



MAJELLA FARRELL

Majella is an award winning therapist at Live Well Clinic.

OUTSMART YOUR ALLERGIES

This month, Majella Farrell from Live Well Clinic discusses ways to use complementary medicine/therapies and tips to outsmart allergies and how to tackle fitness aches and pains naturally.

As the weather improves and the summer holidays loom we think more of fitness and beach body readiness, however as the pollen count rises those who have allergies can suffer through outdoor training.

First, get informed about the pollen count – there are lots of websites that will have current information. Choose the time of the day when the pollen count is lowest – usually evening time. Be aware that if your sensitivity to pollen is very high you will need to shower immediately after your outdoor exercise as the pollen may cling to hair and clothes so they need washed immediately too.

Get informed about your specific seasonal sensitivity. Here at Live Well Clinic, Banbridge, or at Younique Aesthetic Clinic, Newry, you can avail of sensitivity/allergy testing. Subsequently we can tailor a bespoke treatment/therapy specifically for you. This undoubtedly, as my clients have told me, has a better outcome for you in alleviating your allergy symptoms.

Nutritionally Immuno 300 has been giving very positive results. Immuno300™ supplement, (containing plant sterols, pine bark antioxidants and essential fatty acid complex) helps with runny or itchy nose, itchy eyes and roof of mouth, sneezing, stuffed or plugged nose, dark circles under eye and has been clinically tested and shown to reduce histamine, the cause of these reactions. Tests have also shown that this also helps the immune system and has a positive effect on cholesterol. My clients love this nutritional supplement and report its benefits regularly.

Oculoheel drops are so soothing to itchy eyes and can help give immediate relief naturally. I have prescribed this for every age, even very young children.

Guna Allergy T helps with the temporary relief of symptoms due to seasonal allergies such as: sneezing, runny nose, itchy eyes, watery eyes. This is an Italian made remedy. I've been to Milan several times for training with this system of medicine and the therapy is a combination of current science and traditional therapy resulting in a healing system called Physiological Regulating Medicine (PRM). PRM works with the natural dilutions in the body encouraging healing and rebalance. Very current in Europe and quietly becoming popular here. There are only two practitioners in Northern Ireland as yet.

Getting to the post workout pain and sore joints; there are other fabulous remedies that I use at Live Well clinic and some of these are readily available from your health shop and pharmacy.

Traumeel is a terrific anti-inflammatory cream that has been proven effective in the treatment of acute musculoskeletal injury and inflammation. I have used it for a wide variety of conditions in people of all ages from inflamed joints, sprains, strains, sore skin spots to bumps and bruises. Safe for athletes as there are no drug worries, in fact the German athletes, especially runners and footballers use this. I am told that some of our premier league doctors also use this regularly in the treatment of the players both in cream and injectable form.

If you are sore post-workout/marathon, draw a bath and throw a few cups of Epsom salt in to help relax the muscle, decrease swelling and inflammation, and speed up recovery.

By using Epsom salts in the bath—actually magnesium sulphate (also known as natures calmer) — researchers have found it can be absorbed through the skin, so helping muscles calm and recover. This is also a fabulous way of relieving arthritic pain.

Live Well Clinic at Younique Aesthetics, Newry, also offers an innovative and effective injective approach to pain and inflammation for hip, knee, back, shoulder and arthritic joints. This is using the Guna method of PRM using mesotherapy (skin deep injections) and registered medical devices. There are no drug withdrawal issues for athletes.

Let's hope we have a summer with sunshine and warmth. Enjoy the outdoors, get fit and be well.

Live Well Clinic, Banbridge, or Live Well Clinic @ Younique Aesthetics Clinic, Newry, welcome your queries and are pleased to help you with health and wellbeing issues.



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