



Don't let the remnants of snow on the ground fool you, spring is upon us!

Stop and smell the roses! Or maybe not...

Ahhh the birds...the bees...the flowers... and the sniffing, sneezing, watery, itchy eyes.

Seasonal allergies are not uncommon. Researchers believe nasal allergies affect approximately **50 million** people in the US alone. According to the Asthma and Allergy Foundation of America, in 2010, Americans with nasal swelling spent about **\$17.5 BILLION** on health costs. They also lost more than **6 million** work and school days and made **16 million** visits to their doctor. Entirely too much time and money lost over allergies.

Medications may provide temporary relief but can leave you feeling worse than you were to begin with. Allergy medication can cause symptoms such as drowsiness, dry mouth, and digestive problems. Nasal corticosteroids sprays can cause nasal dryness, nosebleed, throat irritation, headache, nausea, cough, and fungal infections of the throat with long-term use.

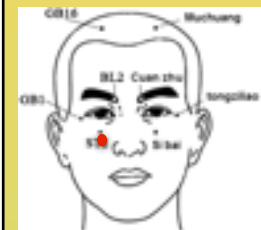
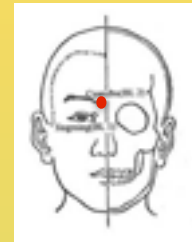
Studies show that Acupuncture has an impact on releasing the norepinephrine by the sympathetic nervous system, which by connecting to the  $\beta$ -2 receptors on the leukocyte level, affects the migration leading to reduce swelling.

Acupuncture also has a significant effect in reducing the levels of pro-inflammatory cytokines and increase the anti-inflammatory cytokines, influencing the Th1/Th2 balance.

This may sound like a bunch of jibberish, but what this really means is Acupuncture helps decrease the hyperactivity of immune system, helping combat symptoms such as facial pain & pressure and relaxes the body to prevent further inflammation.

If over the counter medicine and traditional therapies aren't cutting it, try Acupuncture! And maybe you'll be able to stop and smell the roses this spring.

### Acupressure Points for Allergies



**Apply firm pressure to these points for relief**



*Dr. Mena Rajan is board certified and accredited by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) and is licensed in both Pennsylvania and California. In addition, Mena is a member of the American Acupuncture Council (AAC) & Association for Professional Acupuncture in Pennsylvania (APA) and is certified in Facial Rejuvenation Acupuncture. Dr. Rajan specializes in psycho-emotional (stress, anxiety, depression) and digestive disorders. Dr. Rajan strives to help her patients reach their fullest potential by helping them manifest a happy, healthy life.*