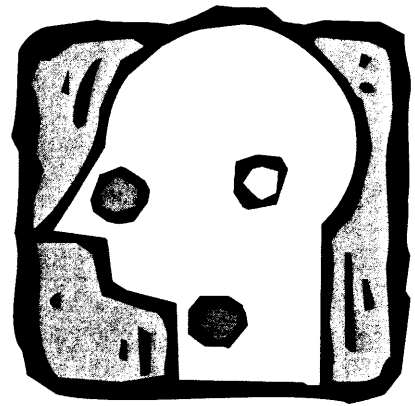

It's Hay Fever Season!

***Congested? Runny Nose?
Itchy, Watery Eyes?
Scratchy Throat?***



**If you can't breathe freely,
you need the information inside...**

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Homeopathic Remedies

Homeopathy addresses the hypersensitive reaction of the allergen. By giving dilute doses of remedies which can cause allergy-like symptoms, homeopathic remedies can desensitize the immune system so that it no longer overreacts.

For example, many people with pollen allergies have found that taking **Bee Pollen** internally actually helps diminish allergic reactions to pollen. Locally gathered pollen (or locally-grown honey which has not been filtered) work best, although any pollen may be helpful. Start by taking a very small amount (just a few grains) and gradually work up to several capsules a day.

Another approach is to take **Allergy Homeopathic**. It reduces general symptoms associated with respiratory allergies, such as runny

nose, watery eyes, cough and itching and can also be helpful for reducing allergic reactions associated with food allergies, poison ivy or oak and insect bites.

More specific homeopathic remedies are also available. **Allergies-Hayfever/Pollen** is a natural homeopathic medicine for relief of minor symptoms associated with hay fever and pollen allergy. It contains homeopathic dilutions of common allergy-causing pollens as well as homeopathic remedies for hay fever symptoms.

Allergies-Mold/Yeast/House Dust contains homeopathic preparations of many other common allergens including house dust and various strains of molds and yeast. It eases symptoms such as respiratory congestion, headaches, sore throat, red, watery eyes, sneezing and itching related to mold, dust and yeast allergies.

If you need assistance in selecting the right remedies for you, talk to the person who gave you this newsletter.