



## Can Synthetic Grass Really Reduce Hay Fever? Perth Manufacturer says, "Yes!"

Manufacturer of artificial grass in Perth reveals why more Australians are installing artificial lawns to reduce hay fever.

Perth, WA, 4 March 2014 - For many Australians, hay fever season is a yearly ritual of sniffing, sneezing and watery eyes, but some are being helped by an unlikely "weapon": artificial grass. There are a number of factors involved in hay fever and its prevention. First, though, it is necessary to know some facts about hay fever.

### Some Facts About Hay Fever

Hay fever isn't usually caused by hay and it doesn't really cause a fever. It got its name because farmers who were harvesting hay would often report sneezing, irritation of the eyes and both congestion and irritation of the nasal tract.

The scientific name for hay fever is allergic rhinitis. Rhinitis is a Latin term which means "irritation of the nose." Hay fever sufferers know the symptoms well: irritation of the eyes and nose, congestion, clear mucus and sneezing. Hay fever sufferers can also get sore throats from the postnasal drip that often occurs. Hay fever can also lead to worse conditions such as asthma and sinusitis if not properly cared for.

### Causes of Hay Fever

The agent that causes hay fever is pollen. Many trees, grasses and weeds produce pollen, which is a small protein particle. Small pollen particles are picked up by the wind and transported through the air, where they are inhaled into the nasal tract. Most of the pollen stays in the nasal tract, but it can make it all the way into the bronchial tubes or even the lungs.

Though pollen isn't even as large as the tip of a needle, it can have a large effect on anyone who has an allergy to it. This eventually becomes hay fever.

### How to Reduce the Chances of Getting Hay Fever

The best and most obvious way to reduce one's chances of getting hay fever is to avoid air that has pollen in it. While this isn't always possible, there are steps that one can take to decrease the amount of pollen they will be exposed to on a regular basis during hay fever season.

The most important way to reduce one's chances of getting hay fever is to not grow any plants that produce pollen whose particles are small enough to be blown through the air. For the most part, any plant whose pollen is so dense that it has to be pollinated by insects is safe. Plants to avoid include grass, weeds and any flower that has small or medium petals.

### How Artificial Grass Helps

When natural grass is removed from a yard and replaced by synthetic grass, it reduces the amount of pollen considerably. According to Justin Everley, Director of Green Planet Grass, "Installing artificial grass is a great way to limit one's exposure to pollen. If you get rid of not only grass, but any plants or trees that produce pollen and install a Green Planet Grass Landscape System over the entire area, it helps reduce pollen to a minimal level. While we aren't allowed to guarantee that you won't get hay fever, science indicates that it can help reduce the length and severity."

Mr Everley concludes, "The best part: you also get a lush, green lawn 24/7/365."

Green Planet Grass manufactures and installs artificial grass in Perth and surrounding areas. They have completed more than 4,000 successful installations of synthetic grass for both residential, commercial and sports applications. To learn more call (08) 9209 2669 or visit their website: <http://www.greenplanetgrassperth.com.au/>.

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