



MAY 2018, Vol 11

This time of year the air is filled with pollen and mold spores which can lead to watery eyes, sneezing and stuffiness. And all those airborne allergens can make asthma symptoms just as worse. Allergies can trigger asthma, and having asthma greatly increases your odds of having allergies. Allergies affect as many as 30% of adults and 40% of children in the United States. More Americans than

ever before have asthma - about 25 million people. It is possible to live normal lives with asthma and allergies. Though neither condition is curable, both conditions are treatable and manageable.



<http://www.cdc.gov/asthma/default.htm>
<http://www.aafa.org/page/allergies.aspx>

GET SOME RELIEF

Controlling both allergies and asthma may help you find some relief. Here are a few tips and facts to know.

Play Keep-Away from Allergens. Keep an eye on the weather. Dry, warm and windy days tend to be high-pollen times. Exercise indoors to avoid pollen and outdoor molds. Save outdoor activities for cold, damp days. If you need to do yardwork, wear a mask to keep from breathing in tiny particles. Monitor the quality of air in your area every day by

checking out airnow.gov. Don't forget to hit the showers after being outdoors to help wash away the allergens.

Take Action. Working with your doctor will give you the tools you need to control asthma and allergies.

Mind Your Medicine. If you use an inhaler, be sure it is readily available to treat any flare-ups. Over-the-counter or other allergy treatments may ease or prevent bothersome symptoms. Talk to your doctor about what may work best for you.

Know Common Triggers. Pollen by the season - the biggest culprits are:

- ⇒ Spring: trees
- ⇒ Late Spring/Summer: grasses
- ⇒ Summer/Fall: weeds, other late-blooming plants

Other common triggers include:

- ⇒ House dust mites
- ⇒ Animal dander
- ⇒ Tobacco and wood smoke
- ⇒ Weather changes

<http://www.aafa.org>
<https://www.uhc.com/newsletters/may-2017/allergies-asthma>

FOOD AND SEASONAL ALLERGIES

Have you ever bitten into an apple (or any fruit) and notice that your lips itch? If so, you might have oral allergy syndrome – which is caused by cross-reacting allergens found in both pollen and raw fruits, vegetables and some tree nuts, says Dr. Andy Nish, director of the Allergy and Asthma

Care Center in Gainesville, Georgia. Birch pollen is related to apples, almonds, carrots, celery, cherries, hazelnuts, kiwis, peaches, pears and plums. Grass pollen is linked to celery, melons, oranges, peaches and tomatoes. And people with a ragweed allergy might react to bananas, cucumbers, melons, sunflower seeds and zucchini.

Believe it or not, one can even develop a rash if he/she comes into contact with mango peels and unpeeled cashews. These types of fruits and nuts are often processed with a chemical found in poison ivy, which is why they produce the rash. Plus, cashews are related to poison sumac, which can provoke an allergic reaction.

<https://health.usnews.com/wellness/slideshows/8-surprising-facts-about-asthma-and-seasonal-allergies?onepage>

Did You Know?



Seeds like flax, chia, sesame and hemp are nutritional powerhouses providing heart-healthy fat, fiber, protein and more.

Hemp seeds are not as popular but can be a great addition to salads and/or fruit smoothies. They have a mild, nutty flavor and also provide healthy fats in addition to a high amount of protein and Omega-3.

One serving (3 tablespoons) = 10 grams of protein.

<https://esmmweighless.com/vegetarian-sources-protein/>

SUPRISING ALLERGEN

We all need water to survive, but some people get hives, or urticaria, from water. A water allergy, known as aquagenic urticaria, is one of a group of hive-related conditions known as physical urticarias. "Urticaria is the medical word for hives, which are red patches and

wheels that appear on the skin and are very itchy," says Dr. Ford. "Why some people get hives from water is not really known." This is one of the very rare types of allergies. The hives and itching usually go away in 15-30 minutes, and antihistamines will relieve symptoms of water allergy.

<https://www.everydayhealth.com/allergies-pictures/10-weird-and-surprising-allergens.aspx#01>

IN THIS ISSUE:

- ◆ Allergy & Asthma Month
- ◆ Better Sleep Month
- ◆ Upcoming Events

BETTER SLEEP MONTH



The focus of Better Sleep Month is to encourage people to establish better sleeping patterns.

Refreshing sleep is so important when staying healthy. As with diet and exercise, sleep is crucial to our physical, emotional and mental health. Inadequate sleep can lead to an increase in blood pressure and stress hormone production; the body can become stressed when it does not get enough sleep.

Consequences of poor sleep include reduced concentration, mood swings, irritability, stress, and a weakened im-

mune system. In severe cases, poor sleep may be linked to serious problems including narcolepsy, insomnia, restless leg syndrome and sleep apnea.

Many experts believe that between 7.5 and 8.5 hours of sleep a night is optimal. However, better sleep does not refer to just the length of time we sleep. **Better sleep is quality sleep.** 6 hours of deep refreshing sleep is more beneficial than 8 hours of light interrupted sleep.

Here are some tips to get better sleep:

- Establish a consistent sleep schedule by sleeping at the same time every day.
- Relax before sleeping. Prior to sleep, limit any stimulating activities such as

exercise and work. Perform relaxing activities such as reading.

- Create an optimal sleeping environment. Your room should be dark, ventilated and of an appropriate temperature. Remove any distractions such as computers and TVs from the room. Ensure your bedding is of good quality and there is enough space in the bed if you share the bed with a partner (or a pet!).
- Exercise and a healthy diet can contribute towards better sleep. Avoid alcohol, nicotine and caffeine close to bed time. Whilst alcohol may help some people to relax, it can disrupt sleep throughout the night.

<http://www.whathealth.com/awareness/event/bettersleepmonth.html>

EYE EXERCISES

Try these simple and fun eye exercises to help improve your vision and make your eyes stronger. As the blood flow to the eyes and eye muscles increase, the tissue will get more nutrients and oxygen. Healthier eyes can also help keep off many complicated diseases.

Blink

- * If you are a regular computer user, your eyes don't blink as much as they used to (especially when you focus on something).
- * It is recommended to take a break from work every 60 minutes and blink your eyes at a fast rate. Blinking every two seconds is a good rate. Do it for one minute.

- * It is going to make your eyes feel relaxed and remove any strain. Blinking will also lubricate your eyes.

Eye Movement to Complete an 8

- * It's as simple as it says. Move your eyes to trace the digit 8. This will exercise your eye muscles, increasing their flexibility.
- * Do it one way, and then, repeat the other way for few minutes.

Circular Motion

- * Roll your eyes in a circle. Do it in one direction, and then, repeat in the other. Repeat it 5 times for each direction, and then, look straight. Do a total of 3 sets.

- * This is a simple but highly effective eye exercise.



Swinging

- * If you have a pendulum in your home, you can look at it. Or else you can move the cursor on the screen and follow it with your eyes. Make sure your neck is kept straight. Follow the swinging action of the pendulum.
- * This exercise will help in loosening the stiff eye muscles.

<http://secretnutritions.com/11-simple-fun-eye-exercises-boost-vision/>

CHALLENGE CHALLENGE YOURSELF. Make some small tweak to your diet. Swap a biscuit for a piece of fruit. Stop adding sugar to your coffee. Or add in some lean protein in the form of fish, skinless poultry, eggs or tofu. If you can keep that change up for a week, you're on the way to making it permanent.



June 7 2nd Annual Chili Cook-Off