

Allergies & Acupuncture by David McCartney

I use Acupuncture regularly in treating the symptoms associated with allergies and allergic reactions such as:

- Runny nose and sneezing
- Itchy eyes
- Inflammation and irritation of the lining of the nose (Rhinitis)
- Hay fever – a layman’s term used to describe rhinitis when the nasal inflammation is caused by pollen. About 15% of people in Western countries suffer from varying degrees of hay fever.
- Hives – a skin rash which can be caused by allergies. Chronic hives (Urticaria) is usually not the result of allergic reactions.



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Although Acupuncture is successful in treating the symptoms of an allergy, the way to get right to the heart of allergy treatment is two fold. First, you have to confirm whether your symptoms are the result of an allergy or not. Many of the allergic reaction symptoms I’ve listed above can have other causes and be indicative of other types of illness. Secondly, if an allergy is confirmed, where ever possible you should try to eliminate or avoid that which is causing your allergic reaction. There are many holistic and alternative health allergy tests. These tests however are not scientifically proven so here at Wisdom for Health, we don’t do any holistic allergy testing. Instead, if I have a suspicion that an allergy may be the cause of a client’s symptoms, I have them undergo a skin or blood test via their G.P. or by some other qualified health care provider. The reason for this is that although many allergies are more nuisance and irritations than anything else, allergies can be life-threatening and testing therefore needs to be done by proven means with nothing left to chance. If you’ve been diagnosed with an allergy, or you’re suffering allergic type symptoms but as yet are unsure, don’t hesitate to call and make an appointment.

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