

Hay fever & Sinus



Hay fever is the common name for an allergic reaction of the lining of the nose and sinuses. It is mostly triggered by breathing in pollens of certain grasses, weeds and trees. High pollen levels happen at certain times of the year, usually in spring and early summer. Some people have allergy symptoms the whole year round. This is usually due to an allergy to animal dander, moulds or horse-dust mite.

Sinus problems occur when the sinuses (the air spaces in the bones behind the nose) become inflamed and blocked. Many people's sinus problems begin with an allergy, although sinus problems can be caused by an infection.

Signs & Symptoms

Hay fever

- Sneezing
- Runny nose (although it can be blocked)
- Itchy nose
- Puffy, itchy, watery and red eyes
- Tickling, burning throat
- Itchy or lumpy skin
- Shortness of breath or wheezing

Sinus

- Blocked nose and sinuses
- Pain, pressure and aching across the sinuses, around the cheeks, eyes and forehead, especially when bending forward.

Hay fever and sinus symptoms are often worse in the mornings or on windy days. Allergy symptoms can last for two or three weeks or for a few months during the hay fever season. If symptoms don't go away after the usual hay fever season, you may have a perennial (year round) allergy. People who have "cold" symptoms all the time may actually have an allergy.

If you suffer from year-round symptoms:

- Keep pets outdoors.
- Remove carpets or place plastic covers over carpeted areas.
- Replace carpet areas with a hard surface e.g. lino, cork, tiles or slate.
- Enclose mattress, quilts and pillows in special zippered plastic covers.
- Wash bed linen in hot water and leave blankets in the sun for at least 4 hours

TCM Drug Free Pain Control

Acupuncture works in a preventative capacity as well as dealing with the problem initially. The following regime is always followed, but each type of ailment is unique to the individual and so will be treated according to the individual cause.

- All treatments take into consideration the psychological effect the ailment has on you and your lifestyle
- Acupuncture
- Herbs which are prescribed in pill or raw form depending on the individual palate and case
- Local laser to treat tender spots occurring in the regional anatomy
- Electro-acupuncture therapy
- Cupping/Moxibustion
- Massage
- Exercise
- Dietary advice

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What a relief! A drugless alternative to the pain you have been experiencing. And it has been proven for thousands of years. TCM works because it establishes your body's equilibrium by correcting your energy imbalances.

TCM works in a curative and preventative manner. Incidentally, the frequency and duration of your treatment will vary according to your individual condition. Generally speaking, the longer a patient has had a particular condition, the longer it will take to treat.

TCM has a strong sense of commitment and purpose to each patient; this is why we are the only clinic offering one-hour treatments with each appointment and an extremely high success rate.

If we can be of further assistance please do not hesitate to call.