

Did you know allergies are one of the most common chronic health condition in the world and over 25 percent of adults in North America have seasonal allergies?

That is a quarter of the population and it's much higher in children. However, children have tendency to outgrow their allergies seasonal allergies specifically; while adults will often develop them later in life.

In today's show, I will dive into the Western and Chinese medicine view on allergies, including: symptoms, types of allergies. And of course, I'll share the Chinese medicine treatments for each category, including allergic rhinitis, which is commonly known as hay fever and is so prevalent. I've seen so many of my patients over the years coming in for specifically hay fever.

Welcome to AcuPro, a show dedicated to making Chinese medicine and acupuncture easy to grasp and fun to learn.

Hi, I'm your host, Clara Cohen. I support practitioners and students like you in changing the world one patient at a time. My goal is to share my passion for TCM and empower you to achieve superior patient care. I love to showcase the amazing benefits of acupuncture, because after all, acupuncture rocks!

Western View on Allergies

I'm going to start with the Western view on allergies, including treatment and symptoms, and then I'll share a personal story that will bring hopefully a smile to your face today.

The definition of allergies, this is the result of the immune system's response to a substance, right? Immune response can be mild from coughing to a runny nose, itchy eyes. But it can go to a life threatening reaction, such as an anaphylactic allergy reaction, which nobody wants to experience. An allergy starts when the immune system mistakes a normally harmless substance for a dangerous invader.

It's like in Chinese medicine, when you talk about the Wei Qi, the defensive qi, and the body is trying to defend against an invader, which is a pathogen. Right? Makes sense. It's exactly the same thing. In the Western perspective, the immune system then produces antibodies that remain on alert for the particular allergen.

Then when we are exposed to this allergen again, these antibodies can release histamine and they cause an allergic reaction with symptoms.

Types of Allergies

Common triggers are usually environmental allergies. So airborne, such as pollen, dander, dust mites, mold, hay fever, we know like ragweed, etc. Certain food can have allergies or sensitivities.

We're going to talk about the difference between allergies of food and sensitivities, which are different, right? But generally a lot of. Allergies come from peanuts, tree nuts, wheat sensitivities, dairy, soy fish, shellfish, and eggs. Those are the most common one. Insect stings are also an allergic reaction for a lot of people, specifically from bees and wasps.

Medication, of course. Side effects from medication can create allergic reaction like penicillin, right? This is why when we go to the hospital, they ask you, do you know if you have any allergic reaction to any medication? Because penicillin can create some really strong bad allergy reaction.

Then there are substances that we touch and we have an allergic reaction to, like latex, like poison ivy, or anything that we touch that can cause dermatitis.

Western Treatments

The causes in general, when it comes to Western medicine for allergies is genetic factors plays a big role. History of asthma or environmental exposure with a weak immune system and that creates allergic reaction. And children are definitely more susceptible to allergies, but they can outgrow them.

While adults, it's much more difficult and need a lot more help. When it comes to Western treatments, the only options that they have in general are antihistamine, corticosteroids, or decongestants if, of course, the nose and the nasal passage are affected. So it's really a band aid, but it's not looking at the root cause and trying to address the allergy at the root cause so we prevent them so we don't have to deal with them.

That's what Chinese medicine is best at. Now let me tell you a story about environmental health.

Personal Story 🐱

This is a story about me and my husband when we first met. So, that was many moons ago when my husband and I first dated, I was living on my own and he was living on his own. And in my little apartment in Vancouver, I had a beautiful fur baby, a little cat called Booboo.

Booboo was my baby cat and he was so sweet. However, every time Craig came to my place he couldn't stay very long. If he came to watch a movie or he came for dinner within twenty minutes, he would start sneezing, his eyes would water and he would become really extremely itchy on his face.

It wasn't fun for him. It wasn't fun for me.

Eventually, we had to basically spend time at his place and never at my place. He could not be in the same room with my little booboo, my poor little booboo. Oh man. And then when I talked to him about it, Craig told me that he had **been allergic to cats or cat dander, since he was a child**, since he was a kid.

When we decided to take the relationship to the next level and move in together. That would be a tricky part, right? We were having dinner at a local restaurant and we were talking about, where we were going to move, what furniture we would keep, which one of our furniture was best, et cetera, et cetera.

Craig at one point around dessert said, "So what are we going to do with your cat when we move in together?" And my response was, "You mean, what are we going to do with you? Because it's not the cat's fault." Craig's said, "How's that going to work?" I said, "It's not Booboo's fault. We just have to fix you."

Diagnosing + Treating my future husband

I met my husband in my last year of TCM school, I went to school for five years--a doctorate program--and I met him on my last year. So I had learned a lot by then. According to Chinese medicine, if we did a diagnosis, Craig at a time was **Lung and Kidney Qi deficient**.

Craig had a lot of Kidney Qi deficiency and Lung Qi deficiency.

He received **acupuncture twice a week for two months** prior to us moving in.

Since my hubby is a little squeamish about needles (we all have those patients and it's even worse when it's someone you know because they become even more difficult to treat. Isn't that the truth? When you treat family or friends, it's very difficult.) He received **Stomach 36** bilaterally, **Lung 7** bilaterally, as well as **Kidney 6**. Same thing on both sides. That's it. Nothing more. Just six needles, which is just what you need. You don't need to overdo it. I'm of the school of thought that the least amount of needle, the better.

In addition to acupuncture...

He also took **Quercetin**, which is a supplement that is really good in strengthening the immune system. And then he took a Chinese herbal formula called **Yu Ping Feng San**. I'm going to explain that formula in a little bit. He took that in tincture form daily. During the first couple of months in our new place, when we moved in, what I did is I kept my Booboo out of the bedroom and just left him in the living room area and kitchen, but he was not allowed to go in the bedroom because I didn't want obviously Craig not to be able to sleep, right?

Craig received weekly acupuncture while we were now moved in.

So we started two months before we moved in twice a week, and then we moved to once a week. While we were now living together, right? That makes sense. Okay. So I also--here we go--I changed Craig's diet radically, because he was a typical bachelor. Eating takeout food most of the time and pizza and burgers, fruits and vegetables were not too much on this radar. Ice cream was a daily ritual. Which, as we know, when it comes to strengthening Lung Qi, we have to avoid damp foods, specifically sugar and dairy, right? That makes it all worse. At first, he was very resistant. He would complain to his friend that this was the house of no fun food. Our home had no fun food in it.

It was no fun food. And I just thought it was funny. Anyway, he would constantly ask why we eat this weird stuff. "What is this and what is this?" I'm like, "That's quinoa." "What is this weird quinoa? It looks like bird food." Avocado, greens, more veggies, asparagus. He would just look at it like this was planet Mars or something.

I stuck to my guns because I'm stubborn and I'm always right. Ask my hubby. Oh, I think I'm always right. Oh my gosh.

But, the whole point of this is in [The 5 Element Theory](#).

Earth is the mother of Metal, which means Earth generates Metal. Which means the Spleen and Stomach, which is the digestive system, generates the immune system, which is Large intestine and Lung.

In order for the immune system to stay or be stronger and strengthen the immune system, we absolutely have to address the gut and the diet because it generates a better immune system. We understand that because we have probiotics in our gut, in our large intestine in order to fight invaders, right?

Slowly, I started, without telling my husband, to allow Booboo in all the rooms, including the bedroom, but I didn't tell him.

Booboo was ruling the house, like all cats do.

If you have a cat, I also have a dog, so if you're a dog person or a cat person, I love every animal. But at the time, I didn't.

Wouldn't you know, one day, I come home to Booboo and Craig sleeping together peacefully. The cat was on top of Craig's chest. It was so cute, I had to take a picture to send to his parents because they couldn't believe it, that **he was sleeping with a cat and he was not having any allergic reaction.**

That is my story. My husband will say all the time, "you changed my life by changing my diet and with the acupuncture." The allergy never came back, which is amazing. But at the same time, he learned to eat better, to have a better lifestyle. That was a big win for his overall health. Everybody won in the end, including Booboo, because we can't get rid of Booboo.

Allergies in a TCM Perspective

Let's talk about allergies in the TCM perspective. Now there's different categories of allergies. I'm going to start with the first category, which is the one I just shared, which is **environmental allergies**. Such as cat dander, pollen, ragweed, mold, dust, right?

A lot of people have those allergies. Often there is also allergic rhinitis, which happens in the Spring. I'm going to talk about this in a little bit as well. As a general environmental allergies, the

symptoms are **runny nose, itchy eyes, watery eyes, coughing for some people, congestion in the nose, obviously nasal congestion.**

The TCM diagnosis for this is Lung Qi deficiency, and as you saw with my husband, it can benefit from Lung 7, Stomach 36, and Kidney 6. This is a really good combination to allow better breathing, boosting the immune system, because that's what Stomach 36 do.

Kidney 6 and Lung 7 together have the ability to open the chest and grasp Lung Qi. Remember, Kidney grasps Lung Qi when we inhale deeply.

TCM Treatments Made Easy

If you still struggle to come up with the right treatment protocol for your patients, you are going to love my third book. By popular demand, I have created a guide for TCM treatments for over 160 common syndromes with acupuncture points, herbal formula, ear points, diet, and so much more, including many, many of my clinical pearls.

It is a game changer for acupuncture students and specifically for practitioners. You can download the digital version on any device and it comes with many video links to complement it. If you're like me and you'd rather have a hard copy version, the publisher ships it all over the world. But before you invest in my Chinese Medicine Treatments Made Easy, I want to make sure it's everything you were looking for, so you can download a sample of it.

Listen to what people who invest in this book had to say.

"Thank you, Clara. This is exactly what I needed. I love how you organized this book. It's truly helping me in my first year in practice." Yay! "So excited! Bought it immediately. It will be a great resource for studying for boards." That's awesome!

"I immediately purchased this and it is such a bargain price that I almost feel ashamed for paying what I believe is worth much, much more. Even as an experienced practitioner for over 10 years, I like your stuff just as much and benefit from it." Yay! All this is just so rewarding for me. So I hope you get your copy if you don't have one.

I put so much heart and soul in it. I hope you enjoy and benefit from it and in turn your patients do as well.

Herbal Formula

Now, let's talk about this herbal formula that my teacher prescribed to my husband, which is called **Yu Ping Feng San**. It is Y U, P I N G, F u n g, F E N G, and S a n, S A N.

This translates to Jade Windscreen Formula or Jade Windscreen Powder because San is powder. Feng, F E N G, is wind. So this is Jade Windscreen Formula. This herbal formula is a very classic ancient formula and it's known for its Immune enhancing properties, and **it's commonly used for the prevention of flu, cold allergies.**

It is so fantastic, *but it should never be used when the person is already sick*. Let's say you have a cold or the flu. It would not work, it would make it worse. So this is a preventative formula. And why is it called Jade Windscreen? I love the story behind this formula and I wanted to share it with you.

The story behind this formula

In ancient times in China, when people died specifically higher hierarchy people would be put in coffin made of jade. So they were building coffin made of jade, because jade is one of the strongest mineral.

Nothing can penetrate it. It's not porous, it's the opposite. Jade as a rock or as a mineral is very difficult to go through. So they buried people in there so they would be preserved. They would be guarded and nothing could penetrate it. That's why this formula is called Jade Windscreen formula, because nothing can penetrate it.

The pathogen should not make the person's immune system weaker and deplete them. It's a preserving, it's a defense, it's a barrier. A wall against pathogens. That I think is super easy to remember.

Bai Zhu

What are the ingredients of Yu Ping Feng San or Jade Windscreen formula? There's only three herbs in it.

The first herb is Huan Qi, which is Astragalus.

Astragalus is really good to boost the immune system.

It's such a good, strong immune booster. So that's perfect to have as the king herb in that formula.

Bai Zhu, B-A-I-Z-H-U is White Atractylodis. I can never pronounce this, that's why I keep it to Chinese. Sometimes we feel like Chinese is hard to remember, but sometimes the English is not easy.

White Atractylodis is used to support the Spleen in the digestive system, promoting the body's ability to transform and transport nutrients, because remember, a healthy digestive system. Its definitely going to give us a healthy immune system because the digestive system generates a good immune system. So that's important.

Fang Feng

The last herb is Fang Feng. F A N G, F E N G, Feng is Ledebouriella. Again, don't ask me to pronounce this. Fang Feng is used to dispel the external pathogen wind and prevent the invasion of external pathogen. In the context of Yu Ping Feng San specifically, or the Jade Windscreen formula, it is really there to be strong against Wind, right?

Because Wind is the first to penetrate the body as an external pathogen. When there's acute external pathogen invasion and wind always brings with him or herself a body like heat or cold or damp or dryness. And that's a perfect formula. to strengthen the immune system of the Wei Qi, the defensive Qi in TCM and make sure that nothing penetrated.

Best time to use Yu Ping Feng San

This is really used for two times a year, I would say. **The first one is before the winter, before the flu and cold season.** So in October, doing your preventative and taking this formula for three weeks to strengthen the immune system. To guard ourselves against flu and cold is a great way to keep our immune system strong as well as eating a great healthy diet. And we can do acupuncture as well.

Now, if we get sick and we still catch a cold or a flu, hopefully our immune system can defend and it doesn't last long and it's not as strong. Make sense? And then **the second time is to use it at Springtime.** If someone has hay fever or spring allergies, then we can start a month or two before for and start taking that formula to strengthen the immune system, and do acupuncture for a few weeks. So when the pollen and everything that's out in the air is coming in the spring, it does not affect the patient.

It works like a charm.

In Chinese medicine, obviously hay fever or allergic rhinitis, it can be seasonal to Spring but also to Summer because a lot of people are allergic to grass as well or ragweed. It can also create symptoms as itchy nose, itchy mouth, itchy eyes with crying or tearing, sneezing and sometimes headaches.

It's very much an environmental allergies. The preventative formula, we just talked about this, and we usually, like I said, take it about a month or two before the person is used to have those spring or summer allergies. As a preventative method, again, not while we are in the midst of being allergic, because that's not gonna work.

In addition to an Herbal Formula

Now, another thing that we need to do in order for this to work is to do acupuncture, of course. We're gonna talk about this, but it's to **avoid dairy and sugar.** Because it will prevent all that mucus. Apple cider vinegar in warm water daily also dries mucus. So it's a really good one. ACV in TCM is sour.

Sour food dries dampness. So it works really well. **Ginger and turmeric also dry mucus and they're very warming.** If a person is on the cold side, it works really well. Ginger tea or turmeric and ginger tea, perfect to prevent as well. Also, people can do the Neti-Pot rinse with saline solution to clear the sinuses out of the mucus.

If patients want to do that, it works quite well as well. And one more is steaming. So doing steam inhalation with eucalyptus oil that will reduce the inflammation specifically in the nasal passage.

3 Main Patterns in Allergic Rhinitis | Hay Fever

Wind Cold invading the Lung

Now, let's talk about the three main patterns that can occur when it comes to allergic rhinitis or hay fever. The first one is wind cold invading the Lung. So with wind cold in the Lung, we're going to have profuse, clear nasal discharge, very watery mucus, basically, frequent sneezing, loss of smell. Itchy eyes, itchy nose and throat, headaches, that's usually more occipital, so in the back of the head.

No sweating at all. More chilly, more feeling like a little bit, in the chill side. Tongue is pale with a thin white coat. The white coat is the cold. And usually the pale tongue is because the person has a history of long qi deficiency and that's why they're affected. The pulse will be tight. That's the cold.

Treatment

It would be floating during the attack or the allergies time, it would not be floating the rest of the year, it would be weak in the Lung. So for acupuncture points, we're still going to do Lung 7 and Stomach 36, but we'll also DU 23. So DU is the GV, the Governing Vessel. DU 23 is great when there is really nasal passage that is stuffy nose, Large Intestine 20 to open the nose as well. And then it'd be great idea to do the Back-Shu points of the Lung, Bladder 13, or the Front-Mu point of the Lung, which is Lung 1, and Bladder 12. Bladder 12 is one of the best points when there is wind cold affecting the body, and we can add up moxa to Bladder 12 as well to try to warm the person as well. Make sense?

The second pattern when it comes to allergic rhinitis is Wei Qi Deficiency.

Wei Qi or Defensive Qi is deficient, with dampness. So the body already has dampness and this is why it's really important to avoid dairy and sugar and anything that's going to create a lot more dampness because some people have too much dampness and that creates even more problem when the defensive Qi, the Wei Qi, Wei is W E I, is affected or deficient.

That's going to be catching cold easily as a symptom, the person's going to get lots of colds all the time and they last a long time and it's hard to get rid of them. There's a pale face, that's a Qi deficiency. Aversion to cold because of course the person doesn't have a defense system so they don't like the cold.

They feel cold inside chilly, I would say it would be chilly during an attack. There is constant nasal congestion. So it's not just comes and goes when they have an attack. Constantly, they have their nose that is congested or even post nasal drip. They spontaneously sweat easily as well because their body is not able to control the pores, opening and closing of the pores.

Tongue is pale, that's a qi deficiency, but there is a thin greasy coat. Greasy is the excess damp. And the pulse is going to be slippery, that's the damp, but weak.

Treatment

Specifically at the Lung area, which is at the first position on the right side. Now when it comes to points, we need to, again, do Stomach 36 and Lung 7 to boost the defensive Qi, the Wei Qi.

But we also need to open the nose with Large intestine 20. And DU, or Governor Vessel, so GV, 23. Same as before, right? However, in this one, we're also going to add up Spleen 9 to get rid of the dampness, because we need to do that as well. Does that make sense? And we can add up Bladder 13, the Back-Shu point of the Lung, or Lung 1, the Front-Mu point of the Lung, depending if you're doing a front or back treatment.

Lung + Kidney Qi Deficiency

Last but not least, this was my husband. When it comes to allergic rhinitis, the last main pattern is Lung and Kidney Qi deficiency. This is someone that has had long term allergic rhinitis for many years and usually the nasal passages is always it's blocked and when they blow their nose, it's very clear.

It's a clear discharge, not yellow, not thick, it's very clear. They sneeze a lot and when they have an attack, it's a lot of sneezing, sneezing, sneezing, sneezing. There is a swollen nose because of all that sneezing and the discharge, and they feel cold on the upper back. That's a lung that's going towards.

Lung Yang deficiency

Lung Qi deficiency can lead to Lung Yang deficiency. Same for Kidney, right? They have a pale face, a weak body, they're deficient, they're fatigued. The kidney symptoms are lower back and knee are achy, specifically when it's cold outside. So lower back achiness or soreness and the knees as well.

There could be enuresis or frequent urinations, specifically at night. The tongue is pale because of the Qi deficiency. And there's a white coat that is because there's cold invading the body as well. A little bit that will show in a white coat because the Qi is too weak. The pulse is deep, weak and thin.

Obviously specifically in the kidney it'll be more thin and weak and deep. And in the lung it'll definitely be weak. Make sense? Okay. And the kidney Qi or the kidney yang pulse is on the right side as well, but at the root or at the back, the third position.

Treatment

When it comes to acupuncture point for this particular pattern of diagnosis, again, it's very similar, right?

We are gonna do Stomach 36 and Lung 7. But we also want to strengthen Qi in general. So REN 6 is really good for that. And then we are going to strengthen the Kidney with the Back-Shu point, Bladder 23, and Kidney 3, which strengthen Kidney Qi in general. You can still open the nose with LI 20 (large intestine 20) and DU 23, or GV 23.

Allergic rhinitis has many patterns but it works so well to be treated with acupuncture and if you add up the formula that we mentioned earlier. It's a fantastic outcome and patients are so thrilled that they don't have to take medication and they can actually breathe easily.

Food Allergies + Food Sensitivities

Okay, so now let's talk about food allergies and food sensitivities, which are very distinct type of adverse reaction to certain food, right? And they involve different mechanism in the body. So let's differentiate food allergies. To food sensitivities, food allergies are going to have an immune response, right?

It involves the immune system and the person's going to have an allergic reaction to the food, which is very harmful in a way, and we may have mild to severe hives. Itching, swelling, abdominal pain, nausea, vomiting, diarrhea, of course, difficulty in breathing and in severe case, it can be anaphylactic reaction, which is, as we know, is a life threatening problem.

Usually, when there's food allergies reaction, it typically occurs quite rapidly, often within minutes to an hour of consuming the food. When it comes to food allergies, as I said earlier, peanuts, tree nuts, shellfish, fish, eggs, milk, soy, wheat can definitely be the culprit. When you have someone that has celiac disease, they cannot have wheat at all, right? They can make them very sick.

Food Sensitives are unlike Food Allergies

Now **food sensitivities unlike food allergies** do not involve the immune system in the same way. It's **more of an inflammation of the gut** right so symptoms of Food Sensitivities are often less acute. They're usually not life threatening. So there may be bloating, gas, maybe some diarrhea, headaches, fatigue, some skin issue for some people as well.

Personally, I definitely have a wheat sensitivities in North America.

I was born in France and in Europe I can have all the wheat, all the croissant, the baguette, the pastries. Any of it, I can have it. In North America, I cannot. I developed a sensitivity and inflammation in my body.

After being two years in Canada, I started having bloating, gas, acne, fatigue, foggy head. All this, once I eliminated the gluten and the wheat, no more problem. However, every time I go to Europe, not a problem at all, and I have many patients. It's exactly the same issue. So the way it's grown here, the soil, the way it's done, even an organic one, it does not work for a lot of people.

This is fascinating and it's another discussion.

When we have these kind of sensitivities, it can be challenging to diagnose.

Because we need to do an elimination diet to figure out what are we sensitive to, right? Makes sense.

Usually the one that people are sensitive to are wheat, strawberry, chocolate, could be nuts as well, dairy. That's very common. Soy is another one as well. And symptoms can be stomach cramp, shortness of breath, rectal bleeding can happen to vomiting, diarrhea, etc.

The Spleen is in charge of transporting and transforming

For us in TCM, I'm not talking about the one that are life threatening, but I'm talking about food sensitivities. So food sensitivities and food allergies that are non life threatening are always a Spleen Qi deficiency in TCM because the Spleen is in charge of transporting and transforming.

When it's deficient, it cannot do its job and then there's issue. So then the best points are Stomach 36. This is **the commander point of the digestive system**, so it has to be there. Spleen 6, **one of the best points to tonify Spleen** when there is any kind of spleen issue, including digestive issue.

Next, Spleen 3, because Spleen 3 is the Yuan source point of the Spleen, which makes it the best point when there is issue with transforming and transporting function of the Spleen in TCM. So those 3 points, again, six needles, is all we need to start with. However, if the person has a lot of gas, bloating, diarrhea, a lot of digestive issue, we can add up the Digestive Diamond.

The **Digestive Diamond** is Stomach 25 on each side, two cun lateral to the belly button, and then REN 9 above. REN 6 below. So REN6 is one and a half cun below the belly button. And REN 9 is just one cun above the belly button. That is the Digestive Diamond. It really helps rebalance the digestive system locally as well, right?

Kidney Essence Deficiency

So this is a really good combo to do. At the same time, we need to **eliminate the food that we have an allergic reaction or sensitivity to** and try to build the gut, heal the gut, and then slowly reintroduce it. We can see if the body can finally accept it and digest it. Now, if it's a food allergy that can create anaphylactic reaction like the person can die, then in TCM perspective, this is a Kidney Essence deficiency.

Kidney Essence deficiency can also come from insect bite, right? If you are bitten by a bee or wasp, you can be one of those people that could die. It's not just food, but anaphylactic allergies. This is a category that we can be also having and allergic to medication like penicillin and it could kill us, right?

So if it is something that's anaphylactic, no matter what, The allergen is, in TCM, it's a Kidney Essence deficiency. We cannot change it according to TCM, we cannot heal that person so they don't have that problem anymore. Unfortunately, those patients need to carry an EpiPen with them and they definitely will end up having to go to hospital and hopefully the EpiPen will get them there safely.

Insect Bite Reaction Symptoms

Let's talk about the last category, insect bite reaction symptoms. This could be, like I said, it could be a spider, it could be a bee, a wasp, and this is again, when people have reaction to insects, but they're not anaphylactic. They're not going to die, right?

It's just more there's swelling at the site of the sting. There could be itchy skin, redness in the area, hives in the area, or across the whole body. Now it could be chest tightness, coughing, dizziness, and a drop in blood pressure. In general, if it's not anaphylactic, then TCM considers this as an external pathogen invading the body. Usually when heat, wind and heat invading the body, and if there's swelling, wind, heat, and damp. Now, all we have to do is clear the pathogen, and the following point may be very useful during the, obviously, attack, or the sting.

Bladder 65 is the only point in the body that detoxify. For an insect bite, this is the point we have to do. **Large intestine 4**, because it expels pathogens. **Large intestine 11**, because it clears heat. And **Spleen 10**, because it's really good when there is heat invading the skin.

Dermatitis

This is a really good combination to start with. And when there is the last categories we talked about at the beginning is dermatitis is when we have a substance that get in contact with the skin and we have a neurologic reaction to it, like latex, right? Something also that I see in clinic is some people have allergy to, or sensitivity to.

And a lot of the needles out there, stainless steel needles, have nickel in them. So it's really important to carry nickel free needles in your practice. Have a few boxes in hand because if someone has a nickel allergy, what happens is that they're not going to die.

Most people are just going to have really redness, itchiness, and it's going to be painful.

It's not going to be enjoyable, right? That's what I've seen in practice. I have never seen anybody that had anaphylactic reaction to nickel, but I've asked people, if they've had it and sometimes they forget about it. And then I can see from the reaction on the skin. So next time I can use the nickel free needles, right?

It's really important.

When it comes to having a touch reaction from an allergen, usually it's acute, but it can become chronic as well.

Like I said, insect bites can do that. Stress can do that. Exercise can induce hives as well. Medication, food.

TCM Perspective for Dermatitis

When it comes to dermatitis, we have to look at TCM perspective from a point of view of the Lung is connected to the Skin. This is again, a Lung Qi deficiency. If it's been a very long time or since childhood, it might be a Lung and Kidney Qi deficiency. So we want to do the same kind of points and we want to try to strengthen the immune system as well, like we have done in the previous cases with Lung 7, Stomach 36.

This is a little bit harder to treat because it comes and goes, it's not always there. It can become chronic or acute. And so it's not an easy thing to get rid of. It's a little bit much harder when it comes to reactive to touch, right? This is why people can't wear latex gloves.

And this is why we have to carry needles that are nickel free.

Allergies are a big subject, but we have such great tools to help patients specifically when it comes to food sensitivities and environmental allergies.

So make sure to use the tools you have and educate the patients that you have about what we can do when it comes to allergies.

Thank you so much for spending your time with me today. I truly hope you benefited from this episode and I would love for you to share it with a friend that may benefit from it as well. Follow the show, leave a review, and if you want more, go to my website acuproacademy.com. I have tons of resources there with treatment protocols, case study, free courses, and so much more.

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