



Let the sun shine in!

We all look forward to spring – lighter mornings, longer, warmer evenings. Sadly however, the spring and summer can also bring misery for many. Hay fever, summer colds and biting insects can ruin the season of warmth and rejuvenation. Below are a few herbal remedies that may help – all of which can be ordered through me.

What remedies are there for Hay fever sufferers?

- Luffa Complex – for all eye and nose symptoms
- Euphrasia – for eye symptoms
- Petasites – for all types of allergic rhinitis
- Urtica – for red rashes and itching skin
- Devil's Claw – to help balance the immune system
- Nature-C – as a natural antihistamine

Luffa Complex

This is a combination of tropical plants known to prevent and alleviate the symptoms of allergies, particularly hay fever. Luffa (Sponge Cucumber) is effective in combating the symptoms of rhinitis (sneezing and runny nose) whereas Thryallis, well researched in Homoeopathic medicine has desensitising properties. The other herbs including Heartseed, Khella and American Spikenard are antispasmodic, anti-inflammatory and detoxifying combining to make Luffa Complex an excellent choice for hay fever symptoms and allergic rhinitis.

Neem Herbal Insect Repellent

Neem Herbal Insect Repellent contains Neem oil, a powerful but natural insect repellent for use against mosquitoes and flies.

Petasites (Butterbar)

Petasites has enjoyed much publicity recently for the treatment of migraine headaches and the management of hay fever. It has antispasmodic and pain relieving qualities making it ideal for the relief of migraine, headaches and menstrual cramps as well as back and neck spasms. Research has shown Petasites to be effective in reducing the number, length and severity of migraines. This herb has also been shown to be effective in relieving hay fever.



Information Sheet – Hay Fever

Echinacea Forte

Echinaforce has become a household name for the holistic and effective treatment of colds and flu. When taken as an organic fresh tincture, it is easy to absorb and fast-acting-. There are people who for convenience would prefer an effective, easy to absorb, one or two a day tablet. Echinacea Forte fulfils that need by providing 1200 mg of organic fresh herb Echinacea purpurea in solid fresh tincture form (equivalent to 45 drops of Echinacea tincture)

For information on any of the above or to book a Hopi Ear Candle treatment please get in contact.