



## **Fight hay fever the natural way with acupuncture 18.04.2007**

With brighter longer days, spring is finally here and for most people the warm, sunny weather is a welcome change to the season. However, for 20% of the UK population who suffer from hay fever, the irritating symptoms of the allergy will make for a miserable time of year. Hay fever and other summer allergies such as prickly heat often leave sufferers reaching for tissues. Acupuncture has been used in China and other eastern cultures to restore vitality and alleviate the symptoms of allergic reactions for over 2,500 years. By inserting fine needles into the channels of energy which run underneath our skin, an acupuncturist can stimulate the body's own healing response and help restore its natural balance.

Daniel Maxwell, acupuncturist and BAAC member explains how it can help: "Acupuncture is great for the symptoms of hay fever and all kinds of allergic conditions due to the significant effect it has on modulating the immune system. In the case of hay fever, it is often aggravated by a pathogen (referred to as 'Wind' in Chinese Medicine) which causes problems in the respiratory system, and acupuncture uses needles to restore the normal functioning of this system. Hay fever and other allergies like prickly heat and chlorine allergy therefore respond very well to this treatment".

Acupuncture can also help put a spring back in your step and revitalise your energy levels. If you've been feeling run-down and lethargic, brush away those winter cobwebs with acupuncture to provide an energy boost for the new season.

<http://www.acupuncture.org.uk/content/news/news.asp?id=52>



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