

Natural Help 4...

Hay Fever



What is Hay Fever?

Hay fever, also referred to by its scientific name allergic rhinitis, is caused by an allergic **response to certain substances in the environment**. The symptoms of hay fever can cause much discomfort and be extremely irritating – a runny nose, sneezing fits, painful red eyes or congestion – and are bound to make any hay fever sufferer miserable! Some people with this condition refuse to even venture outside during peak periods.

Symptoms and signs surface when you come into contact with allergens. These symptoms may occur at a certain time of the year and are often **triggered by tree, grass, weeds, pollen, or from spores** of the fungi and molds – this is known as seasonal hay fever. Seasonal hay fever symptoms are most common during spring, late spring, summer and fall.

Allergic reactions that are caused by dust mites, animal dander, cockroaches or spores from indoor mold or fungi and bring about year-round (perennial) hay fever symptoms.

Hay fever is a very common allergic condition and affects one in five people in the United States. It affects people of all ages, but **usually develops during childhood or early adulthood**. Hay fever tends to be hereditary and you are more likely to develop this condition if there is family history of asthma or allergies. Other risk factors include being a firstborn child, of the male gender, born during pollen season, or if exposure to dust mites or cigarette smoke was received during the first year of your life.

Various conventional medications and natural therapies can minimize and control symptoms together with certain lifestyle modifications.

Symptoms and signs

The common symptoms and signs of hay fever include:

- Runny nose with thin, watery discharge
- Watery, tearing eyes
- Sneezing
- Congestion
- Itchy, red eyes
- Cough
- Facial pain and pressure

Additional symptoms include itching in the back of the mouth and throat, fatigue,

**Sign up for our
Email Newsletter
for Even More
Natural Health
Information!**



[Click Here >>](#)

The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

irritability and loss of taste and smell.

Diagnosing Hay Fever

The [diagnosis of hay fever](#) is usually based on your symptoms, a physical examination and medical history. If allergies are suspected, certain tests such as skin testing to check for **signs of an allergy reaction** or blood tests may also be performed.

What Causes Hay Fever?

[Hay fever](#) occurs when an allergen such as pollen or fungus spores comes into contact with the mucous membrane in your eyes or nose. The **immune system mistakenly identifies the allergen as an invader**, and an antibody known as immunoglobulin E (IgE) is produced to combat these substances. The IgE antibodies secrete chemicals such as histamine that brings about sneezing, a runny nose and watery eyes.

Help for Hay Fever

The [treatment of hay fever](#) depends on the particular **substance or allergen that is causing the hay fever attacks**. If you are aware of the allergen responsible for your [hay fever](#), you can avoid it. Various medications such as topical and oral antihistamines, corticosteroids, mastocyte stabilizers and nasal congestants can relieve and control the [symptoms of hay fever](#). If these medications are not effective, other treatment options such as allergy desensitization or immunotherapy may be required.

Natural Remedies

Natural and holistic treatments offer a much healthier alternative to help **reduce the symptoms of hay fever** and provide effective relief. Many herbal and homeopathic remedies have healing properties provided by Mother Nature which are safe and gentle on the body's system – without the unwanted side effects of antihistamine drugs!

Two well known herbs such as *Urtica urens* and *Plantago lanceolata* (also known as plantain) have been used for many centuries to treat inflammation, allergies and respiratory complaints, and also effective anti-inflammatory and astringent properties. Homeopathic ingredients such as *Allium cepa* and *Ars. Iod* help to **minimize the symptoms of hay fever** which include stinging, burning, streaming nose and eyes, violent sneezing attacks and wheezing chest.

Tips for Coping with Hay Fever

There are several helpful tips to minimize the [symptoms of hay fever](#) and these include:

- Avoid allergens as much as possible once you are aware what is causing your allergy
- Eat a healthy, balanced diet to support your immune system



NativeRemedies
THE NATURAL CHOICE

LIVE A HEALTHY LIFE!



Proven, Safe,
100% Natural Herbal and
Homeopathic Remedies
for You and Your Family

[CLICK HERE](#)

Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- Close doors and windows to prevent pollen and spores from blowing into the house
- Wear close-fitting sunglasses to prevent pollen from blowing into your eyes
- Avoid with areas with a high count of pollen such as gardens, grass, parks or fields
- Keep pets out of the house, especially the bedroom and living room
- Wash clothing and hair regularly because pollen can cling to it
- Vacuum carpets and dust regularly with a damp cloth
- Change bed sheets regularly and cover mattresses with mattress protectors
- Stop smoking and do not allow others to smoke in your home or presence
- Keep your home well-humidified
- Reduce your intake of alcohol – alcohol can be dehydrating and increase [symptoms of hay fever](#)

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional,

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

Great Health Sites

[Naturally Beautiful Me](#)

[Natural Pet Health Blog](#)

[Natural Holistic Health](#)

[Mom's Blog](#)

[Health or High Water](#)

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Remedies4 - Free Natural Health Ebooks](#)

mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

BronchoSoothe: Natural asthma remedy helps to relax and open airways for



**Monthly
Specials**

**Up to 25%
Savings!**

CLICK HERE!



NativeRemedies
The Psychologist's
Natural Choice

**Proven Products.
Excellent Service
and Delivery**

normal breathing.

Triple Complex BronchoSoothe is a safe, non-addictive, natural remedy containing *100% homeopathic ingredients* especially selected to temporarily **relieve tightening of the chest to open airways and improve respiratory health.**

Triple Complex BronchoSoothe is a *combination of three biochemic cellular-supporting tissue salts* and may be taken at the first signs of **chest constriction, closed airways or abnormal breathing** for effective, temporary help.

Triple Complex BronchoSoothe is taken internally to support lung and bronchiole functioning, and **maintain respiratory tract and immune system health.** Presented in small tablet form, Triple Complex BronchoSoothe is easy to ingest and hassle-free with **no artificial colors or preservatives.**

Due to its unique homeopathic formula, Triple Complex BronchoSoothe is *safe for all ages, as well as during pregnancy and nursing.*

[Learn more about BronchoSoothe](#)

SOSHistaDrops: Helps maintain healthy, clear eyes and noses during the allergy season

SOS HistaDrops combine natural ingredients known for their ability to **maintain balance in the immune system** and to support histamine levels within the normal range – supporting clear eyes, noses and easy breathing.

Manufactured in a fast-acting tincture formula, SOS HistaDrops provides on-the-spot support when you need it. This safe and **effective natural formula can be used by adults and children**

[Learn more about SOS HistaDrops](#)

Read the testimonials for these quality products [here!](#)

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee.](#)



[Read more about the Native Remedies Full Spectrum Approach™](#)

Find More Great Health Ebooks at Remedies4.com

The statements regarding these products have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. The information on this Web site or in emails is designed for educational purposes only. It is not intended to be a substitute for informed medical advice or care. You should not use this information to diagnose or treat any health problems or illnesses without consulting your pediatrician or family doctor. Please consult a doctor with any questions or concerns you might have regarding your or your child's condition.

All images on this site are property of Native Remedies LLC and/or the original image licensors. The content of these images is not meant to suggest that the person depicted uses or endorses our products or services. Informational material and representations have been provided by the manufacturers of the listed products. Copyright © 1997-2008 Native Remedies, LLC. All rights reserved.