

**NEWSLETTER
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Spring is upon us, with all its beauty, natural perfumes, and POLLEN. Are you sniffing and sneezing? Sinuses swollen and clogged? Eyes swollen shut? Light sensitive? Think death is a viable alternative? I can help.

ACUPUNCTURE: To balance the system. If you know what your specific allergen is, please bring some with you. Having the allergen with you when you are treated seems to be very helpful in familiarizing the body with the allergen so that it does not identify the allergen as “the enemy” and start producing histamine, and ultimately mucus, to get rid of it.

HERBS AND SUPPLEMENTS: (1) GLA-90. This is an essential fatty acid in which most people who suffer from allergies are deficient. It is made from black-currant seed (*ribes nigrum*). This is a long-term solution aimed at reversing a deficiency. (2) Allerblend: this is a tincture (alcohol solution) of licorice and black currant. It is an excellent and immediate treatment. (3) Be Min Gan Wan: either pill or the new tea form. (4) Essential Oil of Hyssop rubbed on the chest will help clear clogged nasal passages and open the bronchial system if you are congested, (5) Immunal, containing raw thymus and zinc, will prevent a secondary infection from taking hold, (6) KC-fit is an excellent remedy for the wheezing caused by allergies in asthmatics.

OTHER STRATEGIES: (1) Much discomfort is caused by the sinuses drying out. Consider buying a humidifier for your bedroom. (2) A small terry-cloth towel wrung out in cold or even ice water and placed across your swollen eyes and frontal sinuses will not only make you more comfortable but will act to take down the swelling.