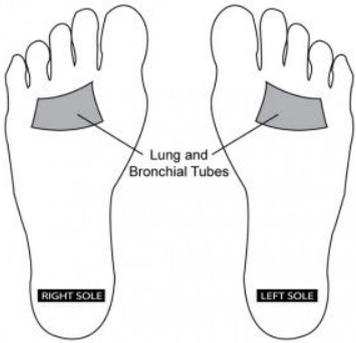


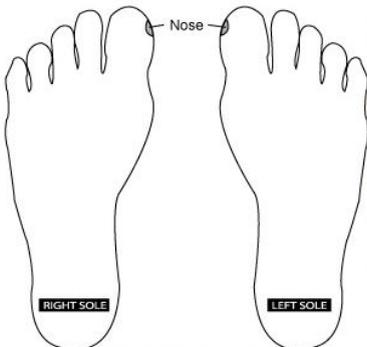
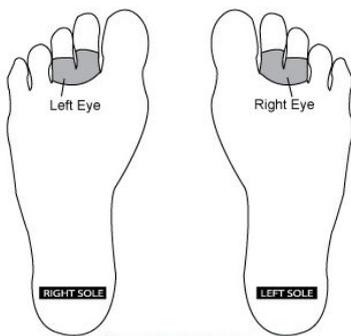
Treatment Sheet: Seasonal Allergies

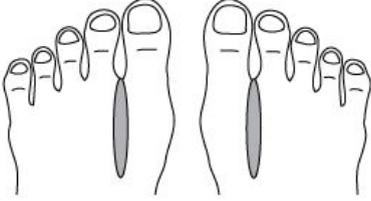
Adapted from: *6 Chinese Reflexology Points for Seasonal Allergies: How to Massage Your Feet for Natural Allergy Relief* (<http://www.chinesefootreflexology.com/reflexology-for-allergies/>), (last accessed 10/11/2018)

From a holistic point of view, allergies are a result of the body's immune system going into overdrive....it's overloaded and overreacting to things like stress and toxins. Toxins include things you eat, things you breath in and things you touch - this includes pollen as well as man-made nasties.

So, allergies are as a result of physical, emotional and energetic overloads, and they can take time to eliminate because, sometimes, they are as a result of a systemic condition that has probably been ongoing for many years. As a result you need to be open to a long-term commitment to a solution, rather than a quick fix.

Area to treat	Why	What to do
<p>Lungs</p>  <p>The ball of your foot, underneath the 3 middle toes</p>	<p>TCM: Weakened lung means it's easier for 'external evils' to invade the body.</p> <p>Reflexology: Allergies can affect our breathing, and it's through the lungs the allergens enter our blood stream</p>	<p>Massage this whole area by pressing in deeply with your thumbs. When you feel a point that is tender to touch, press more deeply and massage using small circles</p> <p>60 seconds per foot</p>
<p>Main point for the Sinus</p>  <p>The tip of each of our big toes on the pad of the foot. (Sinus points can be found at the same place on each of the toes)</p>	<p>This point is used to help clear the nose and treat the symptoms of seasonal allergies.*</p> <p>*in TCM the right sinus point relates to the left of your nose, and the left sinus point to the right side.</p>	<p>Imagine you are crushing dried herbs between your thumb and fingers - supporting the toe with your forefinger and rubbing with your thumb. Right hand for right foot, left for left.</p> <p>60 seconds per foot</p>

<p>The Nose</p>  <p>On the edge of your big toe, where the sole meets the skin: beside your toenail just above the toe knuckle.</p>	<p>This point is used to help alleviate symptoms associated with seasonal allergies*</p> <p>*in TCM the right nose point relates to the left of your nose, and the left nose point to the right side.</p>	<p>Same technique as the sinuses, BUT use the right hand for the left foot, and the left hand for the right foot. You will need to rub from the toenail to the toe pad, back and forth.</p> <p>30 seconds per foot</p>
<p>Throat</p>  <p>The tip of the webbing between your big toe and second toe on the front of your foot.</p>	<p>TCM: Treatment of symptoms. Reflexology: Same. Note, throat reflex sometimes considered to be on plantar side of foot.</p>	<p>Use knuckle of index finger to press in with a digging and twisting motion. Don't press too hard - the tops of the foot is more sensitive than the base and you don't want to cause bruising as this could be counter-productive.</p> <p>Twist in both directions for about 20-30 seconds depending on symptoms</p>
<p>Eyes</p>  <p>Located on the undersides of second and third toes</p>	<p>Treatment of symptoms*</p> <p>*in TCM the right eye point relates to the left eye, and the left eye point to the right eye.</p>	<p>Use thumbs to press and rub the U-shaped area in an up and down motions.</p> <p>30-60 seconds on each foot depending on symptoms</p>

<p>Lymph</p>  <p>The webbing between the bones of your big toe and second toe to the bottom of the v that is formed where the bones meet. There are other lymphatic points, but this one is associated with the breast / armpit region.</p>	<p>“The lymphatic system is a defense system for the body. It filters out organisms that cause disease, produces white blood cells, and generates disease fighting antibodies. It also distributes nutrients in the body and drains excess fluids and protein so that tissues do not swell” (RWJ University Hospital Hamilton)</p>	<p>Use the knuckles of your index finger to press and stroke downwards from the base of your toes towards the bottom of the V. When you reach the bottom, lift up your knuckle and place at the base of your toes and stroke downwards again. Be careful with pressure.</p> <p>Repeat for 30 strokes per foot.</p>
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Other areas you might want to work on:

Spleen: The spleen performs several functions, one of which is to transform fluid in the body (clear out mucous)

Kidney: In TCM the kidney is considered to be the ‘battery pack’ of your body, and if this is depleted then it impacts the whole body. It’s also considered to be depleted by long-term use of medication - including allergy pills and antihistamines.