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## **Controlling Allergies**

By John Amaro, LAc, Dipl. Ac. (NCCAOM), FIAMA, DC

Over the past century, people from all over the country have moved to the pristine desert spot in and around Phoenix, Arizona, for the express purpose of healing their terrible allergies, tuberculosis, and a host of respiratory conditions.

In fact, Phoenix was internationally known as the place to go for allergy sufferers. But when the people came, they missed the green grasses, trees, bushes, and flowering plants which reminded them of home, despite the some 2,300 native desert plants (500 of which are edible). The simple solution to ease home sickness in this case was to transplant the flowers and greenery which they were accustomed to. As a result of years of people bringing to Arizona a multitude of plants, they also unfortunately made Arizona a nightmare for allergy sufferers. Today, there are perhaps more people in Arizona who experience allergy than almost anywhere else.

It is not uncommon at all to hear someone say that they never had allergies in their life prior to moving to Phoenix, including yours truly.

We have found however that environmental allergies are relatively easy to assist when several profound acupuncture points are stimulated throughout the season. Keep in mind that everything grows in Arizona as long as it is watered, and with our mild temperature, it is always the "season" for several things at one time.

If you live in an area of the world where people complain of allergies, (I can only assume you do, since Dynamic Chiropractic is not delivered to the Arctic Circle ... yet!), clip this article and save it for future reference. The acupoints I have outlined here are my personal favorites which have certainly proved their merit to me and my patients.

Stimulate each one with a hand held micro-current stimulator, piezo electric stimulator, teishin or best yet, He Ne laser. Ten to 15 seconds per point is sufficient. Remember to treat the bilateral points.

Two points which are essential (not illustrated) are the antihistamine points in the ear. These are critical.

In past issues of Dynamic Chiropractic I have offered to send an ear chart for those of you desiring one.

Should you need or want one, address a self addressed, stamped envelope and we will see you receive it.

After stimulating the two antihistamine points in the ear, place a small noninvasive "acupatch" on the two points. This technique is MAGIC!

*John A. Amaro DC, FIACA, Dipl.Ac.*

*Carefree, Arizona*

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Click [here](#) for more information about John Amaro, LAc, Dipl. Ac. (NCCAOM), FIAMA, DC.



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