

Hay Fever and Homeopathy

During spring and early summer, many people experience sneezing, a runny or stuffy nose and streaming or itching eyes, as the level of pollens in the air increase. For some, hayfever is merely an inconvenience, but for severe sufferers the symptoms can be quite debilitating. Conventional treatment is usually the use of anti-histamines, which are commonly available over the counter from pharmacies.



Homeopathy is a nature healing system and it heals the illness from its root...

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.



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. 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.

Symptoms:

- Itchy nose, mouth, eyes, throat, skin, or any area
- Runny nose, Sneezing, tearing eyes
- Stuffy nose (nasal congestion)
- Problems with smell.
- Coughing
- Clogged ears and decreased sense of smell
- Sore throat
- Dark circles under the eyes
- Puffiness under the eyes
- Fatigue and irritability
- Headache

What our patients says about us!

"My symptoms were totally subside in just one week, unbelievable. And now I have passed whole month without any inhaler and steroid. Thanks... It surly helped me a lot. Thanks." ~Ahmed, Den Haag, NL

"Dear Mehmood, thank you very much for sending me the remedy for my Hay Fever problem. It's excellent and I'm so grateful to you to prescribe me such a wonderful remedy. Best wishes," ~Amjad, London, UK

"I am alhumdolillah better, no sneezing or breathing difficulties. Thanks." ~S. A, London, UK

"After the remedy; my symptoms were dramatically disappears in a week. My headache is also better." ~S. Khan, Germany

Book your appointment!

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