

Traditional Chinese Medicine for Cold and Flu Prevention

Everyone has had the experience of catching a cold or flu.

Our immune system can be weakened by seasonal changes, frequent travels, and/or stress. When our immune system is suppressed, it could lower our body's defense against colds and the flu.

There is an acupressure point to help relieve symptoms of a cold or flu. If we use it early enough, it may help reduce the risk of getting a cold or flu.

Gb20 (Feng Chi / Wind Pool)

This acupressure point is recommended for headache, low energy, and cold or flu symptoms.

You can find it by placing your hands on the back of your head. Use your thumbs to find two depressions on the edge of your neck muscles. Use deep and firm pressure towards the skull and massage for 3-4 seconds

This information is provided by Joyce He, ., our licensed acupuncturist.

**This article is a general guideline. To find a treatment plan tailored to you, please talk to us or a licensed acupuncturist.*