

# how to stop a runny nose

## How to Stop a Runny Nose: Practical Tips and Remedies for Quick Relief

**how to stop a runny nose** is a question many of us ask ourselves at some point, especially during cold seasons or allergy flare-ups. A runny nose, medically known as rhinorrhea, can be annoying and uncomfortable, often interfering with daily activities and sleep. Whether it's caused by a common cold, allergies, sinus infections, or even certain irritants in the environment, finding effective ways to manage and reduce nasal drainage is essential for comfort and wellbeing.

In this article, we'll explore natural remedies, medical options, and lifestyle adjustments that can help you control and ultimately stop a runny nose. Along the way, we'll also touch on related symptoms like nasal congestion, sneezing, and postnasal drip, providing a holistic approach to nasal health.

## Understanding Why Your Nose Runs

Before diving into how to stop a runny nose, it helps to understand why it happens. Your nose produces mucus to trap dust, germs, and other particles, protecting your respiratory system. When the nasal membranes become irritated or inflamed—due to viruses, allergens, or irritants—the glands produce extra mucus, leading to that persistent dripping sensation.

Common causes of a runny nose include:

- Viral infections such as the common cold or flu
- Allergic reactions to pollen, pet dander, or dust mites
- Exposure to cold weather or dry air
- Sinus infections or nasal polyps
- Irritants like smoke, strong odors, or pollution

Recognizing the underlying cause can guide you in choosing the best method to stop your runny nose effectively.

## Natural Remedies to Soothe and Stop a Runny Nose

If you're looking to avoid medications or want to complement your treatment with gentle approaches, several home remedies can provide relief.

### 1. Stay Hydrated

Drinking plenty of fluids like water, herbal teas, and clear broths helps thin the mucus, making it easier for your body to expel it. Staying hydrated can reduce the thickness of nasal discharge and promote faster recovery.

## **2. Use a Saline Nasal Spray or Rinse**

Saline sprays or nasal irrigation with a neti pot can flush out irritants and allergens from your nasal passages. This method not only clears excess mucus but also soothes inflamed tissues, reducing nasal drip and congestion.

## **3. Apply Warm Compresses**

Placing a warm compress over your nose and sinuses can ease inflammation and promote drainage. The gentle heat helps open nasal passages, potentially reducing the volume of mucus production.

## **4. Inhale Steam**

Breathing in steam from a bowl of hot water or during a hot shower can loosen thick mucus and relieve nasal irritation. Adding essential oils like eucalyptus or peppermint may enhance the effect, but be cautious if you have sensitivities.

## **5. Elevate Your Head While Sleeping**

Keeping your head raised helps prevent mucus from pooling in your nasal passages and throat, minimizing postnasal drip and nighttime discomfort.

# **Over-the-Counter Solutions for Quick Relief**

When home remedies aren't quite enough, several over-the-counter (OTC) products can help control a runny nose effectively.

## **1. Antihistamines for Allergy-Related Runny Nose**

If allergies are the culprit, antihistamines such as cetirizine, loratadine, or diphenhydramine block histamine release, which causes sneezing and mucus production. These medications can quickly reduce nasal drip linked to allergic rhinitis.

## **2. Decongestant Sprays and Tablets**

Nasal decongestant sprays containing oxymetazoline or phenylephrine shrink swollen blood vessels in the nasal passages, reducing mucus production and congestion. Oral decongestants also help but should be used sparingly due to potential side effects like increased blood pressure.

### **3. Nasal Steroid Sprays**

For persistent or chronic runny noses, especially those related to allergies or sinus issues, nasal corticosteroid sprays reduce inflammation in the nasal lining, helping to dry up excess mucus over time.

## **Lifestyle Changes to Prevent and Manage a Runny Nose**

Sometimes, the best way to stop a runny nose is to prevent triggers altogether or create an environment that supports nasal health.

### **1. Avoid Allergens and Irritants**

Identifying and steering clear of allergens like pollen, dust, or pet dander can drastically reduce nasal symptoms. Using air purifiers, regularly washing bedding, and keeping windows closed during high pollen seasons are practical steps.

### **2. Maintain Clean Indoor Air**

Dry or polluted air can irritate nasal membranes. Using a humidifier to keep indoor humidity around 40-50% can prevent your nasal passages from drying out and becoming overly sensitive.

### **3. Practice Good Hygiene**

Since viral infections are a common cause of a runny nose, frequent hand washing and avoiding close contact with sick individuals can reduce your risk of catching colds or the flu.

### **4. Avoid Sudden Temperature Changes**

Cold air, especially when moving from a warm indoor environment to chilly outdoors, can trigger a runny nose in some people. Dressing appropriately and using scarves to cover your nose can help minimize this reaction.

## **When to See a Doctor**

While most runny noses resolve on their own or with simple remedies, certain situations warrant medical attention:

- Runny nose lasting more than 10 days
- Thick, green, or yellow mucus accompanied by facial pain or swelling (possible sinus infection)
- Associated high fever or severe headache
- Blood in nasal discharge
- Persistent symptoms despite treatment

A healthcare professional can provide a more accurate diagnosis and prescribe targeted treatments such as antibiotics, allergy immunotherapy, or other interventions.

## **Understanding the Role of Diet and Supplements**

Interestingly, some foods and supplements may support your immune system and help reduce nasal symptoms.

### **1. Spicy Foods**

Eating spicy meals containing chili peppers or horseradish can sometimes temporarily clear nasal passages by encouraging mucus drainage. However, this effect varies individually.

### **2. Vitamin C and Zinc**

Both vitamin C and zinc are known for their immune-boosting properties. While they don't directly stop a runny nose, they may shorten the duration of colds and reduce symptom severity.

### **3. Probiotics**

Emerging research suggests that maintaining a healthy gut microbiome with probiotics could influence immune responses and reduce the frequency of respiratory infections.

## **Managing a Runny Nose in Different Situations**

### **During Pregnancy**

Pregnant individuals may experience increased nasal congestion and runny nose due to hormonal changes. Natural remedies like saline sprays and humidifiers are generally safe, but always consult your doctor before using medications.

## **In Children**

Runny noses are common among kids, especially with frequent colds. Using saline drops and gentle suction with a bulb syringe can help clear nasal passages safely. Avoid giving over-the-counter cold medications to young children without medical advice.

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Dealing with a runny nose doesn't have to be a constant nuisance. By understanding the causes and applying a mix of natural remedies, lifestyle changes, and appropriate medications, you can find relief and breathe easier. Remember, while managing symptoms at home is often sufficient, don't hesitate to seek medical advice if your condition worsens or persists. Your nose—and your comfort—will thank you!

## **Frequently Asked Questions**

### **What are the most effective home remedies to stop a runny nose?**

Effective home remedies to stop a runny nose include using a saline nasal spray, staying hydrated, inhaling steam, applying a warm compress to the nose and forehead, and consuming hot fluids like tea or broth.

### **Can over-the-counter medications help stop a runny nose?**

Yes, over-the-counter antihistamines and decongestants can help reduce nasal discharge and congestion, thereby helping to stop a runny nose. However, it's important to follow the dosage instructions and consult a healthcare provider if symptoms persist.

### **How does staying hydrated help with a runny nose?**

Staying hydrated thins the mucus, making it easier for the body to expel it, which can help reduce nasal congestion and the severity of a runny nose.

### **Is it safe to use nasal sprays to stop a runny nose?**

Nasal saline sprays are safe and can help moisturize nasal passages and clear out mucus. However, decongestant nasal sprays should not be used for more than three consecutive days to avoid rebound congestion.

### **Can allergies cause a runny nose and how to stop it?**

Yes, allergies often cause a runny nose. To stop it, avoid allergens, use antihistamines, and consider nasal corticosteroid sprays after consulting with a healthcare professional.

## Does diet affect the severity of a runny nose?

Certain foods like spicy dishes can temporarily increase nasal secretions, while foods rich in antioxidants and vitamins may support the immune system. Maintaining a balanced diet can help overall health but won't directly stop a runny nose immediately.

## How can steam inhalation help stop a runny nose?

Steam inhalation helps moisten nasal passages, loosens mucus, and can reduce nasal inflammation, providing relief from a runny nose.

## When should I see a doctor for a runny nose?

You should see a doctor if the runny nose persists for more than 10 days, is accompanied by high fever, facial pain, green or yellow mucus lasting several days, or if you experience difficulty breathing.

## Are there lifestyle changes that can help prevent a runny nose?

Yes, regular hand washing, avoiding allergens, maintaining good indoor air quality, staying hydrated, and managing stress can help prevent frequent runny noses.

## Can a runny nose be a symptom of COVID-19 and how should I respond?

A runny nose can be a symptom of COVID-19. If you experience a runny nose along with other symptoms such as fever, cough, or loss of taste and smell, it's important to get tested for COVID-19 and follow public health guidelines.

## Additional Resources

How to Stop a Runny Nose: Effective Strategies and Insights

**how to stop a runny nose** is a common concern that affects people across all age groups, especially during cold and allergy seasons. A runny nose, medically known as rhinorrhea, can be both a minor inconvenience and a symptom of underlying health issues. Understanding the causes, treatment options, and preventive measures is essential for managing this condition effectively. This article explores various approaches to address nasal discharge, emphasizing evidence-based methods and practical advice.

## The Physiology Behind a Runny Nose

Before delving into how to stop a runny nose, it is important to understand why nasal discharge occurs. The nasal mucosa produces mucus to trap dust, allergens, and pathogens, protecting the

respiratory system. When the body detects irritants or infections, it increases mucus production, resulting in a runny nose. Common causes include viral infections like the common cold, allergic reactions, environmental factors such as cold weather, and irritants like smoke or strong odors.

The severity and duration of a runny nose can vary, depending on the trigger. For example, viral infections typically cause acute rhinorrhea lasting a few days, whereas allergic rhinitis may cause persistent nasal discharge throughout allergen exposure periods.

## Medical and Home Remedies to Stop a Runny Nose

### Over-the-Counter Solutions

One of the most accessible ways to alleviate a runny nose is through over-the-counter (OTC) medications. Antihistamines, such as loratadine and cetirizine, block histamine release during allergic reactions, effectively reducing nasal secretion caused by allergies. Decongestants like pseudoephedrine and oxymetazoline nasal sprays constrict blood vessels in the nasal passages, decreasing swelling and mucus production. However, caution is advised with nasal sprays, as prolonged use beyond three days may lead to rebound congestion.

Pain relievers and fever reducers, such as ibuprofen and acetaminophen, do not directly stop a runny nose but can alleviate associated symptoms like sinus pressure and headaches.

### Natural and Home-Based Methods

For individuals seeking non-pharmaceutical options, several home remedies have demonstrated efficacy in managing a runny nose:

- **Saline Nasal Irrigation:** Using a saline spray or neti pot helps to flush out mucus and allergens, providing relief and reducing nasal inflammation.
- **Steam Inhalation:** Inhaling steam from hot water can moisturize nasal passages, loosen mucus, and ease nasal congestion.
- **Hydration:** Maintaining adequate fluid intake thins mucus, making it easier to expel and reducing nasal drip.
- **Warm Compress:** Applying a warm compress over the nose and sinuses can alleviate discomfort and promote drainage.

These methods are generally safe, cost-effective, and easy to implement but may require consistent application for optimal results.

# Understanding When to Seek Medical Attention

While most cases of a runny nose resolve without intervention, certain symptoms warrant professional evaluation. Persistent nasal discharge lasting more than ten days, especially if accompanied by facial pain, high fever, or thick yellow-green mucus, may indicate bacterial sinusitis or other complications. Additionally, blood in nasal secretions or severe nasal obstruction should prompt consultation with a healthcare provider.

In cases of allergic rhinitis, a physician may recommend prescription medications, including corticosteroid nasal sprays or immunotherapy, to control symptoms more effectively.

## Comparing Treatment Effectiveness

Data from clinical studies highlight the varying effectiveness of treatments for rhinorrhea. Antihistamines are particularly effective for allergy-induced runny noses but less so for viral infections. Conversely, decongestants provide quick relief of nasal congestion but do not address underlying causes. Natural remedies like saline irrigation have gained popularity due to their safety profile and supportive evidence from randomized controlled trials showing symptom improvement.

Choosing the appropriate treatment often depends on the underlying cause, symptom severity, and individual preferences.

## Preventive Measures to Minimize Runny Nose Occurrences

Prevention plays a crucial role in reducing the frequency and severity of runny noses. Individuals can adopt several strategies to minimize exposure to triggers:

- **Avoid Allergens:** Identifying and limiting contact with known allergens such as pollen, pet dander, or dust mites.
- **Practice Good Hygiene:** Regular handwashing and avoiding close contact with infected individuals reduce viral transmission.
- **Maintain Humidity:** Using a humidifier during dry seasons helps keep nasal passages moist, preventing irritation.
- **Quit Smoking:** Smoke irritates nasal mucosa, exacerbating symptoms.

These measures can significantly impact the incidence of runny noses, particularly in individuals prone to allergies or frequent colds.



## Environmental and Lifestyle Factors

Environmental conditions such as cold weather can cause a runny nose through vasodilation and increased mucus secretion. Dressing appropriately for weather changes and minimizing exposure to cold air, especially for sensitive individuals, can mitigate symptoms. Additionally, stress and poor sleep quality may weaken the immune system, increasing susceptibility to infections that cause rhinorrhea.

Incorporating a balanced diet rich in vitamins and antioxidants supports immune function, indirectly contributing to nasal health.

## The Role of Emerging Treatments and Research

Recent research into nasal sprays containing natural extracts, probiotics, and novel anti-inflammatory agents shows promise in managing runny noses without the side effects associated with traditional medications. For example, nasal sprays with xylitol have demonstrated antimicrobial properties and the ability to reduce nasal congestion.

Furthermore, advancements in understanding the immunological pathways involved in allergic rhinitis may lead to more targeted therapies in the future, offering relief to those with chronic runny noses.

The integration of telemedicine has also improved access to professional advice, enabling timely interventions and personalized treatment plans.

Ultimately, managing a runny nose efficiently involves a combination of accurate diagnosis, appropriate treatment selection, and lifestyle adjustments. Whether through simple home remedies or medical interventions, understanding the nuances of nasal discharge empowers individuals to regain comfort and maintain respiratory health.

## [How To Stop A Runny Nose](#)

**how to stop a runny nose:** *How to Stop Colds, Allergies & More* Carole S. Ramke, 2012-09-08  
A lighthearted account by a Texas grandmother reveals how colds and respiratory allergic reactions can be stopped in minutes, not days. No claim is made that the common cold can be cured, but rather that no cure is needed. The author says, The misery we experience from colds is caused by the body's immune response to viral infections, not by actual tissue destruction by viruses. The resulting congestion provides a haven for the invaders, and we spend too much time trying to nurse our symptoms. Please join me in teaching one person at a time how to make the symptoms go away. Practical advice is also given on how to block allergies, headaches, cold sores, and more. Reports from professionals pioneering in nutritional medicine are appended, with references for further information. Not only will *How to Stop Colds, Allergies and More* enable you to avoid many nuisance illnesses and conditions, but it will introduce you to some of the exciting advances in nutritional medicine in the 21st Century.

**how to stop a runny nose:** [Natural Remedies for Kids](#) Kate Tietje, Bob Zajac, 2015-08-15

Natural Remedies for Kids is an easy-to-use reference for parents who are ready to take their family's health into their own hands by using over 100 natural and herbal remedies to help common ailments at home. There's no need to rush off to the doctor at the first sign of sniffles or fever! Instead, understand what each symptom may be a sign of, how to help treat that symptom naturally, and how to help your child rest comfortably until the illness is over. Find out if the symptoms may be serious enough to warrant a call to the doctor. Then, learn to prepare one of the many recipes for home remedies found within the book to help your child naturally. Clear up common conditions like: - Diaper rash - Eczema - Runny noses - Coughs - Sore throats - Upset stomach - Teething - and more Find tips and hints from Kate Tietje on which remedies are best for which issues. Discover the time-tested treatments that will help to keep your child healthy and happy, naturally!

**how to stop a runny nose: The Healer's Manual** Ted Andrews, 2025-08-05 You Are a Healer Your body has tremendous potential for restoring itself to health. Using simple and effective vibrational healing techniques from bestselling author Ted Andrews, you can restore your body's natural flow of energy. Did you know that a certain Mozart symphony can ease digestion problems? Or that swelling often indicates being stuck in outworn patterns? Most diseases have a metaphysical origin. When your emotions and thoughts are unbalanced, your physical energy is depleted and you become more susceptible to illness or injury. Now you can get to the core of a problem and heal it. Ted Andrews shows you how to work with etheric touch, color, sound, herbs, fragrance, and your chakras to achieve a state of vibrant well-being. This beginner-friendly guide will help you bring more light, energy, and health into your life and the lives of all you touch.

**how to stop a runny nose: Natural Healing Remedies Over 1,000 Natural Ways to Relieve Common Ailments, From Arthritis and Allergies to Diabetes, Osteoporosis, and More...** , 2024-01-03

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**how to stop a runny nose: The Natural Medicine First Aid Remedies** Stephanie Marohn, 2025-09-12 When faced with common health emergencies, many of us automatically turn to over-the-counter medications. But we have another option--easy-to-use, safe, inexpensive, and highly effective natural medicines. Natural Medicine First Aid Remedies provides everything you need to know to treat a range of ailments and health concerns, including burns, muscle cramps, hot flashes, shock, sore throat, toothache--100 common health problems in all. (Next time you get a headache, try rubbing peppermint essential oil on your temples before you reach for the aspirin.) Natural Medicine First Aid Remedies tells how to equip your medicine cabinet with the ten most essential natural remedies including arnica (for pain and stiffness), echinacea (for colds), tea tree oil (for skin infections), aloe vera gel (for burns), activated charcoal (for food poisoning), and more. It explains how homeopathy, herbs, diet, essential oils, flower essences, nutritional supplements, reflexology, and gem therapy can provide healing benefits for various conditions. Written by health journalist Stephanie Marohn, Natural Medicine First Aid Remedies is based on medical research and draws upon protocols used by dozens of health care practitioners. Informative and unique, it is a reference that you will want to consult whenever faced with one of life's everyday medical emergencies, injuries, or discomforts.

**how to stop a runny nose: The Practice of Chinese Medicine E-Book** Sebastian Maciocia, 2021-04-21 Use Traditional Chinese Medicine in diagnosing and treating disease! Maciocia's The Practice of Chinese Medicine, 3rd Edition describes how to apply TCM theory to the diagnosis and treatment of disorders and conditions frequently encountered in practice. Covering common, chronic, and acute conditions, Maciocia's provides guidelines to treatment with both acupuncture and Chinese herbs. Case studies offer real-world insights into determining effective treatment care. From an expert team of editors who were close to the late Giovanni Maciocia and who practice the

Maciocia way, this practical, illustrated text makes it easier to apply TCM in Western medical practice. - Coverage of Traditional Chinese Medicine includes the diagnosis and treatment of 48 common diseases, conditions, and disorders. - Discussion of aetiology, pathology, and differential diagnoses according to TCM is provided for each disease, condition, and disorder. - UNIQUE! Summaries of Western differential diagnoses provide alternative treatment options. - Coverage of treatments includes acupuncture and herbs, with explanations of choices. - Reviews of clinical trials and modern Chinese literature report the experience of noted doctors of Chinese medicine. - Practical appendices include Identification of Patterns According to the Six Stages, the Four Levels, and the Three Burners; Prescriptions; and Suggested Substitutions of Chinese Herbs. - English-Pinyin Glossary of Chinese Terms is included. - NEW and UNIQUE! Clinical Tips provide practical guidelines to diagnosing and treating diseases. - NEW and UNIQUE! Red Flags list symptoms that may necessitate a referral to a Western physician. - NEW! Updated clinical trials and references are added. - NEW! Updated Western differential diagnosis sections are added. - NEW discussion on sexuality in Chinese medicine is added. - NEW! Additional tongue photos aid in diagnosing diseases, based on Chinese medicine protocols. - NEW! Updated, full-color photos are added. - NEW! Four new appendices are added, for a total of 10 appendices. - NEW! Reorganization of material provides easier access to key topics.

**how to stop a runny nose:** *Blow Your Nose* Susanne Moore RN JD, 2023-09-14 Blow Your Nose- To Work Smarter, Live Freely and Create Legacy takes Type A productivity junkies on a journey into their deepest emotions to help them find their unique talents and develop real connections. Along this twisty path of mind-opening quizzes, thought provoking stories and intriguing exercises, the reader may find themselves leveling up their emotional quotient (EQ) from ego-centric to empathy-centric, leading them to greater success and personal fulfillment than they ever thought possible.

**how to stop a runny nose:** FDA Consumer , 2001

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**how to stop a runny nose: Cheating on Dr. Ouellette's Anti-Inflammatory Pain Relief Diet Second Edition** Victor Jean Ouellette, 2014-07-02 INSIDE THE COVERS - Thirty lists to help you with good health - Five Diets most helpful to humans - Ten basic principles on nutrition - Requirements for your nutritional cupboard - The four cheating behaviours - Ten things that lead to cheating - Symptoms when you cheat - Twenty ways to check for food reactions - What to do when you cheat - Ten things you can do to help yourself with a food problem - How long to wait after cheating - How to deal with food cravings - Poison-food house cleaning For People in desperate pain. Anybody can give this diet three days. Try it and see how you feel. Companion Volume to Dr.

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**how to stop a runny nose:** *More Than Acupuncture* Martin Wang, 2018-04-16 Acupuncture has become more popular in recent years because it can help many patients who have not found relief through conventional medicine. As people have become more aware of acupuncture, they have lots of questions about how and why it works. This book attempts to answer the most frequent questions our own patients have asked during their visits. A better understanding of acupuncture can help patients cooperate with their acupuncturist for faster improvement of their illness. And because acupuncture is only a branch of traditional Chinese medicine (TCM), we also introduce other aspects of Chinese medicine in this book, including herbal therapy, cupping, bleeding, folk therapy, and more. The information of this book is based on the author's own understanding about Chinese medicine and goes far beyond the scope of the standard Chinese medicine textbooks. Therefore, professional acupuncturists will also find it useful to expand their own knowledge about Chinese medicine.

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### **how to stop a runny nose: Chinese Herbal Medicines: Comparisons and Characteristics**

Yifan Yang, 2009-12-09 Students and practitioners of Chinese herbal medicine must learn hundreds of commonly used herbs as the first step in studying Chinese herbal medicine. Additionally, junior practitioners lack the clinical experience required to ensure that they can skilfully select the appropriate herbs to use in the formulas. This presents them with a major challenge. Chinese Herbal Medicines: Comparisons and Characteristics presents a method of learning individual herbs through vivid and clear discussion of their characteristics and through a comparison with other herbs of their characteristics and strengths. This clear and logical approach makes it easy for the user to understand and memorize the functions of specific herbs. It also enables experienced practitioners to improve their therapeutic results through the use of better formulas. Key features of the new edition - Retains the same easy to follow format as the first edition - Presents detailed comparisons and discussions of commonly used Chinese herbs - Provides a series of thought-provoking questions with very detailed answers - Structured to help the reader to learn and memorize the content more easily - The easy-to-use question-and-answer format is convenient to apply in the consulting room - Includes discussion of clinical applications to help with the practical use of the information in clinical setting - Revised and updated with particular emphasis on the safe use of Chinese herbal medicines - New appendices provide information on safe dosages, commonly used herbal combinations and the meanings of Chinese words used in herbal names - Provides a sound foundation for the study and practice of Chinese herbal medicine. Chinese Herbal Medicine: Comparisons and Characteristics is already wellknown to students and practitioners of Chinese herbal medicine. This new, improved edition will continue to be of value to students and practitioners alike. It is now supported by a new companion volume by the same author entitled Chinese Herbal Formulas: Treatment Principles and Composition Strategies. Together these two books provide a sound foundation for the study and practice of Chinese herbal medicine. - Detailed and vivid comparisons and discussions of Chinese herbs to help the reader memorize and understand their characteristics - Structured as a series of thought-provoking questions with very detailed answers, again to help memorize the content - Includes clinical applications subsection within each section, to help the reader understand how to apply information better and more accurately in the clinical setting.

### **how to stop a runny nose: SOAP for Pediatrics** Michael A. Polisky, Breck Nichols, 2005

SOAP for Pediatrics features over 70 clinical problems with each case presented in an easy to read 2-page layout. Each step presents information on how that case would likely be handled. Questions under each category teach the students important steps in clinical care. Blackwell's new SOAP series is a unique resource that also provides a step-by-step guide to learning how to properly document patient care. Covering the problems most commonly encountered on the wards, the text uses the familiar SOAP note format to record important clinical information and guide patient care. SOAP format puts the emphasis back on the patient's clinical problem not the diagnosis. This series is a practical learning tool for proper clinical care, improving communication between physicians, and accurate documentation. The books not only teach students what to do, but also help them understand why. Students will find these books a must have to keep in their white coat pockets for wards and clinics.

**how to stop a runny nose: The Treatment of Modern Western Medical Diseases with Chinese Medicine** Bob Flaws, Philippe Sionneau, 2001 This book is a textbook and clinical manual on the treatment of modern Western medical diseases with Chinese medicine. By modern Western medical diseases, we mean all the disease categories of Western medicine excluding gynecology and pediatrics. By Chinese medicine, we mean standard contemporary professional Chinese medicine as taught at the two dozen provincial Chinese medical colleges in the People's Republic of China. The two main therapeutic modalities used in the practice of this style of Chinese medicine are acupuncture-moxibustion and the internal administration of multi-ingredient Chinese medicinal formulas. Treatment plans for each disease discussed herein are given for each of these two main modalities.

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