



Hayfever Remedies

Could seawater be the treatment for hayfever?

Hayfever is an international health problem. An estimated 12 million Brits are affected each year and two out of every five children develop hayfever by the time they're six. Furthermore, following the work of many researchers, the WHO (World Health Organisation) considers it a major risk factor for asthma.

As always with allergies, reducing the contact with allergens is the first measure to apply. So, could you avoid the misery of hayfever by keeping your nose clean and allergen free by using a sea water nasal spray?

Hayfever is brought on by an allergic reaction to pollen, which, breathed in via the nose causes irritation leading to the usual symptoms of watery eyes, sneezing fits and a blocked or streaming nose.

Sterimar nasal spray is made from pure, sterilised sea water and is recommended by GP's and ENTs globally. It's clinically proven effective in reducing the quantity of irritants in the nasal mucosa, which build up and can cause a hayfever reaction. Entirely natural, it's suitable for the whole family and can be used as often as you feel necessary.

STÉRIMAR is CE marked and costs only £5.99 and is available in Boots, Lloyds and independent chemists. www.sterimar.com

Homeopathy to relieve Hayfever Symptoms

Homeopathic remedies that can be very helpful in relieving hayfever symptoms.

Helios Hay Fever Combination 30c

This remedy is made by combining the three top remedies used to alleviate the most common hay fever symptoms of Allium Cepa, Sabadilla and Euphrasia.

Mixed Pollens and Grasses 30c - a remedy made from many varieties of pollens which can be used on its own or often enhances the action of the combination Hayfever remedy.

For a more permanent cure a consultation with a homeopathic practitioner is recommended.

Information supplied by Helios Homeopathic Pharmacy 01892 537254 Helios Clinic 01892 557690



Cleaner - No Smells, No Sneezing, No Allergies

Aerstream Technology has produced the scientific appliance cleaner. It cleans the air, removing stale smells, whilst also helping with allergic reactions. Suitable for the home or office, this new technology significantly reduces unwanted particles such as dust mite and cat allergen, clearing the air by up to 86 per cent. This is done by dispersing electrostatically-charged droplets of liquid that bind to the unwanted articles, dragging them to the ground and removing them from the air. This small, compact design allows it to be easily moved around the house or office. RRP £29.99

www.cleanaer.co.uk/products.asp

MyairZone' is the world's first re-chargeable personal ioniser that can be worn.

Originally designed to provide travellers and commuters with an ioniser that would afford protection from infection in crowded confined spaces,

MyAirZone has been shown to offer quick relief from hayfever symptoms! Hayfever sufferers who wear MyAirAzone will be amazed to find their symptoms disappear within 10 minutes. Ionisers work by replacing the depleted ions which charge particles like dust, pollen and pollutants in the air and cause them to settle. Research has also established a clear link between the level of ions in the air and the amount of 'free' histamine in the blood-stream. As the negative ion level increases, so the histamine level decreases, reducing the body's reaction to the allergen. www.myairzone.co.uk

