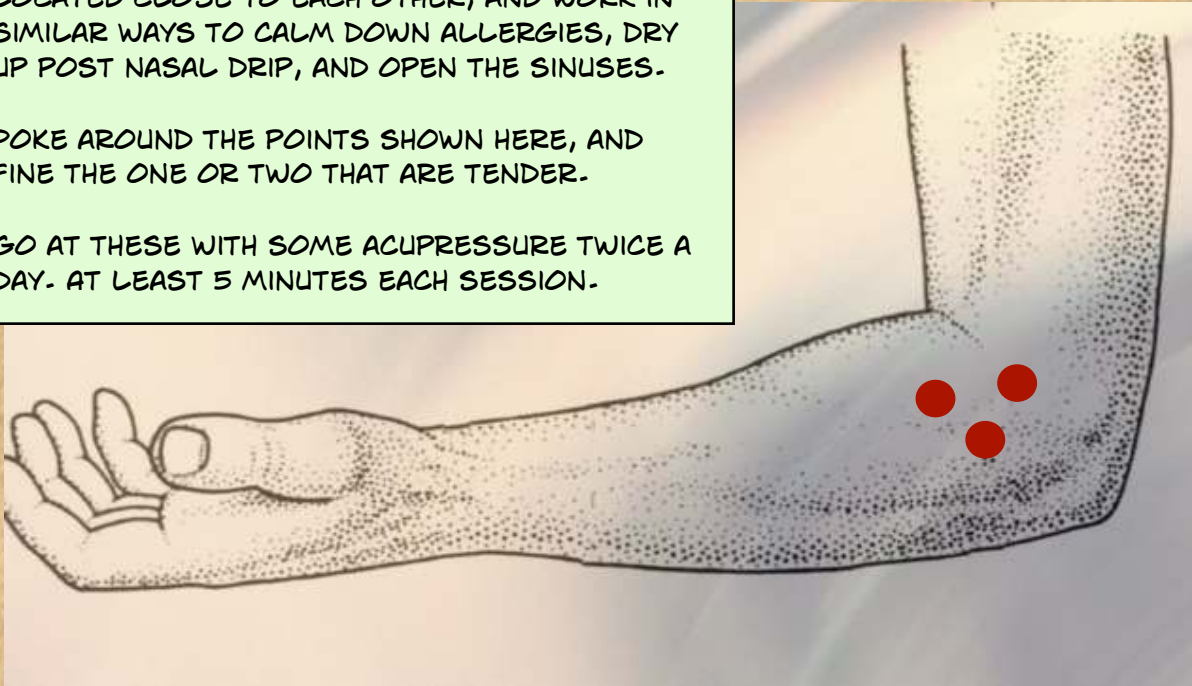
THERE IS A REGION ON THE LUNG CHANNEL THAT IS ALWAYS TENDER OR FEELS "GUMMY" IN THOSE WITH ALLERGIES.

MASSAGING IN THIS AREA IS NOT ONLY EFFECTIVE FOR TREATING COUGHS AND ALLERGIES, BUT IT'S HELPFUL FOR ASTHMA SUFFERERS AS WELL!

THERE ARE NUMBER OF POINTS THAT ARE LOCATED CLOSE TO EACH OTHER, AND WORK IN SIMILAR WAYS TO CALM DOWN ALLERGIES, DRY UP POST NASAL DRIP, AND OPEN THE SINUSES.

POKE AROUND THE POINTS SHOWN HERE, AND FINE THE ONE OR TWO THAT ARE TENDER.

GO AT THESE WITH SOME ACUPRESSURE TWICE A DAY. AT LEAST 5 MINUTES EACH SESSION.

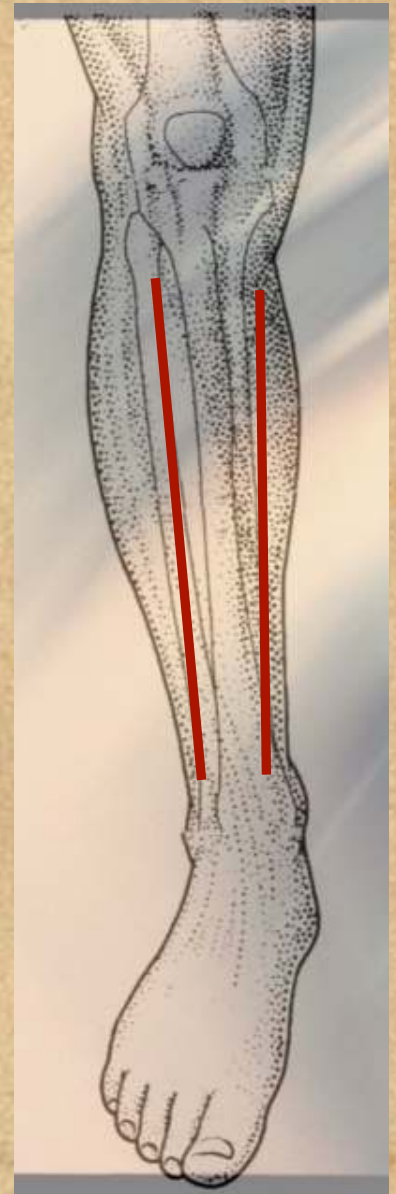


THE SPLEEN AND STOMACH CHANNELS, DUE TO HOW THEY FLOW UP INTO THE HEAD, ARE ALSO HELPFUL IN REDUCING YOUR SENSITIVITY TO ALLERGENS



MASSAGING ALONG THE INSIDE AND OUTSIDE OF THE SHINBONE NOT ONLY FEELS GOOD, BUT IT'S GOOD FOR YA!

IN ADDITION TO HELPING WITH ALLERGIES, IT IMPROVES THE DIGESTION AS WELL.



HERE ARE SOME SPECIFIC POINTS THAT ARE THE HEAVY HITTERS WHEN IT COMES TO TAMING ALLERGIES.



LG INTESTINE 4, TIGER'S MOUTH- THIS POINT IS GREAT FOR MOST ANY ISSUE OF THE FACE.

USE IT FOR SINUS CONGESTION & FRONTAL HEADACHES.

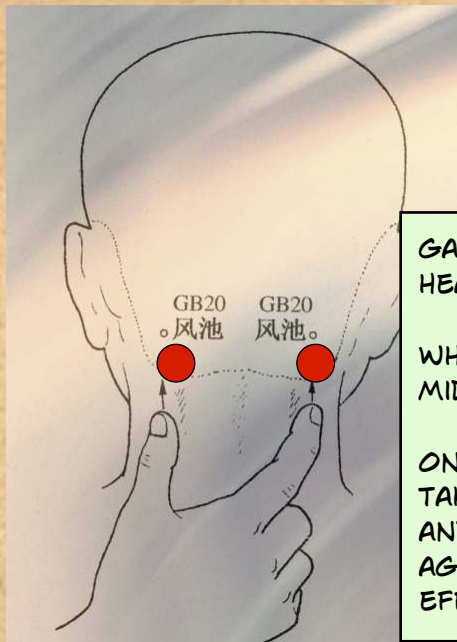
ALSO HELPFUL FOR NAUSEA, MOST ANY ISSUE WITH THE INTESTINES, BLOATING AFTER EATING AND MENSTRUAL PAIN.



LIVER 3, GREAT RUSHING- THIS POINT HELPS TO GET RID OF STAGNATION AND CONGESTION ANYWHERE IN THE BODY.

ALSO A GREAT POINT FOR HEADACHES. IT HAS A CALMING EFFECT. AND LIKE THE TIGER'S MOUTH, HELPFUL FOR MENSTRUAL PAIN.

CAUTION: THESE POINTS SHOULD NOT BE USED TOGETHER WITH PREGNANT WOMEN. HOWEVER, IF INDUCING LABOR IS YOUR GOAL— HAVE AT THEM.



GALL BLADDER 20, "WIND POOL" IS GREAT POINT FOR HEADACHES, SNEEZING, CONGESTION AND STIFF NECKS.

WHILE YOU CAN EASILY REACH BEHIND YOUR HEAD WITH YOUR MIDDLE FINGERS AND WORK THIS POINT OVER.

ONE OF THE BEST WAYS TO TREAT GALLBLADDER 20 IS TO TAKE A COUPLE OF TENNIS BALLS, PUT THEM IN A CLEAN SOCK AND TIE IT OFF. THEN LAY ON THE FLOOR AND TUCK THIS UP AGAINST THE BASE OF YOUR SKULL. FEELS GREAT, AND THE EFFECT OF GRAVITY WILL GIVE YOU A NICE LITTLE MASSAGE.



STOMACH 36, I LIKE TO THINK OF THIS ACUPUNCTURE POINT AS A "BROAD SPECTRUM" REGULATORY POINT.

IT CAN BENEFIT A LIST OF CONDITIONS AS LONG AS YOUR ARM, OR LEG FOR THAT MATTER.

AS IT IS ON THE STOMACH CHANNEL IT TREATS ALL KINDS OF DIGESTIVE DISORDER. IT REGULATES THE INTESTINES, SO TREATS BOTH CONSTIPATION OR DIARRHEA.

AS THIS CHANNEL BEGINS IN THE FACE, THIS POINT CAN HELP HEADACHES, TOOTH PAIN, SINUS ISSUES AND OF COURSE...ALLERGIES.

WHITE LAB COAT TYPE MEDICAL RESEARCH HAS DEMONSTRATED THAT NEEDLING THIS POINT CAUSES IN INCREASE IN THE WHITE BLOOD CELL COUNT.

IN ANCIENT CHINA WHEN SOLDIERS WERE FATIGUE AND COULD NO LONGER MARCH THEY WOULD STIMULATE THIS POINT AND GET BE ABLE TO GET ANOTHER THREE MILES DOWN THE ROAD. HENCE IT'S NAME IN CHINESE "LEG THREE MILES."



HERE ARE SOME OTHER NATURAL METHODS THAT HELP WITH ALLERGIES.



SLEEP WITH THE WINDOW OPEN!

A FEW WEEKS BEFORE ALLERGY SEASON BEGINS SLEEP WITH YOUR BEDROOM WINDOW OPEN.

EXPOSURE TO ALLERGENS WHILE IN THE DEEP CYCLES OF SLEEP CAN ALSO HELP TO DESENSITIZE YOUR SYSTEM.

READ UP ON THE DETAILS IN THIS ARCHIVED EDITION OF THE YONG KANG NEWSLETTER:
[HTTP://IS.GD/WUJ30Z](http://is.gd/WUJ30Z)



HONEY MADE FROM LOCAL FLOWERS CAN HELP TO DESENSITIZE YOU TO LOCAL POLLENS.

IF YOU LIKE SPICY FOODS, HAVE AT THEM. THEY ARE HELPFUL IN OPENING AND DRAINING THE SINUSES.

EATING HOT FOODS WITH CAPSAICIN (THE ACTIVE INGREDIENT IN HOT PEPPERS), OR EVEN USING A CAPSAICIN BASED NASAL SPRAY CAN GIVE YOU HOURS OF RELIEF WITHOUT THE REBOUND ASSOCIATED WITH MOST NASAL DECONGESTANTS.



FEEL BETTER NATURALLY!



THE NETI POT IS AMAZING TECHNOLOGY! BASICALLY A POWER WASH FOR YOUR NOSE. USE IT!

YOU KNOW HOW THAT POWER WASHER CLEANS THE MOSS OF THE NORTH SIDE OF YOUR HOUSE?

A NETI POT, OR OTHER MORE MODERN NASAL IRRIGATION DEVICE IS A SAFE & EFFECTIVE WAY TO CLEAR ALL KINDS OF GUNK OUT OF YOUR SINUS CAVITIES.

PLUS RUNNING A SALINE SOLUTION OVER THE MUCUS MEMBRANES OF YOUR SINUSES HELPS TO REDUCE INFLAMMATION.



CHINESE HERBS ARE NOT MAGIC, EVEN IF THEY AT TIMES SEEM TO BE THAT WAY.



CHINESE HERBS CAN BE QUITE HELPFUL FOR ALLERGIES, ASTHMA AND OTHER RESPIRATORY ISSUES.

AS WE MENTIONED EARLIER, CHINESE MEDICINE IS NOT A "ONE SIZE FITS ALL" PROCESS.

DIFFERENT KINDS OF PEOPLE NEED DIFFERENT HERBAL PRESCRIPTIONS. WHAT'S MORE, YOUR PRESCRIPTION WILL LIKELY CHANGE AS YOUR CONDITION IMPROVES.

THAT BEING SAID, THERE ARE A NUMBER OF FORMULATIONS THAT ARE HELPFUL FOR CERTAIN KINDS OF PEOPLE, AND ARE BOTH SAFE AND EFFECTIVE.



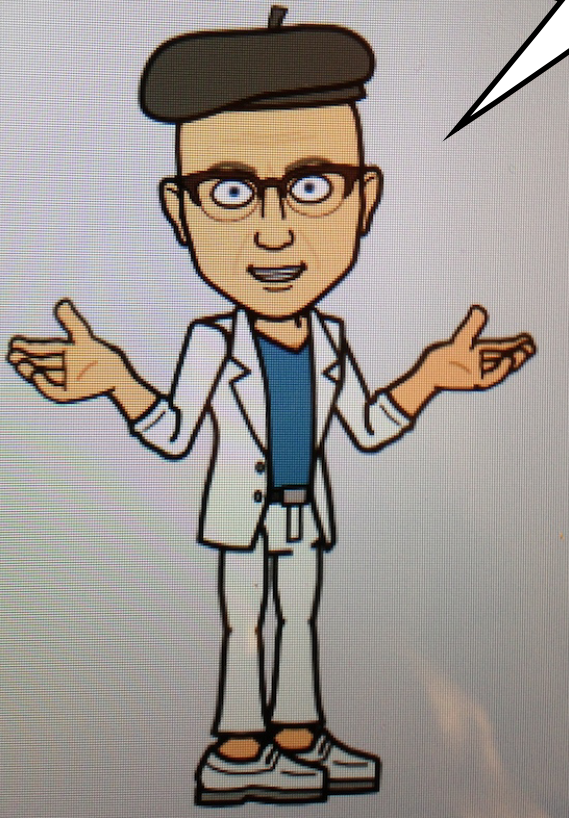
BI YAN PIAN IS HELPFUL FOR YOUR COMMON YARD DOG SYMPTOMS OF SNEEZING AND CONGESTION.

IF YOU HAVE A SENSE OF SOMETIMES FEELING WARM AND OTHER TIMES COLD, A WEIRD TASTE IN YOUR MOUTH ALONG WITH SNEEZING AND CONGESTION. AND ESPECIALLY IF YOU HAVE RIB PAIN OR FEEL LIKE IT IS HARD TO DRAW I A NICE DEEP BREATH. THEN XIAO CHAI HU TANG IS WORTH A TRY.



FOR CONGESTION WITH YELLOW PHLEGM, A FEELING OF BEING WARM, AND A SENSE OF THIRST, THEN XIN YI QING FEI TANG CAN DISPERSE THAT HEAT AND GET RID OF THE CONGESTION.

THESE DIY
ACUPRESSURE AND VARIOUS
LIFESTYLE CHANGES CAN GO A
LONG WAY WITH HELPING YOU TO
ENJOY POLLEN FILLED DAYS
OF SPRING.



FOR HELP WITH CHINESE HERBS FIND A
QUALIFIED PRACTITIONER OF CHINESE MEDICINE
THAT HAS STUDIED HERBAL MEDICINE.

WWW.NCCAOM.ORG HAS A LIST OF THOSE WHO
HAVE PASSED THE NATIONAL BOARDS FOR
CHINESE HERBS. CHECK THEM OUT FOR A
PRACTITIONER NEAR YOU.

ALSO FOR ACUPUNCTURE BE SURE TO FIND AN
NCCAOM BOARD CERTIFIED PRACTITIONER.

ACUPUNCTURE BOTH FEELS GOOD, AND CAN
HELP YOUR BODY TO BECOME LESS SENSITIVE
TO SPRINGTIME'S DUSTY EXHALE

WE ARE ALWAYS HAPPY TO HELP YOU AT YONG KANG
CHINESE MEDICINE CLINIC.

EMAIL US AT CLINIC@YONGKANGCLINIC.COM

OR CALL US AT 314-821-9642!