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Staying Healthy during Cold and Flu Season

While you can get a cold or the flu at any time of the year, the peak season in the United States begins in November and runs through February. This year's flu season is further complicated by COVID-19. Give your immune system a much-needed boost so that when it comes into contact with airborne virus particles it has a line of defense.

When it comes to staying healthy during cold and flu season, acupuncture and Oriental medicine have a lot to offer. Acupuncture and Oriental medicine can help prevent colds and flu by fortifying the immune system with just a few needles inserted into key points along the body's energy pathways.



As stated by Huangdi Neijing, "To treat disease that has already developed is comparable to the behavior of those persons who begin to dig a well after they have become thirsty, and of those who begin to cast weapons after they have already engaged in battle. Would these actions not be too late?"

In Oriental medicine, disease prevention begins by focusing on the protective layer around the exterior of the body called Wei Qi, or defensive energy. The Wei Qi involves acupuncture points known for strengthening the circulation of blood and energy to boost your body's defenses.

Acupuncture and Oriental medicine can also provide relief and faster healing if you have already come down with a cold or the flu by helping to relieve symptoms you are currently experiencing, including chills, fever, body aches, runny nose, congestion, sore throat, and cough. While bringing some immediate relief, treatments will also reduce the incidence of an upper respiratory tract infection and shorten the length of the illness.

Seasonal acupuncture treatments just four times a year also serve to tonify the inner organ systems and can correct minor annoyances before they become serious problems.

Call to schedule an appointment today and see how acupuncture can help you stay healthy this flu season!

Protect Your Lung Qi

Lung 7, or LU 7, is one of the most powerful points on the lung meridian points. It is a popular acupuncture point to use for stopping a persistent cough and relieving a sore throat.

Besides treating those symptoms, LU 7 is often used to treat conditions related to the head and neck, such as headaches, migraines, stiff neck, facial paralysis, and toothache. LU 7 is considered to be the "command point" of the head and neck and is also used to improve circulation in the brain and stimulate memory.

This acupuncture point is located above the wrist on the inside of the arm. To find this point, interlock your thumb and index finger of one hand with those of the other, the point lies on the edge of the index finger, in a depression between the sinew and the bone.

Stimulate this point on both hands with the tip of your index finger for approximately 30 seconds or until your cough subsides.

5 Tips to Stay Healthy as the Season Changes

Seasonal changes affect the body's environment. With wind, rain, and snow come the cold and flu viruses, which are often accompanied by aches and pains.

Guard yourself this season with these five tips:

1. Boost your Wei Qi

If you catch colds easily, have low energy, and require a long time recuperating from an illness, your Wei Qi may be deficient.

Once the nature of an imbalance has been determined, a customized program can be created for you.

2. Schedule a Seasonal Tune-Up

Acupuncture and Oriental medicine can prevent colds and flu by building up the immune system. Just a few needles inserted into key points strengthen the circulation of energy and consolidate the outer defense layers of skin and muscle along energy pathways so germs and viruses cannot enter through them.

3. Wash Your Hands

A good lifestyle and hygiene habits are also proven to reduce your risk of getting sick. Protect yourself from picking up germs by washing your hands regularly and remembering not to touch your face.

4. Sleep In

The Nei Ching, an ancient Chinese classic, advised people to go to sleep early, rest well, and rise late after the sun's rays have warmed the atmosphere a bit.

This preserves your own Yang Qi for the task of warming the body. Even busy, working people can boost their health by sleeping in on weekends.

5. Stress Less

Find a release valve for your stress. According to Oriental medicine, stress, frustration, and unresolved anger can play an important part in throwing the immune system off and allowing pathogens to affect the body.

Acupuncture and Oriental medicine have been shown to be effective in the treatment of stress, anxiety, and depression.

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Boost Your Defensive Qi

Your defensive Qi, or Wei Qi, is the protective layer around the exterior of the body.

In order to boost the Wei Qi, there is one particularly important point to focus on: Dazhui or DU 14.

Often used to ward off as well as shorten the duration of colds and flu, Dazhui (DU 14) is located below the spinous process of the seventh cervical vertebrae, approximately at the level where the collar of a T-shirt sits on the neck.

Dazhui (DU 14) activates the circulation of blood and Qi to strengthen the outer defense layers of the skin and muscle so that your system is protected against germs and viruses.

Acupuncture Provides Immediate Relief from Upper Respiratory Tract Infections

Have you ever wondered just how quickly a single acupuncture treatment could work? What better way to showcase the efficacy of acupuncture therapy than through the speedy reduction of a fever in not just one, but multiple patients.

A small, simple scientific study appearing in the December 2014 edition of *Acupuncture Medicine* called "Acupuncture therapy for fever induced by viral upper respiratory tract infection (URTI) in military medical service: a case series," set out to do just that.

Eight members of the military all presented with a fever of at least 100 degrees as a result of an infection in the upper respiratory tract. All the patients received similar acupuncture treatments, which included the use of well-known acupuncture points specifically renowned for addressing symptoms of URTI. Some of these points can be found on the head and on the hands.

At the conclusion of just one acupuncture treatment, which lasted for approximately 20 minutes, researchers discovered that every single patient experienced an immediate reduction in body temperature. Not only that, but symptoms that usually accompany a URTI, such as stuffy nose, headache and body aches, displayed a propensity to decrease in severity as well. Three days after this treatment, six out of the eight patients no longer suffered from fever or any other symptoms of URTI.
