

Allergies Are Nothing to Sneeze At!

Spring is finally here! After the long winter we've had, we're all happy to toss aside winter coats, boots, and other cold-weather accessories in exchange for brighter colors and breezier clothes. One thing that is not welcome, however, is the release of pollen by trees, weeds, and grasses as well as the release of spores by outdoor molds. Seasonal allergies can spoil the enjoyment of the season for those who are susceptible. Most people are aware of antihistamines and other allergy medications that can help with the problem; did you know there are some other steps you can take to lessen or avoid allergy-triggering substances?

Check out these simple things you can do to prevent (or at least lessen) the effect of allergens in nature.

- 1 Keep windows closed in your home and your vehicles to prevent having pollen enter through these pathways.
- 2 Remember to wash your pets more frequently, since they roll around in grass and pollen, and other allergens can get caught in their fur and will be deposited on furniture and bedding when they go inside.
- 3 Butterbur is a natural therapy which can eliminate or reduce symptoms of seasonal allergies (runny nose and nasal congestion, itchy watery eyes, sneezing, headaches). It is an alternative to medicines such as Zyrtec and Allegra and is effective in treating other health conditions such as migraine headaches. Butterbur is available as a dietary supplement but should only be purchased from reliable sources and should be certified and labeled PA-free (pyrrolizidine alkaloids) since these compounds can cause liver damage.
- 4 Avoid outdoor activity in the early morning when pollen counts are highest. If possible, delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- 5 Keep your indoor air clean. If you have forced air heating or air conditioning in your house, use high-efficiency filters and follow regular maintenance schedules. Consider using a portable high-efficiency particulate air (HEPA) filter in your bedroom.
- 6 A nasal rinse cleans mucus from your nose and can ease allergy symptoms there. It also can whisk away bacteria, thin mucus and cut down on postnasal drip. Buy a rinse kit or make one using a neti pot or a nasal bulb.
- 7 You can actively monitor the pollen count in your area and limit your outdoor exposure when counts are high. The National Allergy Bureau offers a helpful online tool that reports on pollen counts for specific trees, grasses, weeds and mold spores throughout the country. You can check pollen counts here: <https://www.aaaai.org/global/nab-pollen-counts>.
- 8 If you are going to take medication for spring allergies, start taking them at least two weeks before the beginning of the season. It is always best to check with your physician before beginning any sort of medication.
- 9 If outside for very long, remove clothing and shoes as soon as you enter your home and shower to remove allergy triggers that may be clinging to your hair and skin. Wash bedding in hot, soapy water once per week.
- 10 Limit the use of over-the-counter spray nasal decongestants (maximum of 5 days in a row) because when used longer, they can irritate the nose and cause rebound congestion—creating symptoms that are worse than the original problem.





3 WAYS

SIMPLY SPECTACULAR SALMON!

Not only is fish delicious, this high-protein, low-fat food is a great nutritional choice. White-fleshed fish is lower in fat than any other source of animal protein, and oily fish are high in omega-3 fatty acids, which are the “good” fats. Here are 3 quick, easy and delicious recipes for this versatile fish!

HONEY GARLIC BAKED SALMON

INGREDIENTS:

- 1 lb salmon fillet
- 1 tbsp honey
- 3 cloves garlic, minced
- Sea salt, to taste
- Freshly cracked black pepper, to taste

INSTRUCTIONS:

1. Heat oven to 400°F. Line a baking sheet with parchment paper, foil or a silicone baking mat.
2. Place salmon, skin side down, on the lined baking sheet. Spread evenly with honey. Sprinkle evenly with garlic. Season to taste with sea salt and pepper.
3. Bake salmon 7–10 minutes (longer for a thicker fillet).
4. Turn on broiler. Place salmon under broiler 5–7 minutes or until salmon reaches desired doneness on the inside and golden on the surface.
5. Slide a spatula between skin and flesh to separate salmon from skin. Skin should stick to the parchment. Divide into portions and serve.

Source: <https://livelytable.com/>

BAKED SALMON WITH GARLIC AND DIJON

INGREDIENTS:

- 1 1/2 lb salmon fillet
- 2 tbsp fresh parsley, chopped
- 3 garlic cloves, pressed
- 1/2 tsp Dijon mustard
- 1/2 tsp salt we use sea salt
- 1/8 tsp black pepper
- 2 tbsp light olive oil not extra virgin
- 2 tbsp fresh lemon juice
- 1/2 Lemon, sliced into 4 rings for effect

INSTRUCTIONS:

1. Preheat the oven to 450° F. Line rimmed baking sheet with silicone baking mat or foil.
2. In a small bowl, combine: 2 tbsp parsley, 2-3 pressed cloves garlic, 1/2 tsp Dijon, 1/2 tsp salt, 1/8 tsp pepper, 2 tbsp oil and 2 tbsp lemon juice.
3. Slice salmon into 4 portions and arrange them on a lined baking dish, keeping salmon skin-side-down.
4. Generously brush top and sides of salmon with sauce and top with lemon slices.
5. Bake at 450°F for 12–15 min or until just cooked through and flaky. Don't over-cook.

Source: <https://natashaskitchen.com>

GRILLED, MARINATED SALMON

INGREDIENTS:

- 1/2 cup reduced sodium soy sauce
 - 1/4 cup olive oil
 - 2 tablespoons dark brown sugar
 - 1-inch section of fresh ginger root, grated
 - 2 cloves garlic, grated
 - 2 pounds salmon, cut into fillets
- (Note: Can halve the recipe to serve 2-3 people)

INSTRUCTIONS:

1. Mix together marinade ingredients in a baking dish: soy sauce, olive oil, brown sugar, ginger, and garlic. Add salmon fillets skin side up into the marinade and place in the fridge for 15–45 minutes.
2. When ready to grill, start your grill with the lid open for 3–5 minutes. Set the temperature to 350°F and preheat with the lid closed for 10–15 minutes.
3. Remove salmon from marinade and place skin side up on grill. Cover and cook for 4 minutes. Flip carefully using a spatula. Cook for 20–25 minutes longer until fish is flaky. Serve immediately.

Source: <https://www.rachelcooks.com>