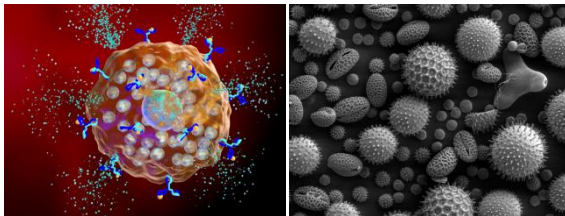




## Alternative treatment for hay fever

Although the brighter, warmer days of spring are welcomed by most of us, they bring with them a sense of foreboding for hay fever sufferers.

Hay fever, or seasonal allergic rhinitis, is a common condition affecting around 20% of the UK population. It is caused by an allergic reaction to airborne substances such as grass or hay pollen, which affects the upper respiratory passages (nose, sinus, throat and eyes). It frequently occurs in association with asthma and/or eczema.



Microscope images of plant pollen

As sufferers will know, the major symptoms associated with hay fever include:

- sneezing
- runny and blocked nose
- itching in the nose, throat and deep in the ears
- headache
- watery and red eyes
- gritty feeling in the eyes
- swelling of the whites of the eyes
- wheezing or feeling of tightness in the chest



Current hay fever treatments offered by GPs include antihistamine tablets and steroid sprays. Although these drugs may alleviate some symptoms, their effects tend to be temporary and do not offer any long-term solutions.

In recent years, numerous clinical trials have reported positively on the effectiveness of acupuncture and Chinese Herbal Medicine as treatments for hay fever. In the November 2008 issue of the highly respected journal *Annals of Allergy, Asthma & Immunology*, researchers concluded that treating hay fever patients with acupuncture leads to "clinically relevant and persistent benefits". For more information about this research, please visit our website at [www.BarbicanAcupuncture.com](http://www.BarbicanAcupuncture.com) and click on the "Research" tab.



Why not try a proven alternative form of hay fever treatment this summer by using acupuncture and herbal medicine instead of pharmaceutical drugs?

Please do not hesitate to contact us if you would like more information on acupuncture, Chinese Herbal Medicine or Traditional Chinese Medicine.

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