



hayfever

Hayfever is a common name for condition called allergic rhinitis. Most people associate hayfever with spring, when airborne pollens from grasses are at their peak. However, hayfever can occur at any time of year. This is known as perennial allergic rhinitis, which is usually caused by a reaction to allergens around the house such as dust mites, mould or animal hair or fur.

The tiny hairs and mucous that line the nasal passages trap dust, pollens and other microscopic particles that get trapped in the nose, such as pollen.

An allergic reaction means the immune system treats a harmless substance as if it was dangerous and launches an 'attack'. The nasal passages become inflamed and more mucous is produced.

symptoms

Some of the symptoms of hayfever include:

- Sneezing
- A runny or stuffy nose
- Itchy ears, nose and throat
- Red, itchy or watery eyes
- Headaches

reducing hayfever symptoms:

- Check the pollen count forecast on TV or in the newspaper. Try to stay indoors if it is a high count.
- Stay indoors as much as possible in spring, on windy days or after thunderstorms.
- In your garden choose plants that are pollinated by birds or insects, rather than plants that release their seeds in the air.
- Splash your eyes often with cold water to flush out any pollen.
- Reduce your exposure to dust and dust mites, animals and animal fur (dander).

see over for natural treatments for hayfever.



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natural treatments for hayfever:

- Quercetin - a bioflavonoid that stabilizes the membranes of the cells that releases histamine, which triggers allergic symptoms.
- Vitamin C with bioflavonoid's – immune stimulant and anti-inflammatory.
- Herbs like Eyebright, Golden Rod and Golden Seal strengthen the mucous membranes, while herbs such as Albizia, Baical Scullcap and Feverfew have anti-allergic and anti-inflammatory activity.
- Increase consumption of garlic and horseradish in diet, as these act as decongestants.
- Cod Liver Oil contains Vitamin A, a mucous membrane tonic and immune stimulant, and Omega 3 a great anti-inflammatory.

To learn more about natural treatments for hayfever please speak to one of our naturopaths who are here to assist you 7 days a week.

