

## Hayfever Fact Sheet

Hayfever is an allergic condition causing discomfort and distress to thousands of people every year. Homeopathy has a very good track record in the treatment of hayfever and below are my top tips for you to try out:

### 1. Tissue salts

Our bodies require various salts to function properly and deficiencies in these salts can be a factor in hayfever. New Era Combination H Tissue Salts will help you replenish your salt deficiencies. You can buy these in any good health food store and selected pharmacies. Take as directed on the packet throughout the hayfever season. (Contains lactose, so contact me for an alternative if you are lactose intolerant.)

### 2. Eyebright (Euphrasia) tincture

You can bring instant soothing relief to sore, itchy eyes with Eyebright (Euphrasia) tincture. Put a few drops into an eyebath with cooled boiled water and bathe your eyes whenever needed. You can buy this from most health food stores or direct from me as part of your appointment.

### 3. Local honey

There are many different tree, flower and grass pollens that can trigger hayfever. Eating honey that was produced locally is a great way to help you build up your resistance to the pollens prevalent where you live.

### 4. Keeping windows closed

Keep windows closed as much as possible, including when you are driving. Use fans and air conditioning to keep cool instead. This will reduce your contact with tree, flower and grass pollens, which in turn will lessen the hayfever symptoms you suffer from.

### 5. Homeopathic remedies during the hayfever season

You can come to my walk-in clinic to be prescribed a remedy specifically selected to match your personal symptoms during the hayfever season. Homeopathy works on the principle of 'like cures like', so the more closely a remedy matches your individual symptoms the better. Check the website for details of my walk-in clinic or contact me for other appointment times if this is not convenient for you.

### 6. Homeopathic treatment during the winter

Now this tip might surprise you.....the best time to treat hayfever is in the winter. During the hayfever season itself, you can follow the tips above to lessen your symptoms and help you cope better. The most important work, however, is done when treating the underlying causes, including your hereditary factors, as there is commonly an inherited tendency towards hayfever (including a family history of other complaints such as eczema and asthma). This work needs to start in the winter, in order to gradually reduce your susceptibility and, therefore, the severity of your hayfever in the future. So remember to book your homeopathy appointment with me around November time, to prevent your hayfever from being so bad next year.

***Please contact me or check the website for further information about how homeopathy can help you.***