

Hay Fever Tips

If you suffer from any to all of the symptoms of hay fever including a running nose, sneezing, itching and watering eyes, then try including these foods below to reduce the severity of your hay fever this spring.



Turmeric

Very high in beta-carotene and good for it's antioxidant, antibacterial, and anti-inflammatory properties.



Garlic

The anti-histamine properties of garlic are helpful so try placing some squashed garlic cloves in your olive oil bottle or enjoy cooked or raw in your meals.



Ginger

With it's anti-inflammatory properties it eases congestions in the throat and lungs. Add ginger to your juices and herbal teas.



Oily Fish

Important anti-inflammatory and stimulates the development of healthy intestinal bacteria.



Manuka Honey

Acts similar to anti-histamines. Helps the body build a natural defense against pollen. Try having one teaspoon per day.



Green Tea

Provides antioxidants that have an anti-inflammatory effect. Can also try green tea extract from health food shops.



Citrus Fruits

Contains anti-microbial and mucus-resolving properties. Can also try citrus seed extract which acts a potent antibiotic.



Onion

Onions are great for dispersing mucus with their antibiotic and anti-viral effects in the body and they also help to detoxify.



Fermented Foods

Fermenting food produces healthy types of bacteria that act as natural antibiotics. Avoid dairy though as it can promote the development of mucus.

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References:

- P.Pitchford, 2002, *Healing with Wholefoods*
- Australian Institute of Health and Wellfare