

Respiratory Conditions

ACUPUNCTURE

Stimulation of specific sites provides input to the nervous system. Bodily functions such as muscle tone (including muscles within organs), secretion, and circulation may be regulated in this way. Respiratory problems often benefit from acupuncture treatment -- the inflammation of sinusitis, bronchitis or allergic reactions, the airway constriction of asthma. Acupuncture has been shown to have specific benefit for the immune system.

ASTHMA

Acupuncture can be effective in providing relief for several days at a time. Herbs may give additional symptom relief, while underlying causes may be addressed by nutritional as well as herbal approaches

BRONCHITIS

This is a microbial infection in the bronchial tubes, and may be short-term (acute) or long-term (chronic). In the chronic case, there has usually been long-term irritation from smoking or air pollution. Acupuncture is very effective for the acute type.

SINUSITIS

Sinus conditions often involve both infection and allergy. While airborne allergens such as pollen, dust or molds are usually the immediate cause of symptoms, food allergies may be an unrecognized aggravating factor. Infection also may be undetected as a chronic, low-level aspect. Acupuncture is effective for short-term symptom relief. For long-term improvement we may work with herbal and nutritional treatment, as well as allergen identification. Saltwater rinses are also helpful with the infection factor.

HERBS and NUTRITION

Herbal and nutritional combinations are formulated for a variety of effects, such as anti-microbial, antihistamine, and anti-inflammatory. Some formulas soothe irritated membranes and promote their repair while others boost the functions of the immune system. Herbs are gentler, with fewer side effects than drugs.

ALLERGIES

Acupuncture and herbs can give symptom relief, yet it is important to look for hidden causes of respiratory allergies. This can include low-level infection, unrecognized food sensitivities, and digestive disturbances.

PNEUMONIA

Infection of the lung tissue is a serious condition. It can be a viral or bacterial infection, and only occurs when a person is very run down. Pneumonia can sometimes hang on for weeks, despite medical treatment. Acupuncture may be very helpful.