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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Hay Fever - Not Actually A Fever

By Sharon Hopkins

Hay fever has been given many different names such as allergic rhinitis, pollinosis or nasal

allergies. You can contract hay fever due to certain air borne dust particles exposed in the environment. These dust particles can be pollen, dander which can cause allergic reaction. Hay fever problem mainly begins from surroundings by which anyone can be affected. Staying away, from any of the allergy triggering factors is the best solution. Even though in this condition you do not have any fever it is still called hay fever.

The common stimulants which cause this problem are from outdoors as well as indoors. Being surrounded by pollen or animal dander can cause these allergies. It can also be due to the substances found in your home like dust mites, cockroaches, fleas, presence of a pet and many more. Without proper care or treatment it can hinder your day to day life.

The symptoms for hay fever rank from mild to severe. If you are suffering from a mild condition you will face problems like runny and itchy nose, watery eyes, itching, and sneezing. Severe symptoms can last for more than a week. A sense of taste and smell is changed, congestion – causing pain, swelling of eyes which may turn blue due to allergic reaction. This kind of a condition usually develops in an early age and with the passage of time it may worsen.

This condition causes sleeplessness and fatigue which can badly affect you. The chronic condition can cause severe problems like asthma and sinusitis. You may start developing other problems like breathlessness, wheezing and coughing. It may also lead to ear infection due to the fever and pain.

Precautions:

There are no specific remedies which would help. You can follow some precautionary measures to remove the possibility of hay fever.

– Clean your surroundings – Do not allow pets inside your bedroom – Be away from dust – Clean the AC – Have a ventilated room – Do not be in a humid environment

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Remedy

Essentials oils are great source to get rid of Hay fever. Oils like basil, eucalyptus blue gum, lavender or peppermint can be used. Two or three drops from any one of these oils on a handkerchief can get you relief.

Warning: The reader of this article should exercise all precautions while following instructions on the home remedies from this article. Avoid using any of these products if you are allergic to it. The responsibility lies with the reader and not with the site or the writer.

Sharon Hopkins has been managing number of natural home remedies websites, such as

<http://www.home-remedies-for-you.com>

, which provides information on different home remedies and

natural cures. Hay Fever an allergic condition can be easily dealt with, by easy and simple preventive measures.

How To Treat Hay Fever

By A. Pruder

Many individuals suffer with seasonal allergies, including hay fever, that affects the nose and eyes. Commonly caused by dust, pollen and animal dander, many allergy sufferers often especially begin to feel the effects during the spring months as the trees and flowers begin to bloom. Watery, red and itchy eyes combined with a stuffy and/or runny nose are just a few of the symptoms relating to hay fever. In addition, frequent headaches, sneezing, wheezing and difficulty breathing may be warning symptoms of this seasonal nuisance.

The most simple treatment for hay fever is for sufferers to stay away from the cause of the allergies. But, if that isn't possible, a licensed physician can often prescribe medication that will aid in the relief of hay fever symptoms. The type of medication prescribed will entirely depend upon the nature of the hay fever and it's severity, along with the health of the patient. Everything from nasal sprays to pills and herbal medicine may be recommended. Many sufferers look to commercial, over the counter products in hopes of relieving their hay fever without having to pay a visit to their local doctor. Other hay fever sufferers turn to air filtration units, which purify the air inside the home and is believed to remove many airborne allergens.

Before using any over the counter hay fever treatment products, the consumer should read the instructions carefully and follow any guidelines set forth by the manufacturer. Warning labels are an important part of any medication, including those used for hay fever. Most over the counter products carry their own side effects, which may include drowsiness. It is very important that individuals not drive or operate other machinery after taking any type of medicine, including over the counter products.

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The appropriate hay fever treatment is an important part of helping to cure this ailment. If left untreated, hay fever can become severe and may be very dangerous to the sufferer. If symptoms do not lessen or if they grow even more severe, it is important for the sufferer to consult his/her physician for proper treatment. Allergies, because they are so common, can be difficult to treat and equally frustrating when trying to find the cause.

The information in this article is to be used for reference purposes only. It is not intended to be used in place of, or in conjunction with, professional medical advice. Any individual who develops hay fever, or begins to notice symptoms that may indicate the same, should consult a licensed physician for proper diagnosis and treatment.

To find out more about hay fever

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. It contains tons of free hay fever articles, resources and tips.

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