

Acupuncture and Allergies

According to Chinese medical theory, the symptoms and signs that indicate a Western diagnosis of allergies relate to imbalances in the meridian and organ systems of the body. These imbalances may stem from a variety of causes, including stress, poor diet, constitutional weakness, pollutants and environmental toxins.



Over time, if imbalances remain within the body, they will affect the functions of the organ systems. Some of these organ systems are involved in the production of *Wei Qi* (way chee). According to the theories of acupuncture and Chinese medicine, it is important to have to correct quality and quantity of Wei Qi circulating around the body in order to stay healthy.

What is Wei Qi? The Chinese concept of Wei Qi is similar to the Western concept of the immune system. Wei Qi functions to protect and defend the body against foreign substances, that if not caught can lead to allergies. When Wei Qi is strong and abundant, we remain healthy. When the supply of Wei Qi becomes inadequate, health is compromised and we become vulnerable to foreign invaders such as dust, mold, animal dander, bacteria, viruses, and pollen.



Acupuncture and Chinese medicine support and strengthen the systems of the body that are involved in the production of Wei Qi. By building up the supply of Wei Qi and facilitating the smooth and free flow of it throughout the body, symptoms and signs related to allergies could be greatly reduced or eliminated.

What will an acupuncturist do? An acupuncturist will conduct a thorough exam, taking a complete health history. He or she will then develop a unique treatment plan that will address your specific concerns. The goals of the treatment plan will be to eliminate visible signs and symptoms, while addressing the root causes and underlying imbalances affecting the quality and quantity of Wei Qi.

Acupuncture treatments may be combined with herbs and dietary changes. These therapies accelerate the healing process in order to balance, build, and support the body's Wei Qi. Acupuncture and Chinese medicine is a **drug-free, safe, natural** and **effective** way to eliminate hay fever, allergies or the common cold.

