



Combat the “sniffles” this autumn

Despite the recent few days of good weather, there is the chill of autumn in the early morning air. As temperatures drop, cold & flu viruses become more prevalent and it is not uncommon for us to pick up a “sniffle” at this time of year.

Chinese herbs such as astragalus may assist in boosting our immune system and keeping bugs at bay. Chinese medicine can also be very helpful should we succumb to any viruses.



Research in Beijing demonstrated acupuncture can relieve the symptoms of cold & flu ^[1]. Also, studies in Hong Kong have shown Chinese herbal medicine to be effective against more severe respiratory viruses ^[2].

Chinese medicine theory generally groups diseases such as cold & flu into two sub-categories:

The “wind-heat” sub-category usually involves symptoms like fever, headache, body ache, sweating, blocked nose, cough and sore throat. This pattern can be treated with acupuncture and herbal formulae including such ingredients as mulberry, peony, forsythia, honeysuckle, chrysanthemum and mint.



The “wind-cold” sub-category is more often associated with symptoms like chills, chest congestion, runny nose, sneezing and tickly cough. This pattern can be treated with acupuncture, cupping and herbal formulae including ingredients such as cinnamon, liquorice, clove, ephedra, ginger and ginkgo.

With the effectiveness of the flu jab called into doubt ^[3] perhaps an alternative form of treatment may prove beneficial for you this year?

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