

# AHHH CHOO! It's Hay Fever Time Again

It's that hay fever time of year again. Not only does springtime bring us bright, cheerful blossoms, but it also bestows upon many of us a not-so-cheerful-time: allergy season.

Fortunately, some of the great minds of homeopathy have taken up the subject of hay fever. They maintain that it's the result of poorly treated [fevers](#) during childhood and youth.

In other words, hay fever can be directly attributed to the countless doctors, who unknowingly handed out detrimental drugs like aspirin, Tylenol and antibiotics to address fevers in children. This is what many believe cause hay fever later in life and this is reason enough not to use drugs of commerce when addressing fevers.

Since we can't return to the past, we must work with what we have. Luckily for us, we have homeopathy!

[Homeopathy](#) is unique because it doesn't treat the illness, but treats the entire person. This means that five people with hay fever could receive five different remedies, depending upon each person's symptoms or how each illness presents.

A homeopathic remedy is chosen based on the symptoms at hand and generally, it's given hourly, if the symptoms are severe. If the hay fever is not presenting yet, but is forthcoming, then give the remedy three times per day, every day, during the weeks leading up to it.

The premier remedy to not only prevent the threatening attack, but to subdue one that has already begun, is *Mag Phos 6x*.

*Mag phos* is a remedy for spasms, so it will relax the spasms of sneezing fits. It is best administered in a cup of hot water and then sipped, one sip at a time, every 30 seconds or so. I like to call this remedy ***Mug*** phos because it works so well in a mug of hot water; it is often the only remedy needed to abort a sneezing episode.

If a person craves salt and the sunlight worsens both the sneezing and runny eyes, and if the nose and other associated areas itch, then *Nat mur 6x* is indicated. This can be taken 3 times per day for maintenance and up to 10 times per day when the suffering is more extreme.

*Silica 6x* is a remedy for those who have itching deep in the nose, in the back of the throat and deep in the ears. There is often violent sneezing with tingling in the nose, especially in the morning. The mucus can be of a burning nature, accompanied by hoarseness and dryness in the throat.

This is relieved by a cool drink of water. All of these symptoms, especially a tickling in the throat, are made worse by lying down at night. Use this in the same fashion as *Nat mur*.

Then, there are combination remedies such as *Sabadil*, made by [Boiron](#). It's made up of several remedies, all of which are known to address hay fever. Many of my clients have found relief from it.

We can't assume that the above remedies will thoroughly eliminate hay fever forever, but they can certainly make enduring allergy season a bit easier.

It's always worth a try to do this alone, but if complete success is the goal, and there's an interest in deepening the curative action of homeopathy, contact your homeopath. This way, you'll get to the bottom of it and prevent it from

becoming an annual affair....often forever!