

# Patient Help Sheet

## Seasonal Allergies

Here are some tips that you can use to help balance and support your health during this time. Please feel free to call me if you have further questions or concerns.

"Cure sometimes, treat often, comfort always" - Hippocrates

VOL 8.0

## Seasonal Allergies

Sneezing, runny nose, itchy and watery eyes. Head congestion, sinus pressure, headaches, scratchy throat and ears...seasonal allergies are no fun! Luckily, there are lots of remedies and treatments you can do for yourself at home to support the work of your acupuncture treatments.

## Acupressure Points

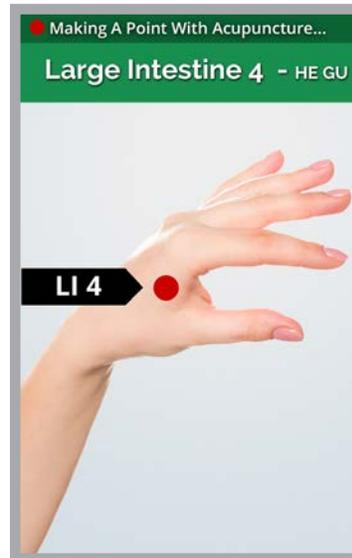
**Large Intestine 4** Large Intestine 4 is located on the back of the hand, in the web between the thumb and the pointer finger, pressed up against the midpoint of the second metacarpal bone (the bone on the hand-side of the web, as opposed to the thumb side.) LI 4 is a control point for the head and face - and as such, it can be used to treat most common allergy symptoms! It is said to expel wind from the body, which is important when treating seasonal allergies.

**Large Intestine 20** Large Intestine 20 is located just to the side of the nose, at the top of the nasolabial groove. It is an excellent point for reducing congestion and opening up the nasal passages. To stimulate the point, use your pointer fingers to apply firm pressure directly down onto the face and also up towards the opposite eye.

**Spleen 5** Spleen 5 is located on the medial ankle, anterior and inferior to the medial malleolus. This means if you drew a square around your ankle bone, SP 5 would be at the corner of the square below your ankle bone and in front of your ankle bone - towards the bottom of your foot and the toes of your foot from the ankle bone. SP 5 helps the body to transform phlegm and is specifically indicated for allergies.

## Home Remedies

- Local bee pollen - take about 1 tsp. in the morning mixed with room temperature water. Researchers believe bee pollen may contain protein ingredients, which seem to have the ability to act as histamine blockers. When the histamine chain that causes such symptoms to arise is broken, the symptoms disappear almost instantaneously.
- Local honey - similar to bee pollen; take a few tsp. a day (like the pollen)
- Anticipate weather changes. Keep a scarf or hooded sweatshirt handy to keep the neck warm and protected from the wind - in Traditional Chinese Medicine we say the wind enters easily through the channels in the back of the neck, which can cause allergy symptoms.
- Use a sinus rinse to flush out the sinuses
- Eat healthy foods in their whole form - veggies, fruit, whole grains, organic meats
- Reduce dairy if you have chronic phlegm issues
- Avoid processed and fast foods.



## Herbal Remedies

Chinese herbs are most effective when prescribed in a formula by an acupuncturist, and most of the common herbs for treating phlegm are not herbs you likely have in your kitchen. But in addition to taking an herbal formula, some single herbs can be brewed by themselves to make a tea that can help with allergy symptoms.

### Chrysanthemum Flower

This herb specifically treats the eyes and allergy symptoms such as itchy eyes, excessive tearing, red or irritated eyes.

### Mint

Mint also helps to cool irritated eyes, and "vents rashes" on the skin, so it can be good if there are any skin issues associated with the allergies.



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