



The Centre of Health

June 2007 Newsletter

Dear Friends,

This month we're focusing on something that's probably troubling many of you around this time of year - Hayfever. Whether you have hayfever year after year or you're a first time sufferer acupuncture can really help. Read on to find out how...

Looking forward to stopping your sniffles.

David Purchas



Banish Hayfever with Acupuncture

Do you dread the onset of summer because it means months of suffering with hayfever? Do you get the classic and persistent symptoms of blocked or runny nose, sneezing and watery, itchy and red eyes? If you're tired of struggling through the summer months, look no further - here at The Centre of Health we can help you banish hayfever forever.

Otherwise known as seasonal allergic rhinitis, hayfever is a common condition affecting 15 - 20% of the UK population annually and often occurs in association with asthma and/or eczema. Owner and practitioner David Purchas says "Acupuncture can offer long lasting relief from hayfever by rebalancing your bodies immune system. It's best to start treatment, if possible just before the hayfever season kicks in. This is to treat the underlying patterns that cause the imbalance in your bodies immune system so it does not over-react when allergens are presented. It can also be used during the season to reduce symptoms."



Newsletter Special Offer

If you need help with hayfever or any other allergies this month we're offering newsletter subscribers a consultation for just £20 (usually £50). This will enable us to assess how severe your reaction is and what we can do to help. Please quote 'Allergy Newsletter Offer' when booking.

