






Happy Spring!


It's that time of year...time for a health and wellness REFRESH!!!



Krys Hess, BS Nutrition Science, SNS, Nutrition & Wellness Chair


Here are a few ideas for you to try this spring to give yourself a refresh before the start of the summer months!

 **Proactive Seasonal Allergy Support** – although the blooming flowers are beautiful, for many of us, it usually means one thing: spring allergies. Try these proactive measures that may help you reduce your symptoms...naturally...

-  Diffuse a combination of essential oils – a good blend for allergies is lavender, lemon and peppermint.
-  Try adding some local honey to your diet to help build your natural defenses.

 **Soak Up the Sun** – now that the days are getting a little longer, we have more exposure to natural light, which comes with many benefits for our health and well-being...

-  Exposure to natural sunlight stimulates the production of vitamin D in the skin, this plays a key role in the immune system. Vitamin D helps regulate the immune response, reduce inflammation and stimulate the production and activation of white blood cells.
-  A daily dose of sunshine has been shown to reduce stress, all you need is 5-15 minutes!

 **Plant-Based Eating for Spring** – this comes with so many benefits for your mind, body and the environment. You don't have to be vegan or vegetarian to enjoy a Meatless Monday! Spring is a great time to incorporate seasonal produce into your diet! Head to the Farmer's Market and try a few of these yummy spring fruits and veggies that pack a powerful nutritional punch...

- | | |
|--|---|
|  Apricots |  Peas |
|  Artichokes |  Radishes |