



Spring: Allergies No More

[SHARE](#) [f](#) [t](#) [e](#) ...

 By [Dr. Melissa Carr, B.Sc., Dr.TCM](#) • April 4th, 2012 • 5477 Views


For many, spring is welcomed as a chance for better weather. For others spring is dreaded as the start of allergy season. I've been in both boats and I can tell you that you needn't suffer forevermore.

Seasonal allergies are often called hay fever and different pollens bring about spring, summer, and fall allergies. Pollens are tiny grains that are released by flowering plants to cross-pollinate other plants for reproduction. When they are carried through the air, they can land on our eyes, skin, and noses and be inhaled into our lungs.

An allergy is an over-reaction of the immune system to a substance that is generally not

harmful. Allergies can cause runny noses, sneezing, itchy and/or watery eyes, breathing problems, and skin rashes.

Spring allergies can start as early as January and last until approximately April, depending on the location and the climate that year. The culprit is the pollen from weeds or from trees such as oak, maple, cypress, birch, ash, hickory, elm, poplar, walnut, and olive. Summer allergies are generally from grass pollens and fall allergies are predominantly from weeds.

In Traditional Chinese Medicine (TCM), the main active organ systems are the *Liver and Gallbladder. Physiologically, the liver assists in detoxification of the body; the production of bile to assist in the digestion of fats; regulating blood sugar by converting excess glucose into glycogen for storage; the production of cholesterol (yes, cholesterol is important); and storing iron, amongst other things.

The TCM Liver does these things as well as regulates the cycles of the body (think sleep-wake cycles, hormonal cycles, and bicycles—just kidding on the last one); control the tendons and ligaments; relate to the eyes; and stimulate the emotions of anger, frustration, and irritability.

When managing allergies, I predominantly assess the state of 3 TCM organ systems: the Lungs, the Spleen, and the Liver. If someone has spring allergies, has hormonal or sleep balance issues, problems digesting fats, and/or struggles with expressed or suppressed issues of anger, I consider that we may need to treat the Liver. This may be done with acupuncture, Chinese herbs, supplements, foods, and possibly a cleanse.

Some things you can do to manage your allergies include:

1. If possible, try to avoid being outside from 5:00-10:00 a.m. as this is when airborne pollen levels tend to be highest.
2. Check the pollen count in your area and try to minimize your exposure when the count is high or...

[Like](#) 10

[Tweet](#) 9

[Share](#) 1

[St](#)
[<<](#) [<](#) [1](#) [2](#) [3](#) [>](#) [>>](#)
Tags : [Yoga](#), [Wellness](#), [health](#), [tcm](#), [spring](#), [traditional chinese medicine](#), [allergies](#), [Dr Melissa Carr](#)
Author - [Dr. Melissa Carr, B.Sc., Dr.TCM](#)
Location: Vancouver, CA

Dr. Melissa Carr, B.Sc., Dr.TCM has the highest standing with the College of Traditional Chinese Medicine

Not a member yet?


MYO SURVEY:
Win an
iPad Mini

 Hi gomelgo, I ran into the same problem when...
about a hour ago in Albuquerque, US

 I had a lovely session. Thanks you....
about a hour ago

 MYO enhances my Yoga practice by being available at...
about 2 hours ago in Bay City, US

 Thank you everyone for your comments and support. ...
3 hours ago in Portland, US

Daily Calm Practice Guide:

Video Series on now, Feb 15 - 28

Yoga De-Tox:

A Spring Cleanse Challenge coming April 1

Yoga for Moms:

Video Series coming Mother's Day May 12



Association of British Columbia as a registered Doctor of Traditional Chinese Medicine. She began her career in health with a Bachelors...

Comments and Questions for the Author (0)

Enter a public comment

Submit

Tweet this! ☒ Facebook ☐

Other Articles By Dr. Melissa Carr, B.Sc., Dr.TCM

Winter: Building the Bones

Summertime Heart Openers from TCM and Yoga

Chinese Medicine Tips for Late Summer

Fall: Letting Go With Breath

Related Articles

Sexy Solstice

Using Stimulation To Your Advantage

Herbal Medicine: An Ounce Of Prevention

Calming your Vata Dosha this Fall



From Our Members

“ It's a really fantastic site. Apart from the great yoga workouts, the short video on "upper cross syndrome" has been a revelation in helping me understand why I feel so horrible and tense after...
- Shane

What's New

- Sub Earth Dragon Flow
- Take Care of Your Tools
- New Search Feature On My Yoga Online
- Hunki Dori Giveaway!

Videos	Programs	Community	Poses	About Yoga	Healthy Living	Music	About Us
Yoga	Sleep Well	What's New	Standing	Learn About Yoga	Nutrition	Yoga Rhythms	Contact Us
Beginner Yoga	De-Stress	Wellness Diary	Seated	Yoga Anatomy	Healthy Recipes	Ambient	Help & FAQ
Studio Classes	Get Lean	Blog	Restorative	Meditation	Health & Wellness	Mantras & Chants	System Requirements
Pilates & Dance	Beginner Yoga	Directory	Inversions	Pranayama	Natural Beauty	Music Tags	Teachers
Meditation	Plant-Based Nutrition	Newsletters	Back Bends	Teacher Education	Green Living		Studios
Workplace Wellness	Eliminating Anxiety	Members	Forward Bends	Chakras	Personal Development		Testimonials
Mind Body TV	Yoga Detox	Blog Tags	Stabilizers	Glossary			Media
Workshops			Hip Openers	Article Tags			Teachers
Video Tags			Arm Balances				Authors
			Twists				
			Pose Tags				



Fresh Eye Productions, Inc © 2013, MyYogaOnline.com. All Rights Reserved.