

## Simple Steps for Managing Hay Fever

There are several self-help measures that cost very little which you can do yourself to help with hay fever.

- Drink plenty of water. When you're well hydrated the mucous membranes of your nose remain moist to expel allergens more easily.
- Consider using a neti pot. These small pots can be filled with a warm sea salt solution and used to flush your nasal passages and expel irritants.
- Coat your nostrils. Lightly smear a non-absorbent ointment, such as aloe gel/alo lips, onto the inner surface of your nostrils to provide a protective barrier that traps allergens.
- Know your triggers. Most hay fever sufferers are affected by the wind but some are worse indoors while others itch and sneeze when outside. Avoid your triggers when pollen counts are high.
- Use homeopathy to alleviate symptoms

### Helios Hay Fever Combination 30c

This is the No 1 remedy for hayfever, and covers irritated eyes and nose, sneezing etc. It is made by combining the three top remedies used to alleviate the most common hay fever symptoms, Allium Cepa, Sabadilla and Euphrasia.

### Mix Pollens and Grasses 30c

A combination made using a variety of pollens from plants, trees and various grasses which is often used in conjunction with Helios Hayfever Combination, on its own, or with any other indicated remedy.

### Aloe Bee Pollen

Helpful to alleviate hay fever symptoms, bee pollen provides a wide spectrum of essential nutrients. Each is required to maintain perfect health. These include all vitamins of the B-complex and vitamin C. Since these are water soluble, they should be taken daily. Bee pollen also contains vitamins D, E, K, and beta-carotene (vitamin A). It is a rich source of numerous minerals, (with calcium and phosphorous in an almost perfect 1:1 ratio), enzymes and co-enzymes, plant-source fatty acids, carbohydrates, proteins and 22 amino acids-including all eight 'essential' amino acids which the body can not manufacture for itself. Bee pollen contains more nutrients per calorie than any other nutritional supplement and so it is little wonder that it is cited as one of the most complete foods available. In fact, the human body could survive on bee pollen alone, with just the addition of fibre and water.

The nutrients in bee pollen are readily digestible and easily absorbed by the human body. Many people obtain benefit, including athletes who take it for stamina and energy and to help them maintain good health.

In addition, bee pollen has a number of specific benefits:

- The rich cocktail of nutrients in bee pollen can help to correct body chemistry and so counteract the effects of food additives and preservatives.
- It is a naturally high source of zinc and vitamin B6, making it extremely beneficial.
- It can desensitise the body, making it a good supplement.
- It is also 'bacteriostatic'-suppressing the activity of bacteria and increases the effective elimination of wastes and poisons from the body.

Bee pollen also contains lecithin, which occurs naturally in all cells. Thus it aids in digestion and the metabolism of fats, and improves the efficiency of the immune and nervous system.

**Aloe Vera products are available from me**

**Aloe Vera Gelly £12.24**

**Aloe Lips £2.87**

**Bee Pollen £12.56 100 tablets**

**Homeopathic remedies from [www.Helios.co.uk](http://www.Helios.co.uk)**