

## Help For Hay Fever Sufferers

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Hay Fever affects 15 to 20% of people in Britain every year. It causes many people misery throughout the summer months with symptoms such as sneezing, sore eyes, and a runny or blocked nose. Hay fever can strike at anytime throughout the summer, as it depends on how high the pollen count is in the air. The pollen count is higher in summer which is why hay fever strikes then. In the UK the highest pollen count is usually in the months of June and July, but this can change each year. Hay fever causes many sick days from work during the summer, and can make life hard for sufferers. In the UK the most common pollen to cause hay fever is grass pollen. Hay fever is an allergy to pollen, when the high pollen counts come into contact with the back of your throat and nose they cause an allergic reaction which causes the symptoms of hay fever. Hay fever is usually inherited, but can develop in some people, the more you are in contact with high counts of pollen. There is not a cure for hay fever, the only way to help prevent it is either to avoid being in areas where the high pollen count is, or to take antihistamine drugs. In the UK people spend over £15 million a year on average on over-the-counter hay fever drugs. But there is help at hand! There are other ways to treat your hay fever symptoms such as natural remedies. Antihistamine drugs can quite often leave people feeling sleepy or over stimulated, so what natural products can work just as well without those side effects? One of the natural supplements which have proved effective in clinical trials is Quercetin. Quercetin is a bioflavonoid, which holds properties to act as natural anti-histamine. It helps to stabilize the cell membranes and stop them from producing the inflammatory effects you get when an allergic reaction occurs. There are also other natural supplements which have been noted in clinical research and trials as being effective at helping to treat hay fever and allergies. Pycnogenol® is a powerful antioxidant, and is also a flavonoid which can help to not only keep the immune system strong but also helps to stop the allergic response. Pine bark also has the ability to help symptoms of hay fever, as it contains antioxidants which neutralize the free radicals which cause the symptoms of hay fever. These natural remedies could be an alternative treatment, which could free you from the side effects like drowsiness caused by antihistamine drugs. These natural remedies are becoming more popular in the UK and offer an alternative, with no known side effects. Your summer could be free from inconvenient hay fever symptoms, and the side effects caused by many popular antihistamine drugs. I have been a clinical nutritionist for over 4 years and have a 1st class honours degree in nutrition from the University of Westminster. I have been working for Simply supplements as a Nutritional adviser for last 1 year.

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