

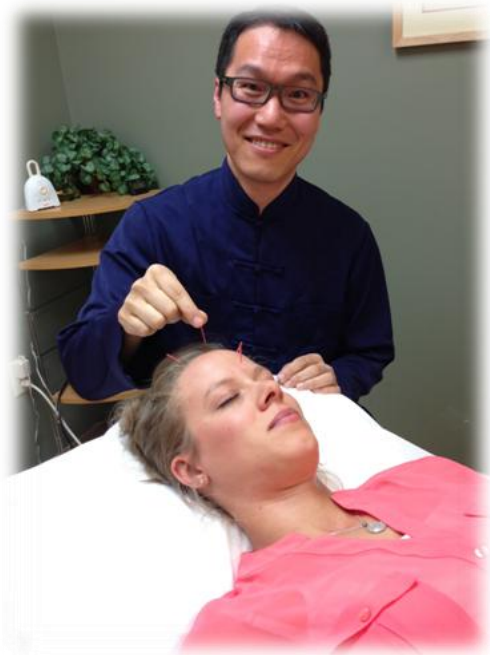
## Patient Insight

### All-Natural Allergy Relief *Chantel Millard*

Chantel is a 27 year old who has had allergies most of her adolescent and adult life that are prone to flaring up in any season. Her main culprits are dust and pollen in the springtime, but can also include anything from pets to wine.

Chantel started coming to The Center for Integrative Medicine a few months ago to receive acupuncture treatments, which she says helps promote immune health. In turn, she says they make her less prone to flare-ups. She is also seeing one of our mind-body therapists for anxiety, but furthermore because she believes that paying attention to her overall physiological status can help with her allergies. Rather than treating her allergy as an isolated symptom – a sneeze here or a stuffed-up nose there – she uses a whole-body approach. This lifestyle-based approach finds her paying close attention not only to her sniffles and surroundings, but also the foods she eats, her stress level, and the amount of rest and exercise she gets.

Through advice from Dr. Ban Wong and trial and error she's discovered that some foods, in her case sweets and dairy products, seem to set off her symptoms and make her feel more congested. On the other hand, she has found that cinnamon and local honey seem to minimize her inflammation.



Chantel says, for her, the negative side effects of conventional medications outweigh the benefits and thus she prefers to use alternative treatments for her allergy relief as she finds them less sedating and more natural.

In addition to eating organic and living a healthy lifestyle to boost her immunity, she has experimented with some other natural remedies. When her nose is blocked, she uses a neti pot to rinse her nose and eliminate the allergens from being absorbed into her respiratory system. She began using a nasal rinse daily and then gradually moved to every other day, weekly or when needed. Her symptoms can also be relieved, she explains, by using aromatherapy. She places a few drops of lavender or mint oil on a warm cloth under her nose or adds these oils to a warm bath and inhales the scented steam.

*“Acupuncture can provide a natural way to relieve symptoms that allergies can bring on without having to take heavy prescription drugs – and it works.”*

## Acupuncturist Insight

*Ban Wong, L.Ac., Ph.D.*

### *Symptomatic relief and the root cause*

Allergies can provide symptomatic relief and it can also try to get to the root for the problem. Sometimes the root of the problem could be something deeper. For some people it could be their emotional state of grief, anger, worry, fear or every day stress. For others allergies can be aggravated by one's lifestyle, diet, environmental factors, or the medications one is taking. These influences can weaken the immune system and make us more prone to allergies.

### *How acupuncture helps*

Acupuncture treatments can help modulate and normalize one's immune system. There are specific points that are focused on depending on where the allergy is – these traditional points have been used for over hundreds of years to address the corresponding weaknesses in the immune system.

While using the natural remedies, such as acupuncture and herbal remedies, The Center for Integrative Medicine can be used in conjunction with your conventional allergy treatments to get the best of both worlds. Feel free to contact us with any further questions at 720-848-1090.

*Disclaimer: Natural remedies may not always work or be the best treatment option for everyone. Consult with your allergist as to whether acupuncture and other alternative remedies are for you.*



## Additional Resources

Dr. Ban Wong and patient Chantel Millard are profiled in a broadcast news story by Fox News (*May, 2013*).