

# Not to be sniffed at

Vale Life's Amanda has been having acupuncture, to avoid the misery caused by her annual hay fever allergy - and so far the treatment has been a fabulous success. Acupuncturist Rhiannon Griffiths explains how the ancient Chinese art can stop the sniffing...



**I**n Chinese Medicine, it is considered that hay fever is caused by a deficiency in the body's defensive energy called Wei Qi," says Rhiannon.

"If this layer of energy is not strong enough, we can become susceptible to invasion by the pollens that arrive during the summer months.

"The analogy of being 'vulnerable to attack' reminds me of the television advert for a well known brand of antihistamines – all the flowers turn into grenades and seeds fall through the air to a war-like soundtrack.

"The beauty of acupuncture is that by inserting ultra fine needles into the channels of energy which run underneath the skin, it strengthens the body's natural defences.

"A short course of 4 – 6 sessions before the hay fever season starts provides the best protection.

"It is like putting on a suit of armour and adding an extra shield or two, so that when war commences, the impact of pollen is dramatically reduced.

"However, even without this preparation, acupuncture is effective at reducing symptoms such as sneezing, runny nose, itchy eyes, sore throat, wheezing and blocked nose during the season itself.

"This example is typical of how acupuncture can treat a wide range of conditions including colds, asthma, sinusitis, ME and tiredness, by rebalancing energy within the body and building up immunity."

Rhiannon practises at The White House which has recently moved to 13a Upper High Street, Thame.

For more information on how acupuncture might help you, visit: [www.rhiannongriffiths.com](http://www.rhiannongriffiths.com) or call: 01844 220 227.



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