



Romero

Personal Fitness Center

NURSING NATTER

I don't know about you, but now is the season for sneezing, eyes watering like you've lost a loved one and heavy breathing that is definitely not attractive. What can we do about **hayfever?**

Firstly, try to locate your triggers and if possible, eliminate them. By triggers I mean - dust mites, animal hair, certain plant life - not necessarily your kids - which in my case I definitely consider a trigger!

Ways to control the above include:-

- Regular house and car cleaning - I'd advise your spouse to do it (use the excuse that it will trigger your hayfever and you may be laid up for weeks!)
- Try to keep your house and car closed up during the pollen season - use airconditioners if necessary.
- I know it's not a good look but by following Jacko's lead and wearing a face mask, especially when dusting and lawnmowing, can reduce those runny symptoms.
- Once again, check your garden and where possible, remove those plants that trigger hayfever.

- Another tip, if you are thinking of renovating or replacing carpets - try tiles or other hard floors and you'll notice the positive effects almost instantly.
- Visit your pharmacist for current treatments available. They are varied but I'm sure you'll find one that suits, either by ingesting a tablet or snorting a spray.
- And last but not least, have at least one glass of wine a night - it may not cure your symptoms longterm - but it will sure help you sleep at night!

Cheers and happy sneezing,

Louise

248 Leach Hwy & Norma Road
Myaree WA 6154
61 (08) 9317-3600
sales.romerofitness@bigpond.com
www.romerofitness.com