

## Child Rhinitis – The Eastern Approach

### What Causes Rhinitis in Children?

The internal causes of child rhinitis include imbalance and weakness in the lungs, spleen and kidney energies while the external factors are wind, cold or other unknown pathogenic causes. As a child's lungs, spleen and kidney energies are usually insufficient, phlegm accumulates easily and the combination of these factors results in rhinitis.

### Signs & Symptoms

Symptoms include frequent sneezing upon waking up in the early morning, watery nasal mucus, itchiness around the nose and eyes, and lots of phlegm. Children suffering from rhinitis may also experience occasional itchiness around the throat, and on the skin, as well as asthma. Most of these tend to subside during noon, and resume upon changes in temperatures at night or when exposed to and air-conditioned or cold environment.

### Treating Rhinitis – Traditional Chinese Medicine

#### • Child Massage

Child Massage uses physiological stimulation to penetrate the meridians (energy pathways) and regulate the strength of the child's organs. Hence, boosting their immunity against foreign bodies. Simple and soothing without any side effects, long-term treatment can reinforce the child's immunity and reduce the occurrence of rhinitis.

#### • Acupuncture

Acupuncture is another effective treatment for child rhinitis. However, due to children's common fear of needles, it is seldom administered.



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