



Get ready for the Spring and allergy season with a variety of herbal remedies available at OHS.



Springtime in North Carolina!

Spring is just a few days away and already the changes can be seen. Trees are budding, grass is growing and flowers are opening up from their winter slumber. In Traditional Chinese Medicine (TCM), Spring is associated with the element Wood and the energies of growth and



development, movement and wind.

In Chinese Medicine, a wind invasion can be caused by external airborne particulates or pathogens. This includes bacteria and viruses, as well as other microorganisms such as pollens, molds, chemicals, animal dander, and fumes.

With seasonal allergies, wind pathogens can enter via the nose, creating nasal

congestion, runny nose, watery and itchy eyes, sneezing, hives and eczema. If persistent or severe, those symptoms can lead to sinusitis and or asthma.

For thousands of years, TCM has been used to successfully treat all types of wind invasions. The journal *Allergy* recently published a study, which documents the effectiveness of Acupuncture and Chinese herbal remedies in the treatment of seasonal allergic rhinitis. (1)

If you are suffering from seasonal allergies, Oriental Health Solutions can provide a variety of remedies for you. In addition to acupuncture, we carry a selection of herbal treatments in pill, granule and bulk form.

For example, Bi Yan Pian (Open Nose Pills) which is good for treating symptoms associated with allergies.

Other formulas such as Jade Windscreen Pills are good for improving the body's immune system so that it is more resistant to the effects of wind on the body.

As always we can customize formulas to meet each individual's needs.

To your health,

OHS Staff

1. Brinkhaus, B., et al., (2004) *Acupuncture and Chinese herbal medicine in the treatment of patients with seasonal allergic rhinitis: a randomized-controlled clinical trial.* *Allergy* 59(9), 953-960.

Have a warm and bountiful Spring!