



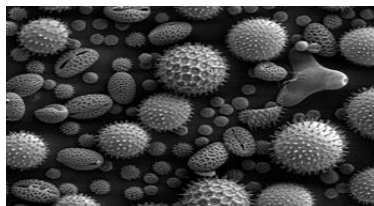
Answers to Your Questions...

Q. Has hayfever become more common in recent years?

A. Yes. Almost unheard of before the beginning of the 19th Century it has only become a common condition in the last 100 years. Countries as far away as Japan where it was unknown report a rising incidence.

Q. What advice can you offer for sufferers of hayfever?

A. If possible, avoid exposure to air borne pollens and spores and at times when the pollen count is high, especially in the early morning, mid morning, late afternoon or early evening, try to keep windows/doors closed. Cool showers during an attack can offer relief and wash the pollen off the hair and shin, as can smearing a balm or soothing gel inside the nostrils which can trap the tiny grains like those shown below.



E.M photo Magnified pollen grains.

Q. Can I take homeopathic remedies together with antihistamines?

A. The homeopathic treatment of hayfever is very different from the use of conventional treatments which suppress the body's

response to the pollen. It is better to use only one type of treatment.

Q. I suffer from hayfever every year and I'd like to know if there is any way that homeopathic treatment can be used to get rid of my hayfever completely?

A. Often if the hayfever is bad every year then a constitutional treatment given by a Registered Homeopath may be more help.

Q. What time of year should I see a homeopath for constitutional treatment for hayfever?

A. If possible it is better to see your homeopath in the winter or early spring. A visit for treatment in late February or March once a year for three years can reduce your tendency to experience hayfever. Allergies to cats and dogs can also be treated in this way.

Q. What remedies can you recommend for hayfever?

A. For success the remedy needs to be chosen on the basis of the closest match to the individual's symptoms. There a number of remedies which are more frequently chosen and these include Allium cepa, Euphrasia, and Natrum mur. For a more comprehensive list please see inside this newsletter.

Q. I suffer from hayfever and my biggest problem is itching eyes. Can you recommend anything for this?

A. It is possible to sooth itching eyes using Euphrasia Tincture available from Neal's Yard. The tincture must be diluted according to the recommendations of the suppliers. The dilute tincture can then be used to give topical relief as an eye bath.

Neal's Yard Remedies are available locally at 23-25 Morgan Arcade Cardiff CF10 1AF. 029 2023 5721 <http://www.Nealsyardremedies.com>

Homeopathic Practice Newsletter

Spring 2008

Allergies

"The reaction can be life-threatening, mild or somewhere in between".

Allergens range from cat hair to mobile phones and from the smell of grass to peanuts. The reaction can be life-threatening, mild or somewhere in between but whatever the response to the allergen, the body's biochemistry will have been triggered into making abnormal changes.

The severity of the changes determines whether the reaction is called 'intolerance' or an 'allergy'.

Individual hypersensitivity

However severe and whatever way the reaction is expressed, it is the individual's hypersensitivity to the trigger that is the maintaining cause and not the allergens themselves.

A pollen grain to fur

The sensible action is to be screened to discover what substances or foods to avoid. This is extremely important in the case of food allergies: wheat, gluten, eggs, nuts, and shellfish are some of those substances which can cause severe even fatal consequences.

Quarterly Newsletter

For previous copies of the newsletter, log on to my website at:

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while those who suffer from hayfever can often tell which plants cause them problems.

Not so 'sweet' sweets

Mothers of hyperactive children usually realise fairly early in the child's life that food colourings (particularly in sweets) and preservatives in foods are potential hazards.

Inherited tendency'

Inherited disease patterns are always present and these are the main reason for extreme sensitivity that is common in all allergy sufferers.

In some cases a family member in a previous generation has suffered from tuberculosis which can make the treatment more straightforward but sometimes it is not clear. Sometimes there is 'complex and convoluted family history which the homeopath has to tease out layer by layer using remedies sequentially with the patient's changing condition dictating pace and direction.

Hayfever

Hayfever² or allergic rhinitis occurs as a response to something in the air most frequently pollen and at this time of year, in the Spring, it starts to become problematic. It is also the time when something can be done to help.

The response

Pollen grains cause our body to produce an antibody called Ig E which circulates in the blood and sticks to specialised white blood cells called mast cells. This causes the mast cells to produce *histamine* which is the chemical which results in all those familiar hayfever symptoms.

The body over reacts to the irritants and by drawing fluid to the site of the 'attack', causes redness, warmth, swelling, itching and tickling.

Eyes and ears are affected the most, but lips, ears, throat and lungs can be also be involved.

Different pollens cause hayfever at different times

Hayfever which develops in the spring is usually due to tree pollen whereas if it develops in the summer the grasses and weeds are the likely cause.

There are many people who suffer from 'hayfever' in response to moulds and fungal spores which can develop at any time of the year but in particular between mid-March and November.

Allergic rhinitis occurs all year round; often aggravated by some for of food allergy. In both conditions there is usually a family history of ASTHMA or ECZEMA

Un-natural remedies

Conventional treatments³ include antihistamines which block the action of the histamine, but some can cause drowsiness and increase the action of alcohol; decongestants, which can damage the nasal membranes if used for any length of

time; steroid nasal sprays, which reduce inflammation; and desensitizing injections, which eventually switch off the body's reaction to a particular antigen, but which have also been known to cause anaphylactic SHOCK or lead to full blown asthma; for this reason, such injections are no longer given by GPs and only rarely by hospital allergy clinics.

The homeopathic view

The view of homeopaths is that hayfever and allergic rhinitis are deep-seated conditions which require, in the first instance, constitutional treatment; hayfever in particular may take two or three seasons to cure. For this reason it is recommended that a REGISTERED HOMEOPATH Is consulted who will be able to determine the appropriate treatment and this would ideally occur in late February to mid March, which is about 6-8 weeks before the trees begin to produce their pollen in April/May.



Some of the Homeopathic Remedies used to treat Hayfever

The following list includes some of the Homeopathic Remedies used to treat Hayfever and all are available from **Neal's Yard Remedies**.

The remedies are associated with specific symptoms and discomfort and to choose a remedy the symptom picture of the remedy should closely match the individual's hayfever symptoms.



Allium cepa Nose and eyes stream. Frequent and severe sneezing. Worse in the morning and indoors.

Arsen alb Nose tickles violently. Sneezing violent and painful with watery burning discharge, making the upper lip sore.

Euphrasia Eyes burn, itch and water constantly. Runny nose with much sneezing.

Gelsemium Violent sneezing with blocked nose. Face hot and flushed.

Nat mur General remedy where condition is allergic response to pollen.

Mixed pollen Copious catarrh and sneezing, often with cold sores or mouth ulcers.

Nux vom Irritation of nose, eyes, face and throat with prolonged bouts of sneezing.

Pulsatilla Copious thick catarrh and sneezing. Relieved by open air

Silicea Sinusitis with blocked, stuffy nose. Worse on first waking.

Other remedies which have been used to treat hayfever include:

Arundo—early hayfever season, tickly nose and itchy throat, no discharge.

Dulcamara- smelling new-moan hay, constant sneezing, stuffy or streaming nose, swollen watering eyes, worse for being outside.

Psorinum-sensitivity to cold, wants to lie down, streaming nose, bland or burning nasal discharge.

Sabadilla- violent sneezing, watering eyes, eyelids red swollen, headache sensation head is shrinking, thinking dull, slow, warm

drinks sooth sore throat. **Sanguinaria**-chronic rhinitis, dry congested nasal membranes.

Wyethia.-use early in the season.

Frequency of Dose and potency

The specific remedy should be taken as often as necessary for up to 10 doses in the case of an acute attack in a 6c potency.

Self help measures

Reduce exposure to the known irritants for example keep tract of daily pollen counts and try to avoid going outside at times of day when the level is very high i.e. early to mid-morning and late afternoon or early evening.

Prevent the nose from becoming dry and sore by applying a little vaseline inside each nostril or 2 drops of pure almond oil inside once a week.

Most sufferers are affected by bright sunlight making their eyes sore or causing headaches so if they go out in the sun a sun hat and sunglasses will give some relief.

Gently blow the nose as this prevents the pollen grains from bursting which increases their irritant effects. Eyebright (*Euphrasia officinalis*) has been used to treat eye infections from early times and a drop or two of the Tincture into cool boiled water makes a soothing eye wash for itching eyes.



"Achoo"

Other beneficial remedies available from **Neal's Yard** include:

Eyebright and Nettle Tea
Eyebright and Elderflower Formula
Euphrasia Tincture
Viridian Quercetin 30 Capsules

Ref:1.The Homeopathic Companion-Colin Griffith:2.- The vitamin and Herbal Experts
3:Family Guide to Homeopathy- Dr. Lockie.