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Allergy Relief: using acupressure to help relieve minor allergy symptoms (Volume 1)

Heather Fraser

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Allergy Relief: using acupressure to help relieve minor allergy symptoms (Volume 1) Heather Fraser ALLERGY RELIEF Using acupressure to help relieve minor allergy symptoms You are powerful. Did you know that by just tapping with your fingers on key points on the body you can cause positive health changes to occur? We have known about it for centuries. It is called acupressure. Acupressure is a simple ancient approach to health that may also help bring relief from minor allergy symptoms. Humans have known about the power of poking, pressing or tapping on key body points for relief from a variety of ills for a long time. Over 3,000 years ago the Chinese developed acupuncture using needles or suction and heat at particular combinations of body points to address illness. The Chinese had learned that through the 365+ body points they could access meridians, invisible pathways of energy through the body organ systems. But without needles positive changes could be achieved by simply pressing or tapping with hands and fingers using acupressure at these key body points. While Eastern medicine has benefited from knowledge of body energy and meridians for centuries, 20th century Western allopathic skepticism has discouraged its application in Europe and North America. However, in the late 1980s two German doctors began to experiment with the acupressure points. Jurgen Hennecke and Peter Schumacher were particularly interested in allergy relief. In his book The Biophysical Therapy of Allergies (1998) Schumacher describes his use of electrical energy at certain acupressure points to help relieve allergy symptoms. He credits his colleague Hennecke and American Kinesiologist Jim Scott with having identified the best combination of points to use. They used 16, 8 on each side of the body mirroring each other. When Schumacher applied a small electrical current to these particular points using a special 'frequency' machine he saw improvements in his patients with symptoms of allergy. The question is without such a machine or needles or special training is it possible for anyone just to tap with their fingers on these points to help relieve allergy symptoms? Yes! Allergy Relief: using acupressure to help relieve minor allergy symptoms offers a technique that may help through easy step-by-step illustrated instructions. Please keep in mind that this technique does not replace the advice or medicines of your doctor or health practitioner. It consists of supplementary educational information that may help bring relief -- and it is definitely worth a try. You may be amazed at what you can do! Share your happy tapping tales at http://heatherfraser.org

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