

Hay Fever

What Is Hay Fever?

Hay fever is triggered by an allergy to pollen or sometimes mold spores. It happens because the body's immune system reacts inappropriately to the presence of external substances, as if they were something toxic. The result is irritation and inflammation.

The symptoms of hay fever usually run in families, and it is related to eczema and asthma. It's usually common to find members in a family who have asthma, hay fever, or sometimes even eczema. It's also possible to have some people who have hay fever and others with eczema, or even more than one of these conditions.

Symptoms vary but usually include a runny/blocked nose; sneezing; and red, itchy, or even watery eyes, along with an itchy throat. This is usually accompanied by a wheezy chest, which could refer to a degree of asthma. The peak time for pollen is during the early summer as school and university exams take place. This can make it difficult for sufferers to revise and to do well on their examinations

What Causes Hay Fever?

The cause is erroneously said by so-called experts to be pollen. Of course, they mean to say it is caused by a dysfunctional immune system and triggered by the different pollens that are present at different times of year. This means the time that you are affected depends on the pollen to which you are allergic. Other factors which can aggravate the situation are weather and air quality.

Invariably, it is the result of intolerance to foods such as wheat and dairy products. A bowel dysfunction such as constipation (not passing stools 2-3 times per day) will contribute. Not drinking enough water, 8 glasses per day (as opposed to tea, coffee, and soft drinks), will also be implicated. Poor diet is absolutely a contributing factor. Low friendly flora in the digestive tract is also responsible. This leads to a buildup of unhealthy tissue, causing allergic responses.

The traditional drug route of antihistamines, and even sometimes steroids, is not satisfactory. It does not deal with the cause, and these drugs have side effects. Recently in the UK, a hayfever medicine was withdrawn because of the 'unacceptable' high number of deaths! This indicates there is an acceptable level of deaths—crazy, or what?!

Serrapeptase 80,000IU helps immensely, as it clears out all of the inflammation and any mucus. By clearing away this problem tissue, it settles the body's own immune system and stops the cycle.

Hay Fever FAQ

Q: My hay fever has been really bad this summer, and I'm wondering if there's anything you can recommend to help? My 6-year-old daughter suffers with it too. Thanks...

A: SerraEnzyme 80,000IU is what I would suggest to help to clear the inflammation and ease the symptoms.

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“Every year I would dread the summer as my hay fever flared up causing my eyes to become really itchy, sting and start crying. Constant sneezing and itchy eyes made me feel miserable so I knew I had to do some research in advance and look into my options...

I don't always trust what my doctor gives me so I decided to look for a more natural solution which is when I came across your Serrapeptase. I have been taking it daily and the results have been fantastic - symptoms are drastically reduced this year, with barely a sniffle! Thank you!”

- Hayley, South Berkshire

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Follow the Health Plan as recommended for the best results:

HAY FEVER HEALTH PLAN

The following plan can help in relieving the symptoms of hay fever and provide relief for the condition in the long-term, especially when the supplement regime is followed alongside a naturally healthy lifestyle.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support ear, nose and throat health - in order of priority:*

- [SerraEnzyme 80,000IU](#) - Start with 2 Serrapeptase 80,000IU tablets/capsules per hour until it clears. Then gradually reduce to 1 per day.
- [HealthPoint™](#) - Treatment with an electro-acupressure device has proved to be highly effective in relieving hay fever. The HealthPoint™ unit also clears the mucus and stimulates the body's own immune system. It will also relieve any associated pain. **(See www.dovehealth.com for more information.)**
- [Prescript-Assist - 29 Super Strain Probiotic](#) - This is the next-generation, clinically-proven vegan probiotic supplement (can be opened and mixed with food). Take 1 capsule x 2 times per day. **(See www.Probiotic29.com/studies.)**