

# Got the Flu? Try Acupuncture

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*Aching muscles, headache, chills and fever, coughing, nasal congestion, nausea ... oh my!*



Reports are everywhere - right now, the United States is experiencing what's described as an **epidemic of the flu**. Hospitals in nearly every state in the nation are treating more patients than expected for three different kinds of flu.

And there's still an estimated six weeks left to the cold and flu season! What can you do?

**Treating Colds and Flu with Acupuncture.** Used for thousands of years, acupuncture can boost the immune system and help the body fight the cold virus. "If you are experiencing any signs of sickness, such as sore throat or a runny nose," says Maya acupuncturist **Shirley Fung, L.Ac., MAcOM**, "please call us immediately and come in for a treatment." Wellness care includes commonly used treatments such as cupping and tui na medical massage among others that work by rebalancing the body's systems, regulating the body's healing energies and enhancing the immune

system. Clinical studies suggest that using acupuncture to treat colds and flu can reduce upper respiratory tract infections and shorten the length of the illness, too.

**Don't Cancel.** If you're feeling sick -and you already have a treatment scheduled- keep your appointment. "I think of catching cold or the flu not so much about being contagious as about a person's own immunity," Shirley says. "If a person's immunity is strong, that person won't get sick. So preventative measures can also be taken to strengthen a person's 'Protective Qi.'"

**This Protective Qi**, or "Wei Qi," as it's sometimes called, "protects the body from external pathogens that can make us sick," says **Jamie Starkey, LaC**, acupuncture expert for DoctorOz.com. "When our Wei Qi is strong, our bodies can easily ward off illness." In many cases, the use of Chinese herbs can also combat the infection and inflammation produced by the flu bug.

## General Tips for Staying Healthy

- Drink 8-10 glasses of filtered water daily
- Exercise regularly to support the immune system
- Eat a healthy organic diet, including foods with beta carotene -such as carrots, broccoli, sweet potato, garlic and tomatoes
- Limit sugar intake, which taxes the immune system
- Get plenty of rest
- Enjoy fun and relaxing activities
- Stimulate specific acupuncture points that support Protective Qi
- Enjoy regular acupuncture treatments to support the body's self-regulating, self-balancing and healing systems. Call Maya at 425-271-0200 to make an appointment

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