



# Support Wei Qi... clear congestion and breathe easier



In **Traditional Chinese Medicine (TCM)**, spring can be a particularly vulnerable time for **seasonal allergies** due to the risk of **invading wind** carrying increased levels of **Xié Qi (evil qi)**; external pathogenic factors like pollen. This particulate matter can elicit an allergic response by overwhelming **Wei Qi (defensive qi)**; the bodies first line of protection at the skin's surface; controlled by the lungs. When Lung Qi is weak, wind can easily enter and lead to **sneezing, itchy eyes, congestion** and other typical signs of allergy. You can help protect against these histamine storms by boosting lung and spleen energy.

## TCM Tips to strengthen and protect the lungs...

### natural antihistamines & pungency to protect & support lungs



apples



onions (raw, red & yellow)



ginger

Quercetin found in onions and apples, is a powerful antioxidant shown to effectively stabilize mast cells thereby helping to reduce the production of histamine and supporting the management and prevention of allergy related symptoms (Zafrilla et al. 2025).

Ginger boasts potent anti-inflammatory and immunomodulating properties known as gingerols; shown to suppress immune activation, reducing inflammatory and histamine responses and balancing immune function. Research also shows gingerols potential regarding smooth muscle relaxation, further demonstrating its ameliorating prospects with respiratory symptoms through the relaxation of muscles contributing to breathing (Zafrilla et al. 2025).

✓ A diet rich in **quercetin rich foods** can help support healthy immune function.

✓ **Pungent** (mildly spicy) foods help disperse wind and open airways.

*\*Note: side effects can occur at high volumes, consult physician before making any dietary changes*

### Peppermint to open channels and ease respiratory symptoms



Research shows that chemical properties in peppermint (Bo He in TCM), have the potential to relax smooth muscle, minimizing inflammatory reactions, and relieve congestive symptoms (Park et al., 2022).

Inhaling the menthol vapour stimulates TRPM8 receptors in the nasal mucosa creating a cooling sensation, providing an immediate clearing sensation while moistening and soothing nasal passageways (Gupta et al., 2024).

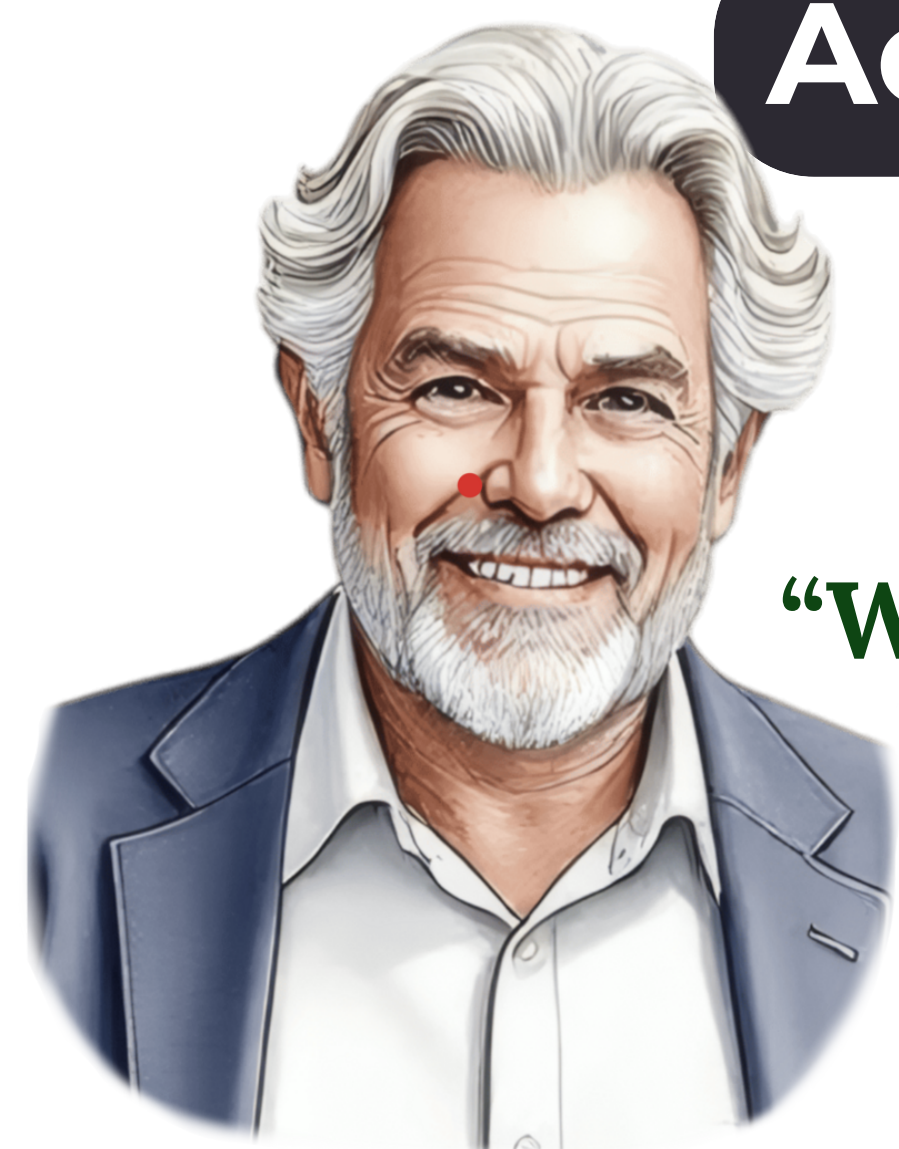
*\*Note: side effects can occur with certain conditions and may elicit hypersensitivities, consult physician before use*

**'wind' clearing steam**  
(a practice of herbal fumigation;  
to support lungs via the nose)



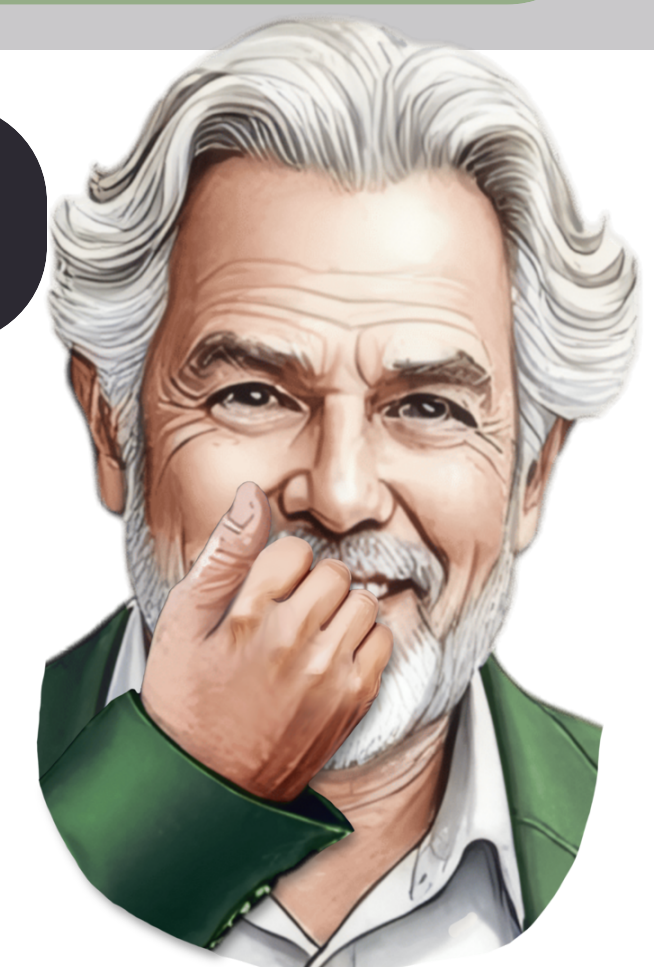
✓ Add **2 peppermint teabags** or **3-4 drops of peppermint essential oil** into a **bowl** of freshly **boiled water** and **inhale the vapour** directly over the bowl for 5 minutes. Option to include the placement of a towel over your head as a manner to contain steam for greater absorption.

### Acupressure to ease pressure and congestion



**Large Intestine 20**  
**Yingxiang**  
**"Welcome Fragrance"**

Research shows that acupressure on large intestine 20 is a simple and noninvasive technique that may improve the severity of allergy related symptoms and reduce antihistamine usage by modulating local activity, reducing swelling and improving airway clearance (Isreal et al., 2021 & Liang, 2023).



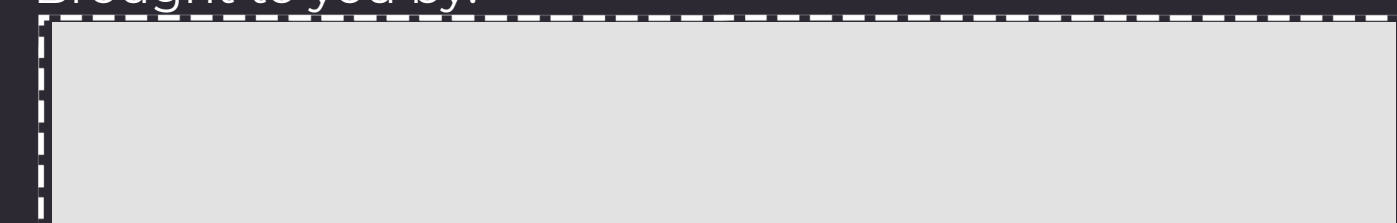
✓ **Locate point**, on the face, in the **smile line** (nasolabial groove), in line with the **central point of the nostril** and **press firmly** with your thumb or index finger of **gently massage** for **1-2 mins** while **breathing deeply**. Repeat on other side.

#### Tired of symptoms of seasonal allergies?

Acupuncture is clinically proven to modulate the immune system and provide significant relief for symptoms like rhinitis.

For educational purposes only. This document does not constitute medical advice, diagnosis, or treatment. The information provided is not a substitute for professional medical care. Always consult with a qualified healthcare provider before making dietary changes or starting new health practices, especially if pregnant, nursing or taking medication.

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