

# Allergy Relief Help Sheet

Here are some health tips that you can use to help balance and support your health during this time. Please feel free to call me if you have questions or concerns.

## Helpful Acupuncture Points

The acupuncture points seen in the diagram to the right are used to relieve allergy symptoms and assist the body in achieving a state of balance. They can be used by themselves or in conjunction with other points. Rubbing these points with your finger for 30-60 seconds can stimulate and promote the circulation of Qi within your own body, restoring health and well-being.

**Lung 7 (LU 7):** Roughly two inches above the base of the thumb  
**Function:** Helps with relief of symptoms such as fever, chills, nasal congestion, sore throat, headache and migraines.

**Lung 5 (LU 5):** On the thumb side, at the elbow crease, just off the biceps brachii tendon.

**Function:** Expels lung phlegm, helps clear lung heat and descends lung Qi, relaxes the sinews, and frees the water passages. Also helps with upper body edema and enuresis.

**Lung 1 (LU 1):** On the lateral aspect of the chest, in the first intercostal space, approximately six inches from the center of the chest.

**Function:** Used for asthma, the common cold, cough, neck, shoulder and chest pain.

**Lung 9 (LU 9):** On the wrist crease, just below your thumb.

**Function:** Used for cough, tightness of the chest, shortness of breath, asthma, and digestive problems.

**Pericardium 6 (PC 6):** In between the tendons, about three inches down from the wrist crease.

**Function:** Helps to regulate discomfort in the hypochondriac region and chest. Also good for nausea, vomiting and stomach aches.

**Large Intestine 20 (LI 20):** On the face, level with the bottom of your nostril, on the groove that is formed when you smile.

**Function:** Used for nasal congestion and discharge, rhinitis, loss of sense of smell, sneezing, itchy eyes, facial pain and swelling and nasal polyps.

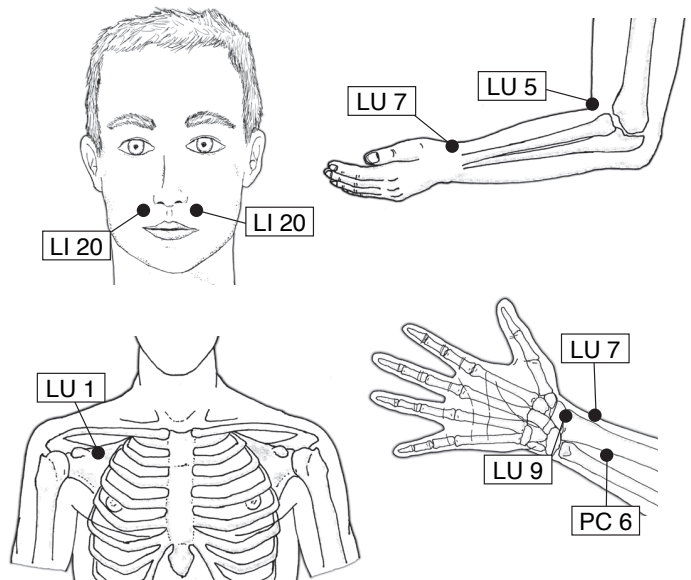
## Helpful Aromatherapy for Asthma and Allergies

Chamomile, Roman, Eucalyptus,  
Frankincense, Lemon, Lavender, Spikenard

Combine essential oils and vegetable oil into a small glass jar. Rub on your chest throughout the day and night as needed, but especially before bedtime. You can also place a few drops of each scent on a cloth and inhale it throughout your day.

## Cleanse your Nose

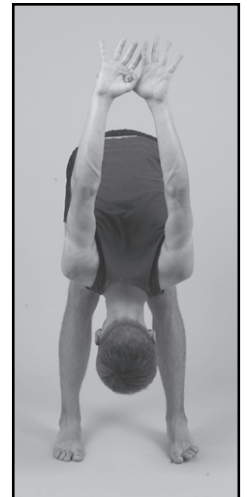
Nasal cleansing is an ancient practice that has been used throughout India for thousands of years. There are various techniques using certain oils and herbs, but the simplest technique uses water for the irrigation process. Lukewarm water is used to gently cleanse the nasal passages. A soothing, gentle stream of salt water, the same concentration as tears, flows through your nose, washing away pollens, mucus, viruses and bacteria. Use of a Neti Pot™ is recommended to ease allergies and open up the sinus passages.



## Meridian Exercise for Lung and Sinus Health

**DON'T ATTEMPT IF YOU HAVE SHOULDER PROBLEMS**

1. Stand with feet shoulder width apart.
2. Place your hands behind your back, hook your thumbs together and spread your fingers apart.
3. As you exhale, bend forward from your hips. Keep your knees slightly bent. Let your head hang down, raise your hands up over your back and keep your elbows straight.
4. When you have come to a comfortable forward bend, take a deep inhalation. Relax into the pose and gradually sink deeper with each exhalation.
5. Exhale and gently push your arms up, and away from your body, toward your front. Spread and stretch your fingers toward the sky.
6. Hold this position for a few breaths.
7. Gradually return to a standing position.



**WARNING:** If you become light headed or dizzy, stop, bend your knees and slowly return to a standing position.

*Tracy Zollinger, L.Ac.*  
Licensed Acupuncturist & Herbalist

2424 Blanding Avenue, Suite 102  
Alameda, California 94501  
(510) 299-0057  
www.tracyzollinger.com

Check out the link below for more information:  
<http://www.himalayaninstitute.org/Netipot/NetiPotGateway.aspx>.