

# Eliminate Hay Fever Fast!

By Helen Mawson ©

## What is Hay Fever:

Hay fever is an allergic response that occurs when your body is exposed to grass, tree, plant or flower pollen. For some reason in some people pollens are not recognised by the body and are treated as a foreign substance which stimulates the immune system to respond in order to expel the substance. For many people particularly over the summer months this can result in miserable symptoms.

## Common Hay Fever symptoms:

- Runny nose
- Streaming eyes
- Itching
- Sneezing
- Rashes
- Difficulty breathing
- Headaches

## Self Help:

### Supplements

The obvious supplement that helps to calm Hay Fever by working with the immune system is Vitamin C. The immune system can become extremely depleted when allergic reactions are being experienced. Supplementing around 2000mg is usually best. Do not exceed 2000mg if taking the contraceptive pill or consult your doctor / pharmacy.

A remedy that works as a powerful anti inflammatory and particularly useful at calming the mucous membranes is essential fatty acids. These are available in the form of Omega 3, 6 & 9 and can be taken in capsule or oil form.

Quercetin a plant flavonoid is a great Hay Fever remedy, this supplement has been known to significantly reduce the allergic response in most people.

### Herbal Remedies

Luffa complex is a herbal remedy that is used to counteract the symptoms of Hay Fever. This can be taken in tincture form and there are also Luffa nasal sprays which help reduce inflammation in the nasal passage.

Weleda manufacture a nasal spray which contains Aloe Vera this is soothing for the nasal passage and also helps prevent further pollen getting into the nose.

Potters also produce nasal sprays and soothing eye drops with a potent herbal formula, which are extremely effective.

### Homeopathics

Homeopathic remedies work by introducing minute quantities of the substance that your body is reacting negatively to. This helps the body recognise the “pattern” of the substance and become accustomed to it without reacting.

### **Local Honey**

Eating locally produced honey around 2 months before your Hay Fever symptoms start has worked for many people. This helps your body become accustomed to the local pollen and works in a similar way to taking homeopathic remedies.

### **Tapping Techniques**

There are certain points on the body that when gently tapped will help switch of an allergic reaction. These techniques have been used by people to switch off anaphylactic shock so are very powerful when used properly. To download this technique, please visit my website:

[www.complete-balance.co.uk](http://www.complete-balance.co.uk) or contact me on the number given below.

### **How Health Kinesiology (HK) Works with Hay Fever:**

HK is a system of natural healthcare which works to rebalance the body and its energy systems. HK offers techniques that can be used for treating allergies and intolerance including Hay-fever. The system uses a technique called muscle testing that can identify the allergies or intolerance that are causing you problems. A range of gentle, effective and powerful techniques will then be used in order to eliminate or “switch off” the allergy or intolerance.

**If you would like to find out more about HK or if you would like to book a session please call:**

**Helen Mawson 07904 457 075 or  
email [helen@complete-balance.co.uk](mailto:helen@complete-balance.co.uk)  
[www.complete-balance.co.uk](http://www.complete-balance.co.uk)**