

Dear Jacquie

Your queries about natural health answered by **Jacquie Lane** from the College of Naturopathic Medicine

Dear Jacquie,
Help! At this time of year I get really bad hay fever. I don't want to take Antihistamines again. What natural remedies are there?
TL, Brighton

Hay fever is an allergy to pollen, the most common culprit being grass which is worse from May to July, but many people react to tree pollens also, which are worse from March to May. The symptoms are due to your immune system reacting to the pollen. Cells on the lining of the nose and eyes release histamine and other chemicals when they come into contact with pollen. This causes inflammation in the nose (rhinitis) and eyes (conjunctivitis). Sometimes the sinuses and throat can also be affected.

Reducing your exposure can help, but staying indoors with all windows shut is not always possible! Avoid cutting your own grass or breathing in your neighbour's newly cut grass.



Shower when you get in after being exposed to pollen (pollen from your hair can get on to your pillow). Wear wrap-around sunglasses when you do go out, and apply a special pollen barrier cream around and inside the nose.

There are many natural options you could try but for maximum results it's usually best to start before the problem arises. Some

are homeopathic and others are nutritional supplements. An antioxidant called Quercetin from red skinned apples and onions may have natural antihistamine properties especially when combined with Bromelain, an enzyme from pineapple. Taking two teaspoons per day of natural local honey may also be helpful; see your local honey bee farmer. Ginger and garlic can help so use them as often as you can in your cooking.

Research suggests that Omega 3 fatty acids may reduce inflammatory chemicals in the body which contribute to hay fever. Good sources include flaxseed oil, walnuts (un-roasted/unsalted), and fish oil capsules for a concentrated source.

Salt pipes which involve inhaling through a clay pipe can help cleanse the respiratory system, and saline water sinus sprays can help cleanse the nasal passages of pollen.

As always, see your natural healthcare practitioner who can put together a specific plan for you.

If you have a general health query that you would like to raise here you can email Jacquie at healthqueriesforWave@naturopathy-uk.com. Please note that Jacquie cannot enter into individual correspondence unless your query is chosen for publication.

See your health professional for advice

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Jacquie Lane is a lecturer at the College of Naturopathic Medicine (CNM) and the Director of Studies at CNM in Brighton. Jacquie also runs her own nutrition clinic in Brighton and manages a biological testing lab specialising in digestive issues.

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