

Allergies & Hay fever: Natural Remedies using Essential oils

by Penny Keay

Ka-chew! Allergies and the fall hay fever season. Seasonal rhinitis can be a slight annoyance for some and a major health issue for others.

Looking for natural treatments for allergies and hay fever is a goal for many sufferers. The best way of course is try to avoid the allergens. If, it could only be that easy. Another way is to help build up your immune system so when the pollen is flying your immune system is ready. Hopefully one of the simple uses of essential oils will give you the natural allergy relief you are looking for to give you relief at last.

Penny is troubled with Hay Fever due to Rag weed. So, starting in mid-July she starts to diffuse or inhale Roman Chamomile - just a drop a day. Continuing until the first of October. This usually lessens the reaction.

Others allergy sufferers find that a blend of Roman Chamomile, Lemon, Eucalyptus globulus, and Lavender help give relief.

Once you have a reaction, simply add a couple drops of Roman Chamomile, Lemon and Lavender to your bath, and relax. (You can diffuse in the air too.)

If you prefer to use a rub, just blend the above with a tablespoon of a carrier oil and apply to your neck and chest. Adding a drop of Geranium works for others with allergy symptoms.

You'll need to experiment with different essential oils to find which one will work better for you. Try each one or blend for about 1 week before changing to another. Keep a journal and record what works. You'll want to remember for next year! This is important for you as you see what home remedies worked previously or what didn't work.

Once you are afflicted you can try treating your allergies with essential oils for symptomatic relief. Peppermint will help to open stuffy noses, as will Eucalyptus globulus. Eucalyptus radiata is preferred over Eucalyptus globulus for upper respiratory concerns in children and the elderly. Rosemary can be used if either of the Eucalyptus's are too strong.

Placing a few drops of your favorite essential oil in a cool bowl of water, wringing a cool cloth and placing it on your forehead or over the bridge of your nose, and relaxing is very comforting also and may be just the added treatment you need for your seasonal allergies.

If you have something that works for you please, e-mail us at bhinfo@birchhillhappenings.com and let us know - we would love to share with others.

The information provided on this Website article is for informational and educational purposes only.

You should not use this information to replace medical advice given by a licensed medical practitioner. Anyone considering alternative therapies should remember to consult with their licensed medical professional before using any alternative or complementary method. We do not give nor is any opinion on our web site medical advice, they are merely suggested uses.