“Spring Forward” With Our Daylight Saving Health Tips

A Wellworks For You Blog

First things first - go circle Sunday, March 12th on your calendar - we’ll wait.

That’s the day we set our clocks forward an hour as daylight saving (that’s right, it’s “saving,” not “savings”) time rears its ugly head once again. While losing an hour of sleep is simply an annoyance for most of us, there can be real daylight saving health effects for some people.

Studies by the University of Alabama, and a team of researchers in Michigan hospitals both suggest that the rate of heart attacks can jump as much as 25% the Monday after we “spring forward.” Lead author Dr. Amneet Sandhu, says, “It may mean that people who are already vulnerable to heart disease may be at greater risk right after sudden time changes.”

Dr. Holly Phillips states that any daylight saving health effects come down to two things - stress and sleep deprivation. “When we are sleep deprived or stressed, there are more inflammatory markers in our bloodstream, and that inflammation raises our risk of heart attacks,” she explains.

While being tired and stressed is detrimental to our health any time of year, the effects can become compounded by the time change. So what can we do to combat the effects of daylight saving time on the body?

How to Adjust to Daylight Saving Time:

- Take it easy on daylight saving weekend. Go to bed a little early, and feel free to nap on Sunday - but “no longer than 20 minutes,” warns The Better Sleep Council.

- Getting up at your normal time will help your body adjust - regardless of what time the sun rises.

- Be extra aware on the roads - 100,000 auto accidents are caused by driver fatigue each year, and sleep deprivation due to the time change leads to an increase in crashes.

What will you do to prepare your body for Daylight Saving Time? Email your response to be placed in a drawing to possibly win a $25.00 Wellworks For You Visa Reward Card!

Please e-mail info@wellworksforyou.com with your response. If you wish to be placed in the drawing, your answer must be submitted to Wellworks For You by the last day of the month.
Of Thee I Sneeze: Top U.S. Seasonal Allergy Triggers for Everyone, Everywhere

We’re all exposed to numerous trees, grasses, and weeds that put out pollen: fine, powdery microspores essential to their reproduction. And while it would be nice to tell these flowering growths to get a room, 20% of the U.S. population—about 50 million of us—end up seeking seasonal allergy relief.

The Northeast
From Pennsylvania to Maine, trees can start pollinating as early as February or March because spring, for the past two decades, has been creeping increasingly earlier in the calendar. Elm, hazelnut, maple, poplar, hackberry, and red cedar trees give allergy sufferers the most grief, especially if the previous year saw robust rainfall.

The South
So many beautiful trees grace the American South—oak, pecan, cedar, hickory, birch. Unfortunately, those trees cause discomfort for allergy sufferers from Oklahoma, Texas, and the Gulf Coast states clear up to the Carolinas and Virginia from February through May. And the South’s generally warm, wet winters don’t make spring any easier!

The Midwest
In America’s heartland, trees pollinate from March to June. The most common tree allergies include the usual suspects—birch, elder, elm, oak, hickory—but also Juniper and alder trees. The alder tree is an especially prolific pollinator, capable of producing 7.2 billion grains in one year. That’s seven times an oak tree’s output!

The West
In the western states, trees pollinate from February to June. People often think pine trees are seasonal allergy sufferers’ nemesis as young (and old) men (and women) go west, especially to California. But Dr. Richard Hornsinger, a Los Alamos, New Mexico allergist, told The Weather Channel pine gets a bad rap. “People always think pine pollen causes problems because they see it,” he explains. In truth, oak and walnut trees cause far more problems for the Golden State. Ash and cedar bother folk with allergies in Arizona and New Mexico, while those in the Northwest try to steer clear of alder and birch pollen.

Source: Wellworks For You

Daylight Saving Spring 2017

Sunday, March 12th
Set your clocks forward one (1) hour

These daylight saving health tips are good advice any time of year, try making them a regular part of your commitment to wellness!

If you wish you could just skip all this clock-changing hassle - you’re not alone. A 2014 poll found that only 33% of American adults think that observing daylight saving time is worth the trouble. In fact, people are so tired of losing an hour of sleep, that there are dozens of online petitions to abolish the practice on Change.org.

Source: Wellworks For You
Featured Recipe:
Taco Lettuce Wraps
Yield: Serves 4

Don’t limit yourself to lettuce for this low-carb, gluten-free taco lettuce wrap recipe—any fresh green sturdy enough to wrap around ½ cup of filling works.

Ingredients
- 8 small iceberg or romaine lettuce leaves or 4 large, cut in half crosswise
- 1 tablespoon canola oil
- 1 pound lean ground beef
- ⅛ teaspoon salt
- 5 tablespoons prepared salsa
- 1 tablespoon rice vinegar
- 1½ teaspoons ground cumin
- 1 cup diced avocado
- 1 cup julienned jícama
- ¼ cup finely diced red onion

Preparation
1. Wash and dry lettuce leaves well and cut out any tough ribs.
2. Heat oil in a large nonstick skillet over medium-high heat. Add ground beef, season with salt and cook, stirring often, until cooked through, 4 to 6 minutes.
3. Meanwhile, whisk salsa, vinegar, and cumin in a small bowl.
4. Remove the pan from the heat, add the salsa mixture and stir to combine. Serve in the lettuce leaves, topped with avocado, jicama, and onion.

Nutrition
Serving Size: 2 wraps
Per serving: 291 calories; 19 g fat(5 g sat); 4 g fiber; 8 g carbohydrates; 23 g protein; 47 mcg folate; 72 g cholesterol; 2 g sugars; 0g added sugars; 246 IU vitamin A; 9 mg vitamin C; 34 mg calcium; 3 mg iron; 348 mg sodium; 579 mg potassium


March 2017
NEW! MONTHLY Live Webinar Series

Beginning this month, the Wellworks For You Health Coaching team will be conducting FREE live monthly webinars on various health and wellness topics. We will be kicking off our webinar series during National Nutrition Month with the webinar, Put Your Best Fork Forward. See below for more details about the webinar and how to sign up.

March is National Nutrition Month! The theme for March is "Put Your Best Fork Forward." Join us for a live webinar with one of our Registered Dietitians to learn about setting healthy habits.

This month’s live webinar features:
- Including variety in your diet
- MyPlate method and the dietary guidelines
- Reading a food label
- Limiting sugar, sodium, and saturated fat

Put Your Best Fork Forward
Wednesday, March 15, 2017
1:00 PM - 2:00 PM EST

Type this URL into your browser to register: https://attendee.gotowebinar.com/register/5733247633150123522