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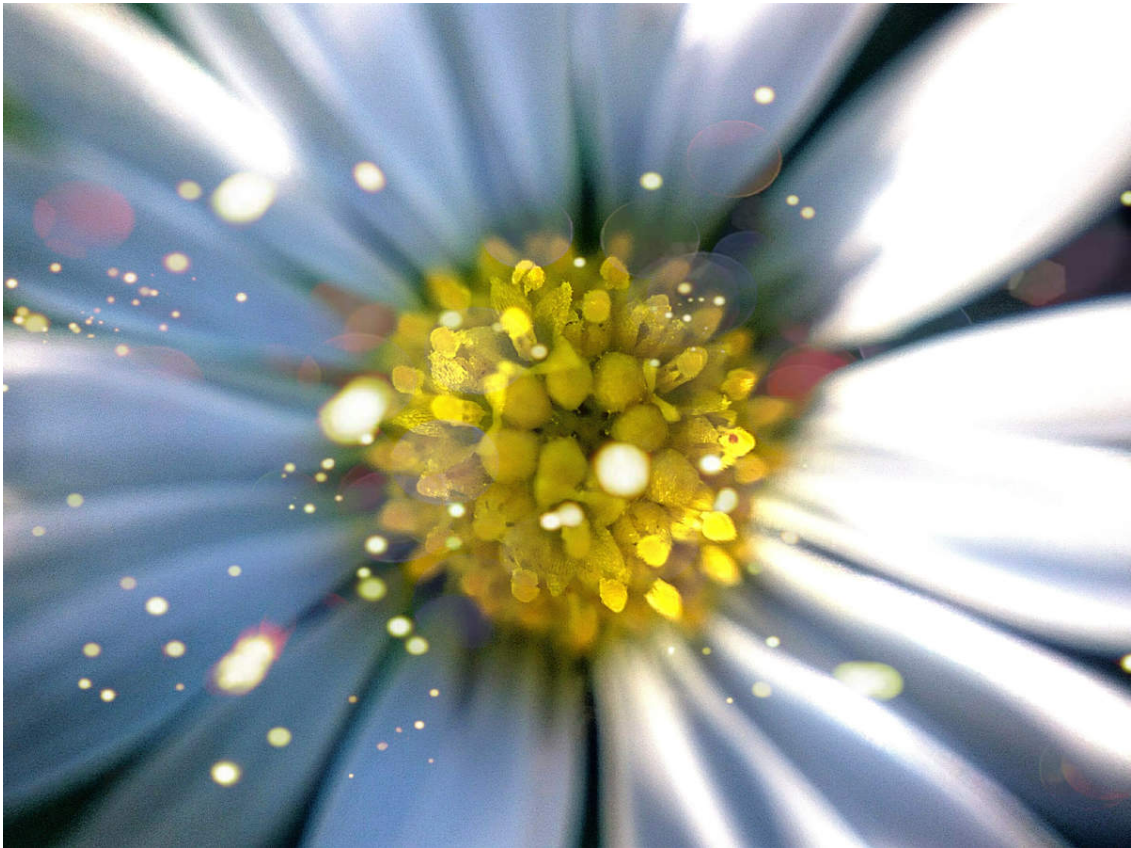


Acupuncture and Allergies

**Runny nose, sneezing, itchy, watery eyes? Sounds like allergies.
Acupuncture can help!**

What is acupuncture?

- Component of traditional Chinese medicine
- Technique for balancing the flow of energy (chi) through meridians in our bodies -
Involves very thin needles inserted in the skin
- Most commonly used to treat pain, however, it is increasingly being used for overall health & wellness





How does acupuncture help* with allergies?

- The person is treated, not the allergies
- Acupuncture acts on the nervous and immune systems --
- Promotes: Regulatory mechanisms
- Transport of substances that act on the inflammatory, histamine, and immune responses
- Systems of the “lung” and “liver” are weakened by the allergens
- Stimulating these systems will: calm the amplified response to the allergens: provide equilibrium and strengthen the imbalances that contribute to the problems during allergy season
- Acupuncture treatment has a preventative and therapeutic effect for people with allergies
- *Acupuncture works through many different mechanisms and there are several hypotheses on how it affects our bodies.

Preparing for your first acupuncture appointment

- **What to wear:** loose-fitting clothing
- **Insertion of the needles:** Very thin, sterile, single-use: May experience a mild aching or tingling sensation: Typical treatment involves using 5-20 needles
- **Manipulation of the needles:** practitioner may move them by hand, with heat, or with an electrical stimulation unit
- **Relaxing with the needles:** typically remain in the skin for 10-30 minutes
- **Removing the needles:** practitioner will remove the needles and discard them as medical waste



After acupuncture sessions, some people report feeling relaxed and others report feeling energized.

Multiple sessions of acupuncture treatment may be needed over a span of weeks or months to experience relief.

PLEASE CALL 973-542-8355 TO SCHEDULE A SESSION WITH ONE OF OUR HIGHLY TRAINED ACUPUNCTURISTS



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