



Hayfever, allergies & sinus disorders

Do you suffer from a constant blocked nose and struggle to breathe through your nose properly?

Dreading the springtime hayfever, skin allergies and heavy, fuzzy feeling in the head?

Time to get on top of it and bust through that blocked nose!

We can help:

- **Relieve the symptoms of hayfever and allergies** through enhancing the lung function, boosting the immunity and resistance to allergens
- **When treating seasonal allergies, it needs to be worked on the season before it usually occurs**, focusing on strengthening the body's constitution and preventing the reaction to allergens.



Our treatments:

- **Acupuncture**

Acupuncture is an alternative form of treatment that involves the insertion and manipulation of fine needles into the body. All needles used are sterile, single-use only needles.

- **Chinese medicine**

This involves mixing a few teaspoons of the prepared herbs with hot water, stir well and drink.

Almost all of the herbs are plant-based and only a very small portion is of animal origin. Other options involve having it in capsule or pill form.

Please let us know if you have specific dietary requirements.

Simple tips that can help:

- Self massage techniques can be done to help open the nasal passages
- Avoid or limit contact with known allergens
- Prevention is better than cure, increase dietary intake of foods and supplements that can improve immunity.



Eastern Vitality

Acupuncture & Chinese Medicine

natural harmony care

A: 64 Mount St, Heidelberg VIC

P: (03) 9458 4887

E: info@easternvitality.com.au

W: www.easternvitality.com.au