

# Newton Abbot Homeopathy Newsletter

Spring 2011

## Isn't it time to end hay-fever misery?

Most of us love the Spring and Summer, but for those who suffer with hay fever the sight of pink blossoms and yellow fields also heralds continual sniffing and blowing as well as the distress of watery, itchy eyes. These symptoms can plague some people all year round – doctors call this condition perennial allergic rhinitis, but even seasonal hay fever is now much more common worldwide than ever before and it is claimed that about 1 in 5 people have this condition!

Hay fever is triggered when we come into contact with environmental factors such as pollens or allergens. They enter the upper respiratory tract – the nose, eyes, throat and sinuses – and the body reacts in an effort to neutralise and expel them.

Most conventional treatments for hay fever include anti-histamines which often work well in the short term, but have the often unpleasant side effect of causing drowsiness, sometimes so severe you are unable to drive or operate machinery. There are, however some natural things to try, although they rarely give us the quick fix we expect from conventional medicine:

Feverfew: best known for preventing migraines, this possesses anti-inflammatory properties that may relieve allergies. You can nibble one or two fresh leaves a day or make them into a tea, but the bitter taste may drive you to use a liquid extract or capsule. Typical dose is up to three 400 to 500 mg capsules per day; or 15 to 30 drops of tincture per day.  
*Caution – about 10% of people report mouth ulcers, tongue inflammation or lip swelling. Do not use if you are pregnant.*

Honey: a desert spoonful of local honey each day.

Liquorice: anti-inflammatory and anti-allergy, liquorice has actions that are similar to cortisone drugs. There are 2 types of liquorice, and for hay fever you need whole liquorice. Typical dosage is up to six 400 or 500 mg capsules per day or 20 to 30 drops of tincture up to 3 times per day.

*Caution – do not use liquorice for longer than 6 weeks and do not use it if you are pregnant or breastfeeding, or have high blood pressure, diabetes, thyroid, kidney, liver or heart disease. If you are already taking corticosteroid allergy medications, consult a doctor before adding liquorice to your treatment.*

Garlic: contains the anti-inflammatory substance quercetin, which can help calm the allergic response during hay fever season. A typical dose is up to three 500 to 600 mg capsules per day or just eat one or more fresh, raw garlic cloves per day.

*Caution – consult your doctor before taking garlic if you have stomach inflammation, take warfarin or other blood thinners, or if you expect to have surgery soon.*



Reishi: this Chinese remedy boasts several health effects, including an ability to reduce allergies. In China it is used to treat asthma and allergies and is available in capsules.

One long-term solution is to see a homeopath. Treatment will increase the body's natural resistance so that it becomes less sensitive and less easily attacked by outside factors. *Continued over page...*

This newsletter is given with compliments by your local homeopath:

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Many people have found that after suitable treatment their hay fever gradually improves until it is no longer a problem. In the summer months once the allergic response has been triggered it is usually best to treat the presenting symptoms with acute homeopathic remedies. These can be very successful and will almost certainly take away a lot of the immediate symptoms. For long term relief, treatment is also recommended during the winter months when the condition is dormant.

The best known acute homeopathic hay fever remedy is Allium Cepa (red onion). It is a good example of the homeopathic principle in action – what the substance will cause, it will also cure, so, thinking of the symptoms you get when peeling onions, these are the symptoms the remedy will relieve. If this remedy does not work for you ask your homeopath for others to consider.



#### GENERAL ADVICE

- Increase your fluid intake to replace lost fluids
- Rinse eyes and nasal passages with sterile water to dilute the pollen
- Inhaling steam can help relieve swollen airways
- Try to take the indicated acute homeopathic remedy at the first sign of hay fever
- Take Vitamin C (500 mg two or three times a day) and Omega-3 fatty acids.

This newsletter is for guidance only; please always seek the advice of your homeopath if you are unsure about using homeopathy. Remember, your homeopath can help with many health problems that you may not realise homeopathy can treat. Phone up and find out.

#### IS BUYING ORGANIC WORTH IT?

To my husband's horror I'm a big fan of organic food (he's a big fan of saving money) and some organic foods do seem to be a bit of a rip off when their conventionally grown counterparts are already grown using very low amounts of pesticides and the food in question needs to be peeled anyway (such as bananas).

According to the Environmental Working Group which is a reliable source when trying to decide on what to buy organic, the following foods rank as the most pesticide-free produce, even when conventionally-grown, so you can save money by opting for the conventionally-grown version of these: Onions, Pineapple, Asparagus, Aubergine, Avocados, Mangoes, Kiwi, Cantaloupe and Water melons, Cabbage, and Frozen peas.

The foods which are worth spending a bit more on and buying organic are foods that have permeable or edible skins, and/or that are conventionally grown with higher amounts of pesticides and include: Grapes, Cherries, Nectarines, Strawberries, Potatoes, Spinach, Blueberries, Peaches, Kale, Apples and Celery.

So, sometimes, just because it's organic doesn't mean it's worth a much higher price!

#### FIRST AID TIP

A great remedy for urinary problems, especially mild infections is *Nat phos 6x*. Taken every hour at the onset of an infection it can often stop it within hours or. There are other more deep acting remedies that should be considered for the specific case but *Nat phos* is known to support this sensitive area. But it doesn't stop there! Throw away your antacids! It's the first choice remedy for most simple case of indigestion. Taken every hour or so, it will not only solve most indigestion cases, but make the next bout less severe and less likely to even occur at all. No questionable ingredients, no side effects...nothing but pure, homeopathic medicine.

#### GOOD NEWS!

If you recommend a friend and she or he lets me know that you have recommended me, I will send you £10 (or £5 for a child's consultation) as a thank you.

