

Three drops under her tongue three times a day means that Lise Pedersen no longer notices the allergy problems that used to rule everyday life.

Inger Lise Pedersen (64) took nature's remedy:

Symptom free with the help of rye

"For the first time in many years I welcome the spring. Usually my troubles start as early as February, but this year the problems have not occurred. It is a fantastic experience that has contributed to me being able to live differently than before. I am on disability benefit because of my back and need to walk a lot to keep the back trouble at bay. While the allergy ruled my life I had to stay indoors when the weather was at its best outside.

Now I can move freely without problems. It has made me very optimistic," says Inger Lise Pedersen from Oslo.

Inger Lise has suffered from pollen allergy all her adult life. She talks about red, swollen eyes, itch and a perpetually runny nose. And at its worst, a throat that contracted so much she could hardly breathe.

"The allergy made me exhausted. It ruled my life. I often had to say "no thanks" to doing nice things just because I was too tired or because it would lead to new outbreaks of the allergy.

That is what my life was like from February to July every year. The winter was my best period. That is when I blossomed. But this year I believe the spring and the summer will be great too," says Inger Lise and holds up a little bottle.

It contains a concentrate of gluten free rye – Oral mat – a frequently used allergy remedy in Australia, for example. Now it is also available in Norway. And Inger Lise is very happy about it.

"I have tried a lot to alleviate allergy problems down through the years, but nothing, with or without prescription, has worked for me. I have not dared try natural remedies and I probably wouldn't have tried this either if it hadn't been for a friend that enthusiastically told me that her problems had disappeared completely thanks to these drops. So she insisted that I should try as well. This was in February, and my eyes and nose had already noticed that the pollen season was on

the way. After 14 days of using these drops under my tongue all my symptoms were gone. And while it has been getting greener outside I have stayed free of symptoms.

It feels strange and fantastic." Inger Lise Pedersen now hopes that the rest of the spring and summer will not be ruined by allergy either. ann-britt bangeras - @bm-media.no

Other natural remedies that can help

Lyprinol is an extract of a green-lipped mussel from New Zealand that was originally intended to help against degenerative joint disease. It has turned out that it also helps alleviate symptoms of asthma and allergy. A study in Russia has confirmed this. Two new studies on people with moderate to serious asthma

- one in Brisbane, Australia and one in St. Petersburg – have begun.

The product is available in health food shops at a price of NOK 199. Nasaleze is a new spray based on natural substances that have turned out to have an immediate effect on a blocked nose, sneezing, watering eyes and other signs of hay fever, in several studies. The active ingredients in the nasal spray increase the amount of mucus in the nasal passages so it can filter out the allergens more easily. That means only clean air gets into the lungs. Nasaleze is safe to use for everybody, including children and pregnant and breastfeeding women. The product is available in health food shops. Price: NOK 159.

Moducare is an extract of pine oil that strengthens the immune system and improves the balance between the different cells in the immune system. It has turned out to have a good effect on asthma and allergies. The active ingredients in the product are sterols and sterolins. These compounds help the immune system not to overreact. Food rich in sterols and sterolins that can therefore be good for asthmatics and people with allergies, include rice bran, scallops, mussels, sesame seeds, oysters, sunflower seeds and avocado. Moducare is available in health food shops at a price of NOK 239.

This is Oralmat

Oralmat is an active extract of gluten-free plant juice from rye sprouts. It increases the number of lymphocytes in the blood, which produces enhanced resistance to foreign substances in the body. The strain on the immune system is reduced. "Regular use of Oralmat can have a preventative effect, and many experience that they become free of symptoms," says researcher Lars Klette, who is the leader of the project "Food for medicine" at the research park in Oslo. Oralmat comes in two varieties. There are drops to combat allergic reactions in the respiratory system and the sinuses, an ointment against cross-reactivity that breaks out on the skin. Both are sold online at www.oralmat.com tel. 22958622, and in many health food shops. The drops cost NOK 199 per bottle.

NEW SPRING: Inger Lise Pedersen used to hate the green season. It made her feel blocked up, gave her red, swollen eyes and a runny nose. Owing to rye extract drops, she is now free of symptoms for the first time in many years.

(Photo: Ann Britt Hangeras)

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