

Don't be Drugged up to the Eyeballs this Season

Submitted by: Excellart

Tuesday, 26 February 2013

People look for drug-free solutions for their hayfever symptoms for many reasons – such as during pregnancy, for use by their children or simply to avoid unnecessary drugs. There are a wide range of drug-free products available, as well as many natural ways to help reduce your hayfever symptoms...

Eat to defeat

Surprisingly, the foods we eat can help us ease our hayfever symptoms. Red onions and apples contain high amounts of the natural antihistamine quercetin, which can help reduce hayfever symptoms. Combine one of these in a sweet and sour or fruit salad with pineapple, as it contains bromelain, which helps the body to absorb quercetin.

Other fruit and veg can help too. The attractive, bright orange and red colours of some of our favourite fruit and vegetables signal that they're rich in beta carotene, vitamin C and a substance called bioflavonoids. These nutrients are said to be good for preparing the body for fighting off hayfever symptoms. So why not tuck into an orange, grapefruit, watermelon, red pepper or carrot and see if you notice a difference?

Hayfever busting Fruit Salad

1 orange, segmented

½ pink grapefruit, segmented

1 apple

¼ watermelon

½ fresh pineapple (or small tin of pineapple chunks)

Peel and segment the orange and ½ grapefruit. Cut each segment into 3 pieces. Core the apple and cut into 2cm 'cubes'. Remove the skin from ¼ of a watermelon and dice into 2cm cubes. Remove the skin of the fresh pineapple and cut into 2cm cubes.

Place the orange, grapefruit, apple and watermelon pieces in a serving bowl. Add the fresh pineapple pieces and a little orange or apple juice, or add the canned pineapple and the pineapple juice. Chill and serve.

Other Drug-free tips

Taking Butterbur extract is believed to have an antihistamine-like effect on hay fever symptoms. A 2005 medical study found that butterbur was as effective as antihistamines in treating hay fever symptoms.

Acupressure bands, like Qu-Chi, are a non invasive way to treat hayfever symptoms, using acupressure to target key pressure points on the body associated with allergy symptoms. The band is worn on the pressure point located at the elbow.

Hayfever is an allergic reaction to pollen in the air. Each person can tolerate a certain amount of

pollen without reaction. There is a 'trigger' level, below which they suffer no effects, but above which an allergic reaction occurs.

Pollen barrier balms are used to stop pollen from entering the body through the nose so you don't suffer from any of the nasty effects associated with it. The balm is applied to the base of the nostrils to help trap pollen before the body can react to it. Studies on the HayMax pollen barrier balms show that they "block over a third of pollen grains in the air before they enter the body." [1]

HayMax is not a cure for hayfever, but by preventing pollen from entering the body, it helps keep the sufferer hayfever-free for longer. And as long as it keeps the sufferer below their trigger level, they will have no allergic reaction.

Maggie Tattersfield comments, "When I'm walking around and I get the itchy throat and eyes, I put some HayMax on and it works immediately. I also do it in the morning, if I get the itchiness, I wash my face and blow my nose to make sure everything is clear and put some stuff on and it works. I carry a pot with me all the time - you need it with you all the time. So now I'm not full of drugs! You see all these adverts for anti-histamines etc on TV and I tried them all and they didn't work. HayMax is the only thing that works for me."

Air filters and air purifiers claim to filter toxins, including pollen, out of the air in your home. Some air conditioners come with a 'hayfever filter'.

A nasal filter is a disposable filter that you stick under your nostrils to block pollen and allergens from entering your body by stopping you inhaling them.

A nasal wash works by clearing out irritants in the nasal passage and acting as a barrier against new irritants. It may help to reduce the severity of hayfever symptoms. Nasal washes include xylitol and saline (salt) washes. They flush out irritants in the nose, and stop new irritants sticking to membranes in the nasal passage.

HayMax™ (<http://www.haymax.biz/>) retails at £6.99 for a 5ml pot and is available from www.haymax.biz, on 01525 406600, from Asda, Holland & Barrett, selected branches of Tesco, Boots and Waitrose, and independent health stores, chemists and pharmacies.

ENDS

NOTES TO EDITORS

References

[1] Chief Investigator: Professor Roy Kennedy, Principal Investigator: Louise Robertson, Researcher: Dr Mary Lewis, National Pollen and Aerobiology Research Unit, 1st February 2012.

HayMax™ is proud to be Allergy UK's official corporate hay fever partner

Several new case studies available, with photos

About HayMax

HayMax has gained no less than 10 awards, including a Highly Commended in the Natural Lifestyle Awards, and the Allergy Friendly Product Award – which shows that products are beneficial for allergy sufferers based on consumer opinion and approved by AllergyUK.

It is approved by the Vegetarian Society and certified organic by the Soil Association and has been very positively reviewed by many doctors in the media. The balm comes in a handy pot, so fits easily into a handbag, sports bag, briefcase or pocket.

Further Information

If you require any further information about HayMax™, please contact:

Ian and Jenny Liddle, Excellart

Telephone: 01761 413022 email: zippy@excellart.co.uk website: www.excellart.co.uk

ENDS