

Hay Fever

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Is an allergic condition affecting the mucous membranes of the upper respiratory tract and the eyes. It is most often characterized by nasal discharge, sneezing and itchy, watery eyes. Hayfever is generally caused by an abnormal sensitivity to airborne pollen.

Alfalfa- Internal Purposes: Using a liquid form of alfalfa provides chlorophyll and vitamin K which is beneficial in fighting hay fever symptoms. Dosage: 1 tablespoon in juice or water twice daily.

Cucumbers- Internal Purposes: It is well known that placing slices of cucumbers over the eyes is great for relieving redness and itching. Can alternate this with steeped, black tea bags. Insure tea bags have cooled, then place over closed eyes.

Eyebright and Lady's Mantle liquid extract- Internal Purposes: Make a tea from these two herbs by dropping 20 to 30 drops into water or you can use the extract by putting it under your tongue, hold for a couple of minutes then swallow. This has been beneficial in treating hay fever symptoms. Repeat 2 times daily. It is best to drink a glass of water after taking the extract.

Noni- Internal Purposes: Noni Juice is beneficial in fighting hay fever symptoms.