



# HAY FEVER

## What is hay fever?

Hayfever, also known as allergic rhinitis, is an allergic reaction that typically occurs in the eyes, nose and throat. Common symptoms include:

- Sneezing
- Runny nose (usually a clear, thin discharge)
- Red, watery eyes
- Itchy nose, roof of the mouth, eyes and/or skin
- Fatigue.

Hay fever symptoms can be classified into two types:

- **Seasonal** – symptoms are notably present in the months of spring and summer when various plants, grasses and flowers release pollen.
- **Perennial** – symptoms are present all year round and are generally worse at night or in the early morning.

## What causes hay fever?

Hayfever symptoms occur when the immune system reacts to a usually harmless substance. This reaction triggers the release of histamine, an incredible chemical that helps regulate immune reactions, gut function and central nervous system processes, but is also responsible for typical allergy symptoms like sneezing, watery eyes, runny nose and nasal congestion.

## Allergies and hay fever

Seasonal hay fever symptoms are usually triggered by allergies to:

- Pollen
- Plant phenolics
- Grasses
- Trees
- Flowers.

While perennial (year-round) hay fever symptoms, on the other hand, are generally triggered by:

- Dust mites
- Moulds
- Pets.

Taking notice of when your symptoms are at their worst can help pinpoint your triggers.

One third of hay fever sufferers also experience 'oral allergy syndrome', a type of cross reaction that occurs when the immune system reacts to the proteins found in one substance because they are structurally similar to the proteins found in another.

So, for example, if you're allergic to pollen, you may also find that eating certain fruits or vegetables sparks your allergy symptoms.

## Natural hay fever treatment

Anti-histamines are commonly used to treat hay fever symptoms as they block the release of histamine. But, over time, your body can build up a tolerance and they lose their effectiveness.

At Health & Wellness Australia (HWA), we use an alternative technique called muscle testing (or kinesiology) to help identify your hay fever triggers. Following testing, you can work with your practitioner to address your sensitivities using a natural allergy treatment called Positive Association Technique (PAT). PAT is a non-invasive, holistic therapy, which:

- draws on acupuncture and kinesiology techniques
- aims to re-train your body
- may reduce your reactions to environmental triggers that may be causing or exacerbating your hay fever symptoms.

Our naturopaths may also recommend supplements, herbs and lifestyle advice to help you achieve the best long-term results.

This fact sheet is intended as general information only. PAT cannot cure hay fever – it is intended to decrease reactions and help manage hay fever-related symptoms. It is not intended to raise unrealistic expectations. If symptoms persist, consult your GP.