

# Health Reflections



## Hay Fever

No, I haven't started treating disease labels, but springtime is when requests start flooding in for hay fever relief. Of course, a homeopath's work is to treat the whole person and when hay fever is involved, the treatment would have ideally commenced in winter.

Seasonal allergies like this are like tips of icebergs. Symptoms often surface as pollen counts rise, but the roots of those symptoms often lie much deeper than expected. Naturally there is plenty of scope to alleviate itchy eyes and streaming snouts during acute flare-ups, but a holistic practitioner probably prefers to treat the constitutional picture before flare-ups even occur, and aims to lessen the severity from one year to the next.

Having said that, here are three different ways in which homeopathic treatment might help.

**1) Alleviating Acute Flare-ups.** You may feel proficient enough to self-treat acute cases at home, especially if you attended any of my courses in Cerrigydrudion, Bangor or Melin y Coed. Make sure to adhere to the main principles of homeopathy as always, matching the individual's whole range of symptoms to a similar remedy

picture before administering the minimum required dose. One of the possible advantages here is a reduced need for conventional medication and their associated effects on human biome and immune defence.

**2) Isopathic Treatment.** Here we use the potentised version of pollen itself. Specialist pharmacies like Helios and Weleda sell their own versions, and your own homeopath may prescribe a specific sort.



**3) Constitutional Care.** This is what a professional homeopath provides, and is different to allopathic treatment in that it aims to permanently unravel the cause of allergy rather than mask the symptoms each summer. Constitutional care means addressing the whole person including any other allergies, asthma, eczema, digestion problems, phobias and stressors in life.

As echoed by homeopath, Colin Griffith: "Even if the patient is well in every other way apart from annual attacks of the symptoms, it is sensible to go for pre-seasonal consultations aimed at lessening the susceptibility to the allergens. The process can take up to 3 or 4 years."

Does four years sound like a long time? I can only speculate that it has taken longer than that to arrive at this situation where people and their environment cannot seem to tolerate each other. It's clearer than ever that we need diversity – inside our bodies, on our plates and in the fields around us – and I can only praise those members of my countryside community who now heed lessons from our homeopathic Materia Medica.

Please take their lead, spring into summer, and make potent your peace with pollen.



### THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK\*

*Hay Fever and Rhinitis:* Angela Jones ([www.britishhomeopathic.org](http://www.britishhomeopathic.org), 2020);

*Sneeze No More: Hay Fever Help with Homeopathy:* Homeopathy Plus ([www.homeopathyplus.com](http://www.homeopathyplus.com), 2020);

*The Practical Handbook of Homoeopathy:* Colin Griffith (Watkins, 2006);

*Gut and Psychology Syndrome:* Natasha Campbell-McBride (Medinform, 2010);

*Eat Dirt:* Josh Axe (Bluebirds Books for Life, 2016).

\*Fran Lebowitz - Social Studies



## Packed Lunches for Hay Fever Season

Hay Fever, like all allergies, is a G.A.P.S. condition (see *Gut and Psychology Syndrome* by Dr Natasha Campbell McBride). This means that your sneezes are probably pointing in the direction of a digestive system that's in need of repair and maintenance.

With a view to heal and seal the gut wall it's wise to ensure plenty of natural saturated fats at each meal, as well as probiotic food as tolerated. But is that possible on the go? Of course!

Prepare a freezer block and coolbag then choose any combination of the following ingredients. (And remember, *no* sugar, *no* processed carbohydrates and *no* grains during this time, no matter how attractive their advertising campaigns).

**Fats:** Hard-boiled eggs; wild fish; homemade pesto; skin-on chicken; additive-free olives; avocado; homemade guacamole; homemade fishcakes; keto fat bombs; soaked and sprouted seeds; frittata slice; raw organic cheese from a reputable source; grain-free meatloaf with homemade salad cream.

**Value Added Veggies:** Drizzle leftover cooked vegetables with cold-pressed olive oil. Smother roast celeriac in herbed coconut cream. Make coleslaw with homemade mayonnaise and serve salads with dressings made with apple cider vinegar and cold-pressed avocado oil.

**Probiotic Foods:** Sauerkraut and kimchi can be easily added to a packed lunch. Fermented beverages may include jun tea, kefir or beet kvass and are best transported in small glass jars with well-fitting lids. Natural yogurt can provide dessert or the base for a nourishing smoothie. *Bon appetit!*

## Practical Tips



**Taking Medicine to School** – If homeopathic pillules are likely to draw unwanted attention, school-aged children may be able to carry their acute hay fever remedy dissolved in water in a clearly labelled amber spray bottle. Check the individual school policy on carrying medicines, including the homeopathic ones which are non-toxic, and teach your child about the minimum dose. One squirt on the tongue counts as one dose.

**Spending Time Outside** – This might seem counterintuitive but starting in winter, when addressing the underlying causes of hay fever, it could be beneficial to spend as much time as possible in natural daylight and amongst nature's friendly microbes. Such efforts to cleanse the body and repopulate the microbiome can complement homeopathic efforts in readiness for spring and summer health. So get your hands in some soil!

**Protecting Skin Biome** – Skin irritation is one possible symptom of hay fever. Even if it isn't true in your case it's still a good idea to avoid harsh antibacterial wipes and gels, opting instead for natural yet effective products that do not rob your body of friendly microbes. To wise up on what's harmful and what's not in all cosmetics, explore the information at [www.EWG.org](http://www.EWG.org) and help your system by reducing some possible maintaining causes of ill-health.

**Sense of Community** - It's almost fashionable these days to discuss the disturbed microbial communities within the body, but I am keen to address health and sickness on a broader scale. Conditions like hay fever undoubtedly point to imbalances of microbiomes, but could sick inner communities be pointing in turn to disharmonies within human communities and between people and nature?

Many companies are now jumping onto the prebiotic, probiotic and postbiotic bandwagons, selling neat pills and powders in the name of health. Yes, such supplements can be super important adjuncts on stretches of the healing journey, but isn't the real challenge to nurture wholeness and diversity including the culture, the heritage, the language and the very feel of our soil?

This is how the healing power of illness can bring us back to our very roots.



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**AUDE SAPERE – MENTRA WYBOD – DARE TO GET IT**

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