



It's Allergy Season!

For most people who suffer from allergies and asthma, this time of the year is a difficult one. The connection between your symptoms and the weather has an effect on what you can be allergic to as well as the change of seasons. These are some common weather triggers:

Dry/Windy Days: Wind blows pollen into the air, causing hay fever. If you have pollen allergies, shut the windows and stay indoors on windy days.

Rainy/Humid Days: Moisture makes mold grow, both indoors and out. Dust mites also thrive in the humid air. However, if you are allergic to pollen, humid and damp days are good, because the moisture weighs down the pollen by keeping it on the ground.

Cold Air: Many people with allergic asthma find that cold air is a problem, especially when they exercise because it can trigger a coughing fit.

Heat: Air pollution is worst on hot summer days because ozone and smog can be a serious trigger for those with allergic asthma.

Besides the weather affecting most people, the change of seasons also has a huge effect on allergies and for most people who also suffer from allergic asthma. Now that the Spring season is here, you need to be more aware of when and what days you will be exposed to environmental allergens.

During the Spring, in cooler states, plants start to release pollen in February or March. Tree pollen is also in effect as well as mold during rainy days, especially during the month of April.

So what can we do to prepare?

Pay attention to the weather. Check local pollen and mold counts. Watch for ozone action days too! Spend less time on those days where the count is high.

Prepare for allergies: Come to our office two weeks before so Debra can work on those seasonal allergies you have yearly. Therefore, we can get a head start before you begin to sneeze, cough, itch, or shortness of breath begins.

Control your environment. You can't control the outside environment, but you do have some control over the conditions in your home. Use air conditioning to filter out mold and pollen. Use a dehumidifier to ward off mold growth and dust mites!

Identify your Triggers: Don't just guess what is causing your allergies, come to our office so that we can figure what is triggering your allergies and then we can work on those allergies to relieve your symptoms. We can offer ways to help you during seasonal allergies and asthma as well.

Call NOW for your Appointment

Featured Product of the Month

Lobelia Essence by Nature's Sunshine

Lobelia Essence by Nature's Sunshine is a product designed to support the nervous and respiratory systems. It is also used to provide a feeling of well-being and relaxation.

What is Lobelia?

Lobelia is a flowering plant native to the eastern part of North America. It is called Indian tobacco. The Lobelia flower features delicate violet, pink, and white blossoms. Native Americans often smoked Lobelia for its medicinal benefits.

The Lobelia Essence can be used for asthma sufferers, people with respiratory conditions, including bronchitis, whooping cough, and shortness of breath. Some people take Lobelia as a sedative to help them relax.

Our Office offers this product for \$23.00!



How About An Allergy and Asthma Relief Smoothie?

There are some foods that can help relieve asthma or allergies such as:

Bananas: Excellent source of magnesium, which is known as a bronchodilator with antihistamine properties.



Spinach: Also another great source of magnesium, spinach is rich in carotenoids antioxidants. Studies have shown that the blood levels of carotenoids in people with asthma and seasonal allergies tend to be much lower in allergy and asthma-free people.

Blueberries: Berries, especially blueberries and blackberries are rich in an antioxidant called quercetin. Quercetin also has antioxidant properties and is a flavonoid. Flavonoids are found in many fruits, grains, and veggies. A great antioxidant that can help you manage allergy symptoms and can help your body fight blood pressure and inflammation.

Orange: Oranges and high citrus fruits are high in Vitamin

C and quercetin.

Flax Seeds and Chia Seeds: Both flax and Chia seeds are sources of Omega -3 fatty acids and contain a particle that helps to prevent or reduce chronic inflammation.

Enjoy this delicious smoothie that has a blend of fruits, veggies, and seeds that can help you fight allergy seasons!

So our feature recipe for the month:

"Allergy and Asthma Relief Smoothie"

Servings: 1 person

Prep Time: 5 minutes

Ingredients

- 1 cup filtered water
- 1 medium banana
- 1 cup spinach packed
- 1/2 cup frozen blueberries
- 1 medium Orange
- 1 tablespoon chia seeds
- 1 tablespoon flax

seeds

- 3-
4
ice
cubes

Instructions

1. Add
all
ingredients
to
a
high-
powered
blender.
2. Blend
until
smooth

For a thinner smoothie, add a little more water!

Thanks to Larissa Galenes for the recipe and information.

Kind regards,

Debra

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