

HAYFEVER – WHAT SYMPTOMS DO YOU SUFFER?

CONGESTION

A stuffy nose occurs when allergens cause blood vessels inside the nasal passages to swell. It can also cause a runny or dripping nose

EYE IRRITATION

Eye irritation is a painful and common hay fever symptom. Redness, wateriness and itchiness are a part of the body's defence mechanism against allergens

SNEEZING

Sneezing is one of the most frequently experienced hay fever symptoms. Sufferers may experience multiple sneezing episodes when exposed to triggers.

SINUS PAIN

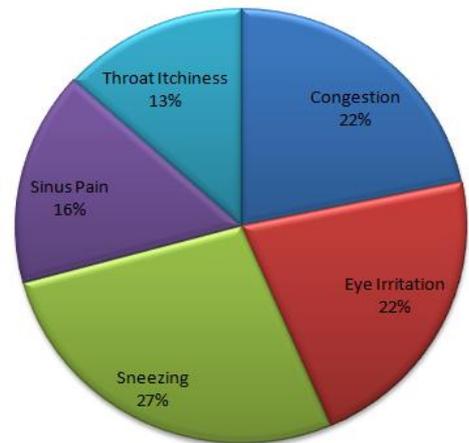
Swelling of the small cavities behind your forehead during hay fever can prevent mucus from draining out of the sinus causing pain and sometimes leading to infection.

THROAT ITCHINESS

An itchy throat is a result of postnasal drip– when your mucus becomes thicker going into your throat and leading to pain and irritation there

PREVENTION

- Wear spectacles (Sunglasses) while going outside.
- Wash your hand regularly.
- Follow the treatment recommendations of your health care provider.
- Moving to a new part of the country usually doesn't help. People who do this often find themselves with new allergies within a few years.
- Use air conditioning and limit outside exposure during hay fever season.
- Allergy shots may help reduce the severity of your symptoms.



HOW CAN HOMEOPATHY HELP?



In conventional medicine, *anti-histamine* or *steroids* are often recommended and can be effective but they mostly work partially or even sometime just as *palliatives*. For these reasons, homeopathic practitioners attempt to avoid such treatment which are palliatives or not permanent. Homeopathy is a form of complementary healthcare that works with our natural healing process and has been successfully used for over 200 years.

Contact here to make an appointment!

London practice address:

Pulborough Road 88
London, SW18 5UJ, UK
Tel: (+ 44)- 78- 33592015
Email: abdulhayee.m@gmail.com

Amsterdam practice address:

Krugerplein 21 HS
1092 KA, Amsterdam, NL
Tel: (+ 31)- 6-16093840
Skype: mehmoed.abdul.hayee

For more information: www.homeopathyforeveryone.com