



regain physical strength, vitality, mental & emotional well-being, regain physical strength, vitality, mental & emotional well-being

HAYFEVER

At last we are heading into spring and we can leave behind the cold and wet day's of winter. The onset of spring heralds the onset of the hay fever season.

Each year we see many people who suffer terribly from hayfever/allergic rhinitis. We have had patients who could not leave the house on windy Norwest days due to the severity of their symptoms. Typically the pollens and dust in the air create an inflammatory response from your body, which exhibits itself as itchy red streaming eyes, runny nose and sneezing. Some people also develop itchy rashes particularly around the eyes, neck, armpits and the inside of the elbow joints.

From our experience, the earlier you start supporting your immune system and working on reducing your body's allergic responses, the better your health will be over the hayfever season. One of the

best herb's we have found to reduce the body's allergic response is Albizia. This herb is from India and the bark from the stem is used. We have found it to be excellent in reducing the symptoms of hayfever and also allergic respiratory conditions such as asthma. Typically we would combine Albizia with herbs to dry and tone the mucous membranes, such as Golden Seal or Ribwort along with Eyebright – the name really says it all as it dries the sinuses and yes clears the watery eyes. We also include a blend of Echinacea purpurea/angustifolia into the mix to improve overall immunity. Several nutrients are also useful, particularly vitamin C, zinc, essential fatty acids and flavonoids - especially quercetin.

To support for your body this hayfever season talk with one of the professionals at The Herbal Dispensary – natural solutions for everyday health concerns.

LUFFA COMPOSITUM:

Assisting the body's natural response to airborne allergens.

Unlike other allergies, hay fever has a wide spectrum of causative agents. There are thousands of allergens. The probability of an allergic response by an individual is further amplified by the person's vulnerability to one or more allergens and their use of chronic medications.

From a clinical point of view, it is difficult to identify allergens and nearly impossible to prevent exposure. Symptomatic relief becomes a treatment priority. Hay fever is an allergy that affects the mucous membranes- the eyes, upper respiratory passages, and skin most frequently show symptoms.

Heel has a homeopathic formula called Luffa Compositum indicated in seasonal allergic rhinitis - an antihomotoxic preparation designed to aid the body's natural response to hayfever. It is designed as a nasal spray to deliver it's active ingredients right where they are needed.

Luffa compositum contains Luffa operculata, Galphimia glauca, histamine, and sulfur. A study comparing Luffa compositum nasal spray with a conventional Sodium cromolyn nasal spray (a frequently prescribed hayfever drug) confirmed Luffa Compositum's non-inferiority to that drug.

Luffa Comp Nasal spray: Adult dosage: 2 sprays into each nostril, 3 times daily. In acute situations, 2 sprays may be sprayed into each nostril every 1/2 hour for up to 12 times daily.

To find out more about Luffa Comp Nasal Spray visit the Herbal Dispensary and talk with one of our qualified staff.



NEW INSTORE NOW...

DID YOU KNOW?

Thursday Plantation

Australia's Original

Introducing Thursday Plantation's New Natural & Organic Range...

Thursday Plantation has raised the bar to further deliver on its natural and pure credentials. Selected products in the Thursday Plantation range have been reformulated to accredited organic standards.

- ✓ No synthetic parabens
- ✓ No petrochemicals
- ✓ No propylene glycol
- ✓ No polysorbates
- ✓ No lauryl sulphates
- ✓ No synthetic fragrances or colours
- ✓ No synthetic preservatives
- ✓ No animal derived ingredients



Eating food rich in vitamin E may reduce the risk of developing dementia, while insufficient levels of vitamin D may increase the risk of cognitive decline, say two new studies.

Theaflavins, compounds found in black tea, may reduce allergic response in people with sensitive skin and related conditions, suggests a new study with mice.

Post-menopausal women following high-protein diets to lose weight may be at a higher risk of osteoporosis – and calcium supplementation does not help, finds a new study. "when overweight, postmenopausal women reduce their energy intake to successfully lose weight, they can lose less lean body mass when they consume higher amounts of protein and include lean meats, such as pork loins, ham, beef and chicken, in their diet," says Wayne W. Campbell, professor of foods and nutrition.

"However, we also found that these older women lost bone mineral density faster than women who consumed normal protein diets that did not contain any meats. This finding is of concern for this age group that is susceptible to osteoporosis."

References available on request.

NEW!

Keep an eye out for our new look packaging and products



Thursday Plantation

Australia's Original

TEA TREE MULTIPURPOSE SPRAY

- For household and personal use
- Disinfect and remove bacteria and odours by spraying bathrooms, benchtops, toilets, drains and floors
- Spray onto minor wounds (cuts, scratches, abrasions) and tinea (Athlete's foot) for symptomatic relief
- Help control foot odour by spraying footwear

www.thursdayplantation.com

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