

The most effective way to help Hayfever using homeopathic remedies is:

- ◆ Treating the “whole person” before the season starts
- ◆ Treating the acute symptoms during the Hayfever season.

Homeopathic 'constitutional treatment' is aimed at stimulating the immune system to improve the individual persons' overall health as

Maggie Bevington is a mum with 2 teenage children and worked as a Registered General Nurse for 20 years. She qualified as a homeopath in 1994 and is a Registered member of the Society of Homeopaths - the largest professional body for homeopaths in the UK.



Maggie has opened her new family homeopathic practice in July 2004.

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## Homeopathic remedies for hay fever



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# Homeopathic remedies for hay fever

In allergic conditions like Hayfever, the immune system 'over-reacts' to substances such as pollen, dust and animal hair. Allergies often run in families and certain factors such as emotional stress, depression, pollution, vitamin deficiency, too much alcohol/ junk food, dairy foods and not enough sleep, can aggravate symptoms.

There are lots of natural ways to treat Hayfever and most health stores will offer a range of treatments including herbs, homeopathic medicines, essential oils, local honey and supplements.

Hayfever is a good example to explain how homeopathic remedies work because the type of pollen that causes the Hayfever can be used to treat the symptoms. It's similar to taking **local honey** produced from the pollen in the atmosphere around you, to help your



In homeopathy, ***the substance that causes symptoms can be used to*** treat the same symptoms, for example, in Hayfever if you are badly affected by mowing the lawn then you may be helped by taking the remedy *Grass pollen 30c*

Remedies may be made from poisons such as ***arsenic*** but they are so vastly diluted that they have no harmful side effects: *arsenicum album* is good for Hayfever where watery discharges

Two other main **homeopathic remedies** used in hayfever are *allium cepa* which is made from the red onion and *euphrasia* - made from the herb eyebright.

**Allium cepa** is especially helpful when the worst symptoms are watery eyes and a sore, red, runny nose.

**Euphrasia** is also good for watery eyes particularly if they sting and burn, whereas the runny nose isn't so red and sore.

**Arundo** is useful when the main symptom is itching, especially in the eyes and roof of the mouth.

**Sabadilla** is a useful remedy where the worst symptom is violent sneezing, with watery eyes and burning eyelids, sore throat and chilliness.

Most of these remedies are available in health shops as is the herbal mix called ***luffa complex*** which is also believed to be very