

SPRING INTO HEALTH



Spring is the perfect time to refresh your routines and embrace a healthier, more vibrant lifestyle.

Here are some tips to help you "spring" into a fresh start!

SOAK UP THE SUNLIGHT

Take advantage of longer daylight hours by getting outside more often. Morning walks or lunch breaks in the sun help boost your vitamin D and improve mood.

REFRESH YOUR FITNESS ROUTINE

Move your workouts outdoors—try hiking, biking, yoga in the park, or a simple jog. Explore new classes or routines to re-energize your motivation.

RESET YOUR SLEEP SCHEDULE

Use natural morning light to help regulate your circadian rhythm. Gradually shift bedtime if winter habits lingered—aim for 7–9 hours of quality sleep.

SPRING CLEAN YOUR SPACE—AND YOUR MIND

Declutter your home to reduce stress and boost mental clarity. Journal, meditate, or practice mindfulness to refresh emotionally and mentally.

RECONNECT WITH NATURE

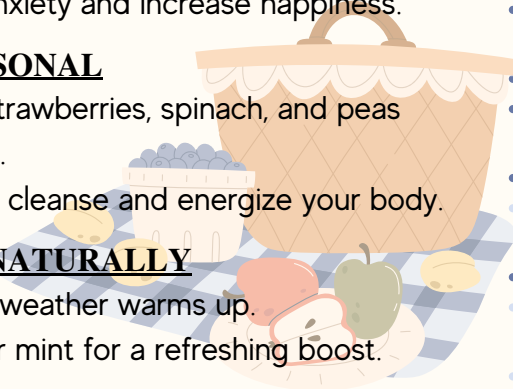
Visit gardens, nature trails, or local parks to enjoy the sights and scents of spring. Even small moments outdoors can reduce anxiety and increase happiness.

EAT FRESH & SEASONAL

Incorporate spring produce like asparagus, strawberries, spinach, and peas into your meals. Focus on lighter, nutrient-rich foods to naturally cleanse and energize your body.

HYDRATE AND DETOX NATURALLY

Increase your water intake as the weather warms up. Try infused waters with citrus, cucumber, or mint for a refreshing boost.



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Holistic Approaches to Prevent Allergies

If you're one of the 50 million Americans who suffers from allergies, your symptoms may bloom when the seasons shift. Likely triggers include **tree pollen, grass, mold, and ragweed** which can cause **itchiness, watery eyes, a tickly throat, and congestion**, making you dread springing ahead.

GREEN TEA

This beverage contains natural antihistamines and antioxidants that may help reduce allergic reactions. Drinking a couple of cups daily during allergy season might offer some relief.

TROPICAL FRUITS & VITAMIN C POWERHOUSES

Fruits like pineapple, mango, and papaya are rich in vitamin C and bromelain—an enzyme that may help relieve asthma and reduce inflammation. Vitamin C also acts as a natural antihistamine. Other excellent sources include bell peppers, Brussels sprouts, and broccoli, which contain more vitamin C than oranges.

FATTY FISH

Salmon, sardines, and mackerel are packed with omega-3 fatty acids, which help reduce inflammation associated with allergies. Plant-based options like walnuts and flaxseeds are also rich in omega-3s.

YOGURT & FERMENTED FOODS

Gut health plays a major role in immune regulation. Probiotic-rich foods like yogurt (with live active cultures), kefir, sauerkraut, and kimchi may help the body respond more calmly to allergens—especially in children sensitive to pollen.

GINGER

Known for its anti-nausea and anti-inflammatory properties, ginger may also help suppress allergic inflammation. Add fresh ginger to smoothies, stir-fries, or tea for a daily boost.

TURMERIC

The active ingredient in turmeric, curcumin, has strong anti-inflammatory and anti-allergic properties. It may help inhibit the release of histamine from mast cells, those responsible for many allergy symptoms.

LOCAL HONEY

Raw, local honey contains trace amounts of local pollen. Eating it regularly throughout the year may help the body build up tolerance, much like how allergy shots work. While evidence is mixed, many people report symptom relief over time.

*** While these foods can support overall allergy management, they aren't a substitute for prescribed *** treatments, especially in the case of severe allergies. Always talk to a healthcare provider before making significant dietary changes.

