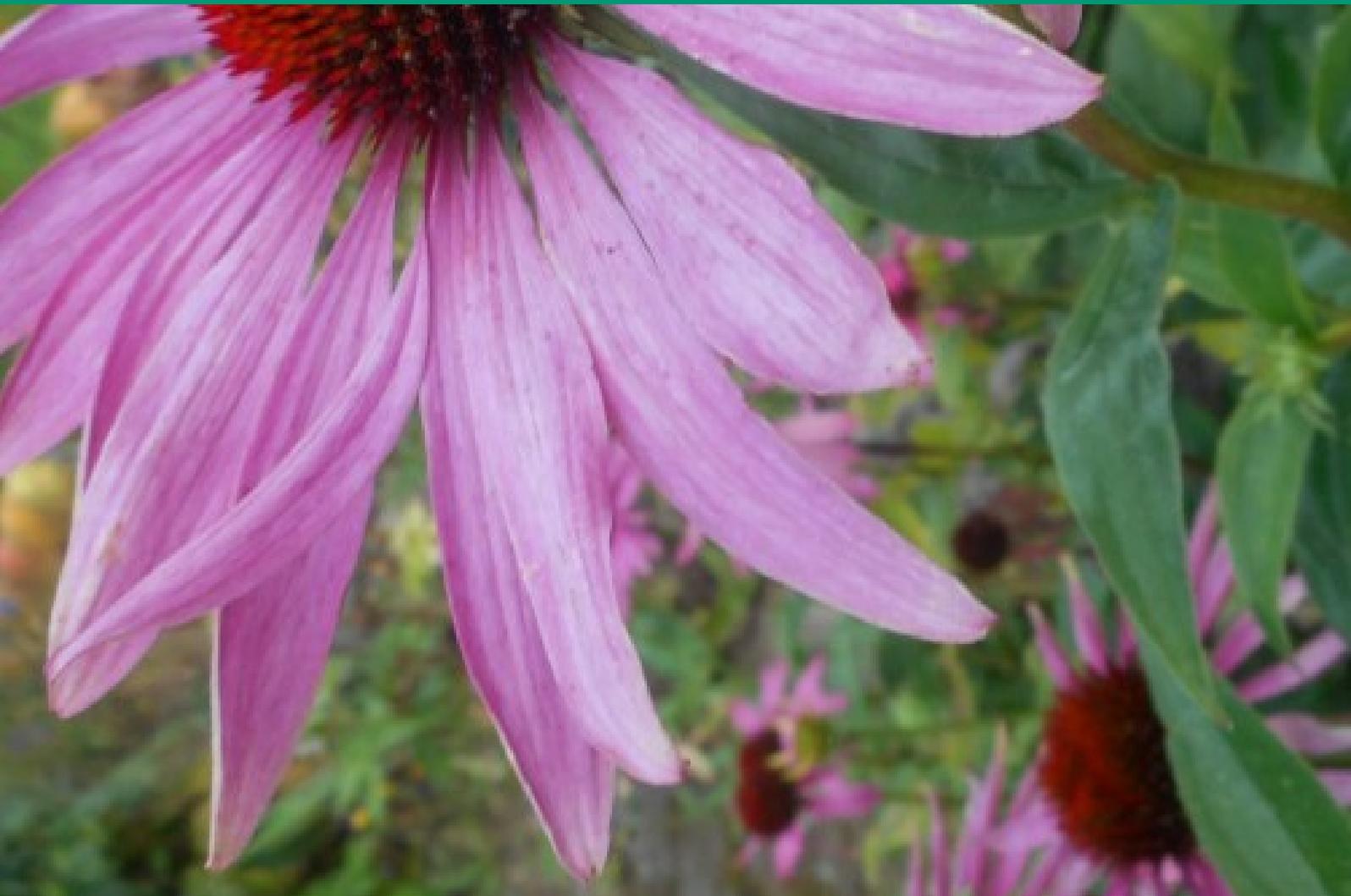




**ROSCORE
CLINIC**

Natural Remedy For Hay Fever



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So how do you know you are suffering from hay fever?

Often people mistake their hay fever symptoms for a springtime cold. It is an easy mistake as the symptoms are very similar. The clue to whether it is hay fever or a cold is the longevity. The symptoms of a cold will ease after a few days, whereas the symptoms of hay fever, like any other allergic reaction, will remain **as long as the sufferer remains exposed to the allergen – pollen.**

Natural Treatment for Hay Fever

Emmett Walsh, Medical Herbalist at Roscore Clinic says the his formula for hay fever is a "simple formula and the idea behind it is that it stimulus the sinus to get rid of the excess mucus which is produced as a result of the allergic response".

So Emmett's "*Simple Formula*" is as follows: He doesn't claim that it will work for everyone but it is worth trying.

It includes just 3 different spices.

Ginger Powder

Black Pepper Powder

White Pepper Powder

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- Ginger power – Ginger is a really good herb for any allergic reaction.
- Black pepper powder
- Long pepper powders – or use white pepper as long pepper is not easy to get.

However, it is important that you use the power form of these spices.

Method:

Mix 1/3 of each of 3 spices together and mix with water.

Take 1/4 of a teaspoon at least twice a day depending on your needs.

Warning !

- This powder mix will cause excess mucus to be produced.
- You will find that you may sneeze a lot.
- A lot of Nasal Phlegm will be produced and will need to be cleared.

It is as simple as that. Listen back to Emmett tell you again.

Now go ahead and try it and please we would love to **hear your feedback** on *Emmett's Simple Formula*.

Why not share it with your friends on your **Facebook page**.

Call us on 057 935 5844 or email us at
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