

# Homeopathy & Hay fever

Hay fever is an allergic response to pollen that affects the mucous membranes of the nose, eyes and air passages. Symptoms include watery discharge from the nose and eyes sneezing and irritability. This can be caused by the pollen of various grasses and plants, timothy grass and rye grass cause most problems in the summer and tree pollens peak in the spring; the pollen is air-borne and can be blown over long distances in the breeze. It is a seasonal allergy.

Many of the symptoms of hay fever are similar to those of the common cold, colds are often associated with mild fever and are usually gone within a week, while hay fever sufferers often have a feeling of being 'wiped out' for weeks on end. Most cases of hay fever occur in the spring and summer when the antigen is grass pollen. Pollen is recognised as a foreign body - an antigen. Like an infectious molecule- such as a virus - it stimulates the immune system to generate antibodies. Because of the action of these antibodies, the mucous membranes in the nose and surrounding areas release histamine and other substances, which are normally produced in response to infection. The role of histamine is to dilate local blood vessels, making them more permeable, and thereby helping components of the immune system to get to work clearing up any irritation. As a result, some people show the classic symptoms of itching, sneezing, a streaming or blocked nose and itchy, red, watery eyes. Around thirty per cent of people also experience wheezing or breathlessness, this is known as 'pollen asthma.'

Conventional treatments is anti-histamine tablets and nasal sprays, which give some temporary

relief but may cause side-effects of drowsiness and effect coordination. In severe cases steroid preparations are prescribed, these can depress more important immune function, and tend to deepen the imbalance in the natural defence system.

Homeopathic remedies can be used along side or instead of conventional medicines. Your doctor or pharmacist's recommended treatment maybe greatly enhanced by the addition of a homeopathic remedy, do let him know if this is the case. Practitioners think of homeopathic medicine as complementary as well as a valuable alternative to orthodox medicine. Some drugs, steroids for example- may slow down the homeopathic response, so far none appear to stop it.

Remedies are easy to administer usually in the form of powders, granules, tablets or pills. They have a neutral or sweetish taste, which makes them easy to take especially by children. In acute conditions the response to a homeopathic remedy can be astonishingly quick. In chronic (longer lasting) conditions cure may take longer since there may be some bodily changes and weakness, these would need to be dealt with by a qualified homeopath. Practitioners may well recommend starting to treat before the hay fever season starts in order to strengthen the patient's constitution and reduce their sensitivity to pollens.

This process has been likened to peeling an onion - removing one layer after another until the centre root cause is reached. A further advantage of homeopathic treatments is that no side effects occur, on some occasions it is possible that a patient's symptoms may worsen for a short while

as the body rebalances itself. In addition to being safe and easy to give, free of side effects and often-quick acting in acute illness, homeopathic remedies are inexpensive; an average course of treatment costs very little in comparison with some modern drug regimes.

## Some useful suggestions for sufferers

- Don't walk in long grass.
- Keep windows and vents closed in the car. If you drive a lot, air conditioning or an electrostatic air filter in the car's ventilation system can help. If you have neither, turn off the ventilation.
- Keep windows closed as much as possible and hang net curtains to help trap any pollen.
- Stay indoors during peak pollen times - 7am to 9am and 3pm to 7pm.
- Avoid mowing the lawn during the daytime, as it creates clouds of pollen. Even better ask someone else to do it for you.
- Avoid grass and hedge cuttings.
- Wear wrap around sunglasses to protect eyes when going outside.
- Avoid stroking pets that have been outside - they may be carrying pollen on their fur.
- Shower and wash hair after being outside to eliminate all traces of pollen.
- Avoid contact with cigarette smoke; wearing perfume is not a good idea.
- When planning holidays, remember mountains tend to have fewer flowers, and pollen counts are lowest by the sea.

Itchy eyes can be bathed in a solution of Euphrasia. Put one drop in an eye-bath of water. NEVER put tincture directly into your eye.

- Applying a cold pack on the nose and face can help inflamed nasal membranes.

- Try splashing your face with cold water, or sniffing cold water up through your nostrils to soothe the inflamed membranes.
- Cut out all dairy products and wheat if you can for the duration of the hay fever season. These are the most likely food allergens, which may aggravate your symptoms.
- If you have to blow your nose, do so gently. Hard blowing can burst the grains of pollen, which increases their irritant effect.
- Putting Vaseline inside the nose to stop pollen settling in the lining of your nose.
- Use an ioniser indoors. Ionisers give off a negative charge which can help to reduce the amount of allergens in the air.

### Hay Fever Program

In addition I use my own Hay Fever Program which consists of two combination or formula remedies which are new versions of my very successful homeopathic hay fever treatment which was pioneered after the Foot and Mouth epidemic in 2001 when due to lack of grazing grass pollen levels were unusually high. Both remedies are a very effective alternative treatment to patients who would prefer not to use anti-histamines (even though they can be used together if necessary!).

### Stop & Prevent Allergy Formula

It should be given once a week before the patient's hay fever season for 2-3 months to attempt to desensitise a patient. And up to four times a day for any acute hay fever symptoms. It contains mixtures of weeds & shrubs, flower pollens, grasses, moulds, tree pollens. Recently local tree pollens from the Burren area have been added which include flowering currant, whitethorn, blackthorn, hawthorn, rowan & hazel.

### Treat Acute Hay Fever (Plant) Formula

This is a new combination of traditional homeopathic remedies used for acute hay fever. It can be used instead of or in conjunction with the **Stop & Prevent Allergy Formula** up to four times a day for any acute hay fever symptoms. It contains over 60 homeopathic plant remedies.

N.B. Although the Hay Fever Program can be purchased on its own it is much better to have a consultation with a professional homeopath before starting the program.

### How to get more information

If you wish to discuss homeopathic treatment for your hay fever and/or to buy the **Hay Fever Program** please phone or email Michael Thompson. Also for more information about homeopathy, acupuncture, clinic locations, treatment costs etc please visit my website [www.naturalmedicineworks.net](http://www.naturalmedicineworks.net)

There are also two other hay fever remedies that are generally available only on prescription and may be needed by some sufferers:

### Hay Fever Nosode/Sarcode Formula

This is a formula which acts as an additional preventative and is taken just once or twice a week.

### Treat Acute Hay Fever (Mineral) Formula

This an alternative to the **Treat Acute Hay Fever (Plant) Formula**. It contains over 40 homeopathic mineral remedies.

# HOMEOPATHY & HAY FEVER

**Michael Thompson**

FSHOM LIC.AC MTCMCI

*Natural Medicine Works Clinic*  
4d Market Walk  
Northampton NN1 4BU  
01604 628767

*The Health Haven*  
43 Merchants Square  
Market Street, Ennis, Co. Clare  
065 68 40613

*Natural Medicine Works Clinic*  
Culleen, Tubber, Co. Clare  
091 633344

[michaelthompson@eircom.net](mailto:michaelthompson@eircom.net)  
[www.naturalmedicineworks.net](http://www.naturalmedicineworks.net)