

Quality, Safety & Potency.

Only A grade herbs are used in the manufacture of Sun Herbal formulas.

All Sun Herbal medicines are produced to the most rigorous standards by an Australian GMP (Good Manufacturing Practice) certified manufacturer in China. This means that every step of production is subject to strict quality control.

All of these medicines must pass stringent tests for safety, purity and potency.



Experience the Sun Herbal difference now

Sun Herbal is the leading supplier of prepared Chinese medicines in Australia with ChinaMed® and Black Pearl® brands. You can be assured of getting safe and consistently reliable medicines made from the finest quality ingredients and concentrations.

Ask your healthcare practitioner how Sun Herbal can help you to manage your symptoms today!

ChinaMed

BLACK PEARL®

SunHerbal
Better Naturally

www.sunherbal.com

Your healthcare practitioner

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Living with allergies?

Chinese medicine can help.



The Sun Herbal range of concentrated Chinese herbal formulas can help you overcome allergy symptoms and provide long term relief.

Our Traditional Chinese Medicine (TCM) brands include:

ChinaMed

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SunHerbal
Better Naturally

Allergies and Chinese Medicine

Allergic disorders affecting the respiratory system, skin and gastrointestinal tract are becoming more common in Westernized countries. A recent review paper from the Journal of Allergy and Clinical Immunology noted that: "Curative therapies for these diseases are not available. There are also significant concerns regarding the potential side effects from the chronic use of conventional drugs such as corticosteroids, especially in children. Many patients with chronic allergic conditions seek complementary and alternative medicine (CAM) therapies including traditional Chinese medicines (TCM)." (Li, X., 2007)

The same article goes on to describe how several commonly used TCM herbal formulas as well as individual herbs have been studied under controlled conditions and found to be safe and effective in the treatment of respiratory as well as food allergies.

The use of TCM herbal formulas in allergic skin conditions has also been studied extensively by researchers both within and outside of China. This has led to an ever increasing pool of positive studies demonstrating that although the precise mechanisms are not yet understood by Western science, this form of therapy may be highly effective and generally safe.



Allergy in TCM

Western science is unable to explain how Chinese herbal formulas are able to reduce the severity of allergic disorders, and in some cases cure them completely. However, the unique theories of TCM provide practitioners with a practical framework for diagnosis and treatment of these disorders.

The fundamental concept in TCM is that of 'Qi' (pronounced as: 'chee'). Roughly equivalent to our concept of 'bio-energy', Qi is seen to underlie all of the functional activities of mind and body. One of the important functions carried out by the Qi has to do with resistance to disease. Pathogens are prevented from entering the body by the 'defensive Qi', which is the most superficial type of Qi in the body. It maintains the integrity of the body surfaces that have contact with the outside world. These surfaces include not only the skin, but also the lining of the respiratory tract and the gut. The defensive Qi strengthens and secures these surfaces so that pathogens cannot enter. It assists in moistening the skin and controlling the opening and closing of the pores and the 'striae' of the skin. TCM regards the pores and striae (subtle channels within the skin) as the entry points for pathogens as well as the main passageways through which any invading pathogens may be expelled from the body. Thus, the defensive Qi, through its action of controlling the pores and 'tightening' the striae represents the body's first line of defence against pathogens from the outside. Although the defensive Qi has some parallel with the Western concept of the immune system, it is physically located in the skin, respiratory and gut linings, and is closely related to the functions of the Lung, Spleen and Kidney in TCM.

These ideas, which are at least 2,000 years old, correlate with Western scientific notions of infection and infectious diseases. However, what we now regard as allergic disorders are understood in TCM as the invasion of pathogens from outside of the body due to a chronic weakness of the defensive Qi. Because the clinical features of allergic disorders are essentially the same as those of diseases caused by infections in the same organs (i.e. nose, skin, bowels), TCM categorises them together with the broader range of infections.

This highlights one of the major differences between TCM and Western science. The former seeks to generalise and place things within broad categories, such as Yin and Yang; External and

Internal diseases, etc. On the other hand, the Western scientific approach is based on analysis with the aim of discovering ever more minute distinctions between different things, e.g. what particular bacterium or virus has caused an illness; which particular type of cell has been affected.

In TCM there are two aspects involved in the diagnosis and treatment of allergic disorders. One is concerned with the failure of the protective barrier, which allows pathogens to invade the deeper tissues of the body. The other aims to determine the general nature and type of pathogen involved. In addition, there may be other contributing factors, such as stress, over-strain and poor diet.

TCM approach to treatment

Although people share many common characteristics, each individual is unique in many ways, with different strengths and weaknesses and different tendencies towards imbalance. In the same way, although there are general features of a disease that provide the basis for diagnosis, the way that a disease manifests in a particular individual always reveals some unique features. Here we find another major difference between TCM and Western medicine: TCM includes these unique features as an important part of diagnosis and treatment, whereas Western medicine, for the most part, ignores them.

TCM focuses on the underlying causes while addressing the weakness of the defensive Qi, and these causes may be different in each individual. At the same time, once the nature of the invading pathogens has been ascertained, a suitable herbal formula is selected to assist the body in removing it. Generally, the treatment is prolonged past the time when symptoms have been relieved, as this is necessary to correct the underlying imbalances that have led to the failure of the body's defensive Qi.

It is always best to seek the help of a qualified Chinese medicine practitioner, who can best advise you on the most suitable treatment program and also supervise your progress.