



Natural therapy for hay fever & allergies

If you are suffering with Hay fever or Allergies help is at hand with Health Kinesiology (HK).

HK is a gentle yet effective therapy that uses a technique called muscle testing to reveal what you are allergic to. HK can then help to “switch off” troublesome hay fever or allergic reactions.

Spring for many people is the start of their miserable hay fever season but even if your hay fever season starts much later it would be advisable to start treatment now in order to counteract it.

Typical allergy/ intolerance symptoms include; runny nose, streaming eyes, itching, sneezing, & rashes. Hidden allergies could also be causing problems for you and could be the root cause of other health issues such as; arthritis, PMS, IBS, digestive disturbances, weight loss / gain, eczema, asthma, migraine, fibroids to name but a few.

Causes of allergies / intolerance include; foods such as wheat & dairy. A good indication of allergy or intolerance' is when you constantly crave certain foods.

Grass and tree pollen are common allergens and cause hayfever which is miserable for lots of people during the summer months. Chemicals around the home or workplace could also be causing problems as could airborne substances such as moulds. Other allergens may be more complex.

Health Kinesiology (HK) can identify and eliminate allergies and intolerance issues, raise energy levels and help you feel fantastic. HK has techniques that allow the therapist to not only detect allergies but also correct them.

The techniques used are non invasive quick, easy, effective and usually lasting. HK can also identify nutritional changes needed to support the allergy or intolerance work and any necessary supplements to be added.

For more information contact:

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