



**Isabelle Saint-Guily**  
*Therapeutic Massage & Acupuncture*

1018 Hudson Ln. Napa CA 94558 (707)253-8969

*April 2003*

Dear friends.

We are often very affected by world events and circumstances. I would like to pass on to you, some words of Alan Cohen that may bring a sense of calm in your daily life.

Spring is definitively here, with flowers blooming all around us. Our Liver energy is at its strongest, and for some, so are allergies. I thought it appropriate to share with you the Chinese Medicine view of allergies in the hope that it has meaning for you. Do not hesitate to call me if you have any questions.

Do take care of your body through healthy nutrition, exercise, and of course, regular massages.

## ALLERGIC RHINITIS AND CHINESE MEDICINE

Allergic rhinitis has a complex set of symptoms characterized by seasonal or perennial sneezing, runny nose, nasal congestion, often conjunctivitis and itching, in response to airborne allergens. Hayfever, or seasonal allergic rhinitis can be specific to spring, summer, or fall. In these, the allergens mostly are pollen (grass, weeds, trees..) In some patients, the allergy occurs in any seasons. This is then called perennial rhinitis, and is usually an allergy to fungus spores, dust containing insects feces, proteins and animal hairs. The symptoms can be accompanied by headaches, irritability, insomnia, depression. In severe cases, coughing and asthmatic wheezing may be present.



Most patients with allergic rhinitis have a history of being treated with repeated antibiotics as children, and eating a diet high in sugars, dairy products, fruit juices and yeasted grain products.

There are two main treatment plans: one pertaining to the acute stage, and one during the remission stages. This is what we refer as treating the branch (the symptoms), and treating the root ( the causes).

In old China, unseen pathogens were called External Cold Evils. During the acute phase, the wind evils have invaded the body, and the first organ they affect are the Lungs. But not everyone exposed to these winds get sick. This tells us that there are predisposing factors to the catching" of the Evils. The underlying condition is a deficiency of "defensive QI", the Qi (energy) lying just underneath the skin, that fights any evils which tries to enter the body. This deficiency is caused by a weakness of the "Spleen". In western patients, the main causes of a weak "Spleen" are faulty diet and antibiotics. Chinese nutrition claims that sweets, raw foods and cold foods, damage the Spleen, and eating too many fluid- producing foods such as dairy products, fruits and fruit juices will damage the Spleen and engender a lot of Dampness and Phlegm.

In the acute phase of the allergy your practitioner will assess your symptoms, and categorize them as to one of the TCM (traditional Chinese medicine ) patterns. The treatment will consist of helping your body fight the Wind Evil, and reliev-

Isabelle Saint-Guily  
1018 Hudson Ln.  
Napa Ca 94558

PRESORTED STD.  
U.S. POSTAGE  
PAID  
NAPA CA  
PERMIT # 279

Address Service  
Requested

---

ing symptoms. When you are in remission, the focus will be in rebalancing the body's Qi, strenghtening the Defensive Qi, and tonifying the Spleen. If the Kidneys or the Liver are involved, these will be addressed as well.

The treatment during remission will cover several months, but it is vital to prevent future attacks. In the acute phase, the needles are critical along with the prescription of herbs. In the remission phase, the herbs are most important. Consistency is the key. During the remission phase, you might not notice any change in your body while you are treated, but your pulse and your tongue appearance will guide your practitioner, by subtly changing though the treatment course.



I am now open  
6 days a week!  
Thanks for the referrals.

"While you cannot control the attitudes or actions of politicians or others, you have total control over the thoughts, feelings, and energy you are exuding. If you are steeped in fear, anger, a sense of victimization, or separateness, you are contributing to the darkness. If you hold a sense of peace, wholeness, compassion, kindness, and the presence of love, you are contributing to healing. As Kipling nobly penned, "If you can keep your head when all about you are losing theirs. . ' ...

...The power of prayer and intention goes a long, long way. At any given moment the world situation is a precise expression of the consciousness of all the people who live here. As you shift your consciousness in the direction of peace, wholeness, and faith, you tip the balance in that direction. You literally become the tipping point for the world you would like to create.

**Be less concerned with what you are doing and more concerned with how you are doing it.** Actions that spring from fear or hatred, no matter how nobly clothed, create only more of the same. Actions that issue from faith and love, no matter how humbly clothed, create only more of the same.

A visionary thrives under all circumstances, for he or she sees beyond the obvious. At this time the world needs good visionaries. If you would save the world, begin with your own consciousness."