Hay fever / Sinus



In our beautiful North East region we are blessed with stunning inland mountains and open farming plains. Without the coastal drafts, the airborne pollens that burst forth at springtime hover thick in the air we breathe. If you are one of the many that suffer with hay fever in the North East, here are the Naturopathic top 5 tips to reduce the discomfort...

1. **Vitamin C with Zinc in a powdered form** is a non-drowsy anti-inflammatory and anti-histamine, which reduces the itching and redness of the eyes, throat and nasal passages.

Add a teaspoon in a glass of water twice daily.

1. To put a stronger barrier between the inside nasal throat and lung linings against the outside air pollens, **chewable flaxseed or good tasting fish oil capsules** work exceptionally well. We prefer flaxseed capsules because you can use up to 10 per day safely.
2. Keep you **water intake high** to maintain a moist throat and wet tongue at all times. Carry a small drink bottle with your car keys when you leave the house, keep a bottle with you to sip on. Pollens irritate a dry throat much more.
3. **Salt water nasal sprays** can provide instant moisture to dry nasal passages and reduce infection. These are a more convenient take on the traditional “neti pots” which are used in traditional medicine for sinus. Neti Pots are tea pot- like pots used to pour water into the nostrils as a rinse. Salt water sprays are a convenient carry with you alternative.
4. Lastly an **Allergy test with a Naturopath or Doctor** if hay fever is severe and unrelenting. Additional sources of irritation such as pet hair, excessive dust, food intolerances just add burden on a body which is already under stress. Eliminating or treating these allergens can help greatly with your sinus.

Hopefully this will encourage you to get out into the garden for healthy exercise and out and about our stunning local area on your legs or bike (watch for them Magpies!) and enjoy the beautiful spring.

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