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Her grass pollen allergy was a problem every year for Randi Nessemo. Thanks to sprouted rye drops she can finally enjoy the summer.

HER NOSE STREAMED and, her eyes were itchy. Since she was a child, Randi Nessemo (51) from Levanger has suffered from hay fever.

I had to stay away from grass and hay due to my allergy to the timothy plant. The problems changed as I got older. As an adult the allergy took the form of giving me a heavy cold in the spring that lasted until the autumn. It was terribly annoying," says Randi.

A COLLEAGUE TIPPED HER OFF

about something called rye drops. Someone in her family has COPD and her colleague thought that the drops might help the person. Randi looked at the website and ordered the drops.

"When I read the label it said that the drops improved your immune system. So I thought they might be the thing for me as well."

The person she had actually given the drops to only tried them for a short period. But Randi went further than that. She included the health food product as part of her daily routine; three drops under her tongue for fifteen minutes before breakfast every morning.

"If I felt as if I was coming down something, I took an extra dose during the day. I remember starting on the drops before Christmas. And I kept using them all through the winter, spring and summer. When the autumn came I thought that something was different this time. The entire spring and summer had passed by without me having had hay fever for a single day!" says Randi. Four and a half years later she is still surprised. Her allergy to timothy grass is completely gone.

"IN THE LAST FOUR YEARS I have only had a common cold one single time!" Randi says smiling.

Not only did she get rid of her runny nose and itchy eyes, but Randi has gained a new freedom.

ALLERS OHELSE



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Randi Nessemo

"Before I could not go horse riding with my daughter. I had to stay away from everywhere there was dry hay. But now I can help sweep up in the stables and help her groom the horse. It's great to be able to participate. Freedom of movement, without caring about allergy gives me a new freedom in life," she says.

Randi knows that many are skeptical about alternative medicine. "I am quite convinced that it is the rye drops that have helped me. Other people can think what they like. I have found something that works for me and I am very pleased about it."



” The rye drops affect and stimulate the immune cells positively.”

General Practitioner and herbal medicine practitioner Rolf Luneng.

"I recommend the rye drops to anyone. It is up to people to decide what they want to try. A BELIEF IN THE RYE DROPS is shared by general practitioner and herbal medicine practitioner Rolf Luneng at the Arena clinic in Oslo – in Allers' columns also known as "The Natural Doctor" He learned about the product Oralmat from patients who had experienced good effects from it – particularly to combat COPD. He now recommends the natural product to several patients during each year, as a supplement to other treatments

"Have you tried the drops your- self?"

"No, I am in very good health and I do not need them. But we have tried it on one of our sons, who was struggling with chronic asthmatic bronchitis as a one-year old, and he was completely cured after a few weeks. The pediatrician wanted to give him asthma medication, but it was never needed.

What are rye drops?

"Extract from sprouts of the cereal rye. The sprouts are cultivated in a way that uses plant feed made from ground animal horns (antlers), thus making them extra rich in nutrients.

Such plant food is rich in vitamins, minerals and trace elements and is said to provide very favorable growth conditions.

This method of cultivation was developed by Dr. Rudolf Steiner in 1924. "It was originally developed to improve lung capacity in Australian racehorses. Then the researcher had the idea of trying it on humans.

"The drops are now sold in many countries and they are a widely used natural remedy for asthma, allergies, cold, infections and respiratory disorders. It is also believed to improve the immune system.

"The rye drops Oralmat have been on the international market since 1990, and no side effect have been identified. The drops must be administered as described in the instructions to have optimal effect.

HEALTH IN EVERY DROP:

Oralmat Blue is produced from sprouted rye, cultivated bio-dynamically and harvested when at its most nutritious.

"Are you aware of any documented effect of the rye drops?"

"There is some basic research that suggests that rye drops have a stimulating effect on the immune system. Some studies suggest that the active ingredients influence the immune system in people with AIDS positively and improve the quality of life and level of functioning in many asthmatics who have tried it. But there is little scientifically documented clinical research that proves the medical effect of the rye drops.

"But so many individual cases have been reported that such clinical research should be carried out, in Norway or internationally," says Luneng.

"Do you know of any side effects from the use of the drops?"

"No, there are few side effects. Some people get increased mucus production in the throat and upper respiratory tracts when they start the treatment. This is not really a side effect and stops occurring after a while. It could be necessary to take smaller doses than recommended for the first two-three weeks if it happens. Some people are intolerant to the cereal rye and should be careful. But the product does not contain any of the typical allergens such as gluten and pollen," the doctor explains.

Randi Nessemo was cured of her timothy allergy after having used rye drops.

What is your professional opinion? Is it possible that rye drops can have such an effect?"

"Yes, it may be true, since the rye drops stimulate the immune defense cells positively."

Sold online: Rye drops (Oralmat) is sold through different health food shops online

- and on www.oralmat.com

- which also offers free guidance and contact with a doctor.

How the drops work

The rye drops stimulate the body's defense against infections to remove the mucus in the respiratory tracts and re-lease it through the body. At the same time, the lungs stop producing mucus, so the air-ways remain free of mucus. The result of this is best noticed in the windpipe, which allows unhindered breathing when mucus-free. You simply get your breath back. Allergy, asthma and COPD are chronic infections that occur in the respiratory system.

Grass allergy

Grass allergy intensely at the end of June, for all of July and in the beginning of August. Timothy is the most common grass type to which people are allergic. All grass types are in the same family. If you are allergic to one type of grass (such as timothy), you are also allergic to more of them. The existence of a grass allergy can be determined by a skin prick test.