

TIPS FOR HAYFEVER SUFFERERS

Put a smear of Vaseline inside each nostril to ease the soreness and to capture pollen entering the nasal passages.

Wear sunglasses to reduce allergens affecting the eyes.

Never sleep with the bedroom window open.

Don't drive with your window open.

Take off clothes before entering the bedroom - changing inside the bedroom will transfer the outside allergens attached to your clothes into the area where you sleep.

Wash your hair before going to bed. Pollen sticks to your hair and will transfer to your pillow.

If you hang your washing on the line, make sure you hang it out mid-morning and bring it in before early evening otherwise you could bring a lot of pollen into your home.

Think about the food you eat - people don't realise there is a connection:

- If you react to birch, you may also react to celery, curry spices, raw tomato, raw carrot, apples and pears
- If you react to grasses, you may also react to oats, rye, wheat, kiwi and raw tomato and
- If you react to weeds try to avoid raw carrots and curry spices.

NOTE: Trees release pollen in May, Grass in June/July.

There are certain times of the day when pollen levels are at their highest. Generally the pollen counts peak at between 9am to 12pm and 5pm to 7pm

Start each day well with a good bath or shower to remove any pollen which may have settled on your body during the night. Then eat a good breakfast including fresh fruit, rich in vitamin 'C'. A healthy breakfast will help the body's natural immune system to fight the effects of hayfever.

Similarly at lunchtime, eat healthily. Plenty of fresh fruit and vegetables. Avoid junk foods like chips and burgers. Take extra multivitamins to help supplement the food.

Normally in the afternoon, the air temperature is at its highest. The pollen is high in the air, well above head height, so this is a good time to get outside for some fresh air.

In the early evening, temperatures start to drop again, and so does the pollen. When you get home from work or school, changing your clothes and washing will help remove any pollen you've picked up during the day.

By around 8 p.m. most of the pollen will have settled on the ground, and this is often the most comfortable time of the day for hayfever sufferers. If you still feel a bit stuffy, try a face sauna. Fill a bowl with hot water, put a towel over your head, then hold your face over the steam and breathe.

If you are tired the symptoms can become much worse, so get a regular amount of sleep each night. Again this will help your body's natural immune system fight the symptoms.