

Join the staff at Woodside Clinic and get your hayfever sorted before it begins!

It will very soon be hayfever time again. For many this means the misery of living for up to three months of the summer with its debilitating symptoms. Most people have tried antihistamines and other drugs but the side effects often make them unappealing. The gentle yet impressively effective benefits of Acupuncture have not only proved popular with our patients but many of our therapists and staff are also getting a great deal of relief by seeing either Helen (in Dunstable) or Michele (in Leighton Buzzard and Shefford)

Acupuncture treatment offers a unique approach to hayfever as every person is treated with their own carefully tailored programme. Treatment is designed to re-balance the energies of the body that have been revealed as being 'out of harmony' by our carefully structured diagnostic approach.

Getting treatment before the season starts can help prevent hayfever appearing by ensuring the body is in the best possible health. If symptoms have started, acupuncture can also reduce your misery! The runny nose, itchy eyes, sneezing, wheezing and sore throat can all be helped by the use of skillfully selected acupuncture points.

Tin, fine, sterile needles are gently inserted into selected points, known as acupoints, on the skin. This is said to balance the flow of vital energy - known as Qi (pronounced "chee"). Acupuncture can achieve fairly fast and lasting results. Nasal congestion, discharge and itching are generally relieved after just one acupuncture treatment. Two or three visits are usually all that's needed to give relief for that season, but some patients remain free from hay fever for years after just one course of acupuncture! Most patients find that such treatment over three or four years cures them almost completely!

Visit our website for lots more information: www.woodsideclinic.co.uk