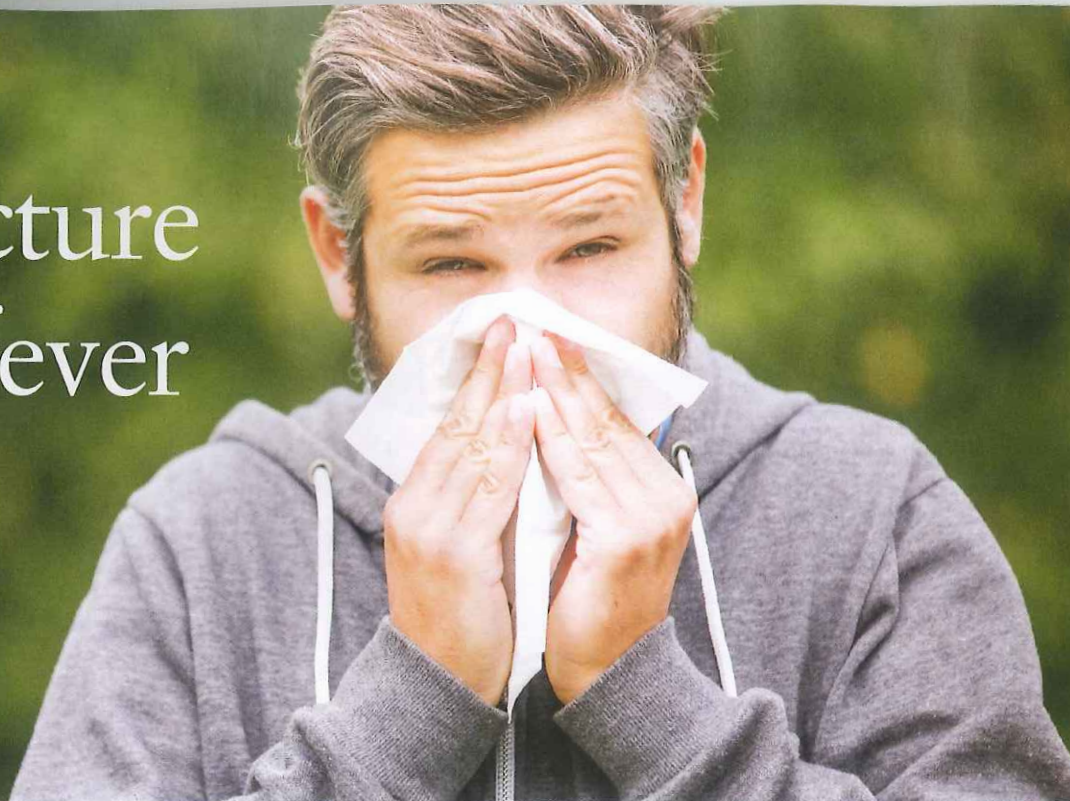


# Acupuncture for Hayfever



According to the World Health Organisation, Acupuncture offers an effective solution to hayfever sufferers. Elle Fox answers for **CNM (College of Naturopathic Medicine)**.

**“Acupuncture is more effective than antihistamine drugs in the treatment of allergic rhinitis. Acupuncture’s lack of side-effects is a distinct advantage in treating this condition...”** *World Health Organisation*

If you are a sufferer you will have experienced the misery this “seasonal allergic rhinitis” brings to millions of people every year. Hayfever is an allergic reaction to airborne substances, such as pollen that get into the eyes, nose, sinuses and throat. The name hayfever is misleading because symptoms don’t just occur in autumn when hay is gathered and never include fever. Symptoms are similar to those of a heavy cold including runny nose, sneezing and watery, itchy eyes. Some people are allergic to early tree blossoms, while some get hayfever later in the year from rape or grasses (such as timothy grass).

Although some individuals are considered genetically predisposed to certain allergic reactions, most people develop hayfever symptoms when their immune system becomes altered as a result of factors such as stress, poor sleep, poor diet, nutritional deficiencies and exposure to medications, vaccinations and environmental toxins.

Acupuncture is one of the gentlest, most effective and least invasive treatments to

address hayfever and sinusitis; it precisely targets the affected tissues, regulates the blood flow and restores the body’s natural antihistamine production and healthy immune response in the upper airways.

A recent randomised controlled clinical trial carried out by the Lishui Hospital of Traditional Chinese Medicine found that a treatment programme of acupuncture and herbal medicine resulted in a 91.1% effective alleviation of allergic rhinitis.

Once an Acupuncturist has reached a diagnosis, very fine Acupuncture needles are placed in specific Acupuncture points along channels called meridians, which relate to the major organs within the body. In hayfever treatment it is common for the lung and stomach organs and their associated meridians to be addressed. Acupuncture needles may also be placed locally on the scalp or retained in the ear using ‘seeds’. The needles are retained for up to 25 minutes, during which time many people experience an extreme sense of relaxation and relief.

“There are high-quality randomised controlled trials that demonstrate efficacy and effectiveness for acupuncture in the treatment of both seasonal and perennial allergic rhinitis.” says Malcolm Taw, Assoc. Clinical Professor at the University of California.

You can also improve your hayfever symptoms by keeping your body as free from toxins as possible: eating local, seasonal, minimally processed wholefoods and avoiding caffeine, alcohol, smoking and refined sugars, drinking plenty of water and keeping regular daily bowel habits. Sugar consumption, in particular can aggravate blood sugar levels which can cause adrenalin spikes with a resulting increase in histamine – not what any hayfever sufferer would want!

If you choose an Acupuncturist who has also been trained in Naturopathy, they will

have the additional set of skills to help guide you. As well as tongue and pulse diagnosis, they may use Herbal Medicine, Iridology, Nutrition and Homeopathic remedies. They will tailor-make a naturopathic plan for you that not only includes Acupuncture, but supportive dietary and lifestyle advice, so that you can address all the issues which may be contributing to or aggravating your hayfever. So if you suffer from hayfever, Naturopathic Acupuncture may be an appropriate therapy for you to explore.

If you’d like to find out more about training with CNM as a Naturopathic Acupuncturist, a highly rewarding career which gives you the chance to make a real, positive difference to people’s lives, come along to an Open Morning at CNM Bristol.



*Elle Fox, Naturopath for the College of Naturopathic Medicine*

**Attend a FREE Open Morning 16th March, 2019**

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