

wellness newsletter

Creative Benefits, Inc.
strategies to insure your success

may 2014

Seasonal Allergies...nip them in the bud...

Ah...Spring...flower buds and blooming trees — and if you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, runny nose and other bothersome symptoms. Seasonal allergies can make you miserable. But before you settle for plastic flowers and artificial turf, try these simple strategies to keep seasonal allergies under control.

To reduce your exposure to the things that trigger your allergies:

- Stay indoors on dry, windy days — the best time to go outside is after a good rain.
- Remove clothes you've worn outside; you may also want to shower to rinse pollen from your skin and hair.
- Don't hang laundry outside — pollen can stick to sheets and towels.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens. If you can't delegate, wear a mask.
- Check out this link, <http://www.pollen.com/allergy-weather-forecast.asp>, if high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.

Unfortunately, there is no miracle product that can eliminate all allergens from the air in your home, but these suggestions may help:

- Keep indoor air dry with a dehumidifier.
- Use a portable high-efficiency particulate air (HEPA) filter in your bedroom.
- Clean floors often with a vacuum cleaner that has a HEPA filter.

Several types of nonprescription medications can help ease allergy symptoms. They include:

- **Oral antihistamines.** Antihistamines can help relieve sneezing, itching, runny nose and watery eyes.
- **Decongestants.** Oral decongestants can provide temporary relief from nasal stuffiness.
- **Nasal spray.** Nasal sprays can prevent allergy symptoms such as runny/stuffy nose, sneezing, itching and post-nasal drip.
- **Combination medications.** A number of allergy medications combine an antihistamine with a decongestant.

Rinsing your nasal passages with distilled, sterile saline solution (nasal irrigation) is a quick, inexpensive and very effective way to relieve nasal congestion. Rinsing directly flushes out mucus and allergens from your nose. Look for a squeeze bottle or a neti pot — a small container with a spout designed for nasal rinsing — at your pharmacy or health food store.

For many people, avoiding allergens and taking over-the-counter medications is enough to ease symptoms. If you have bad seasonal allergies, your doctor may recommend that you have skin tests or blood tests to find out exactly what allergens trigger your symptoms. Testing can help determine what steps you need to take to avoid your specific triggers and identify which treatments are likely to work best for you.

For some people, allergy shots (allergen immunotherapy) can be a good option. Also known as desensitization, this treatment involves regular injections containing tiny amounts of the substances that cause your allergies. Over time, these injections reduce the immune system reaction that causes symptoms.

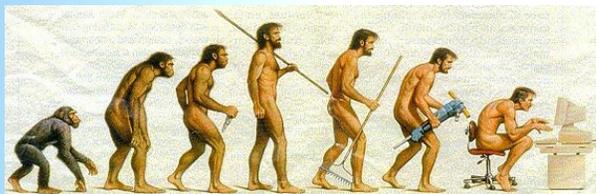


So take steps to enjoy spring instead of suffering through it!

Source: www.mayoclinic.org



Posture Perfect...shoulders back...



Posture is already a concern for many, one that will grow as computer-bound boomers age and their slumping posture degenerates into hunching older bodies.

What is posture?

Posture is the position in which we hold our bodies while standing, sitting...even lying down. Good posture is the correct alignment of body parts supported by the right amount of muscle tension against gravity. Without posture and the muscles that control it, gravity would push us over forward and we would simply fall to the ground. Gives you a whole new appreciation for a toddler learning to walk!

Why is good posture important?

- ◇ Helps us keep bones and joints in correct alignment so that our muscles are used correctly, decreasing the abnormal wearing of joint surfaces that could result in degenerative arthritis and joint pain.
- ◇ Reduces the stress on the ligaments holding the spinal joints together, minimizing the likelihood of injury.
- ◇ Allows muscles to work more efficiently, allowing the body to use less energy and, therefore, preventing muscle fatigue.
- ◇ Helps prevent muscle strain, overuse disorders, and even back and muscular pain.

How do I sit properly?

- ◇ Keep your feet on the floor or on a footrest, if they don't reach.
- ◇ Don't cross your legs. Your ankles should be in front of your knees.
- ◇ Keep a small gap between the back of your knees and the front of your seat.
- ◇ Your knees should be at or below the level of your hips.
- ◇ Adjust the backrest of your chair to support your low- and mid-back or use a back support.

- ◇ Relax your shoulders and keep your forearms parallel to the ground.
- ◇ Avoid sitting in the same position for long periods of time.

How do I stand properly?

- ◇ Bear your weight primarily on the balls of your feet.
- ◇ Keep your knees slightly bent.
- ◇ Keep your feet about shoulder-width apart.
- ◇ Let your arms hang naturally down by your side.
- ◇ Stand straight and tall with your shoulder pulled backward.
- ◇ Tuck your stomach in.
- ◇ Keep your head level, your earlobes should be in line with your shoulders.
- ◇ Shift your weight if you are standing for long periods of time.

What is the proper lying position?

- ◇ Find a mattress that is right for you. Firm mattresses are general recommended, but some people need a softer mattress to reduce back pain.
- ◇ Sleep with a pillow.
- ◇ Avoid sleeping on your stomach.
- ◇ Sleeping on your side or back is more often helpful for back pain.
- ◇ If you sleep on your side, place a pillow between your legs.
- ◇ If you sleep on your back, keep a pillow under your knees.

Can you correct your posture?

Yes, but it can take time, as often the joints have adapted to your long-standing poor posture. Conscious awareness of your own posture and knowing what posture is correct will help you consciously correct yourself. Remember, it is your postural habits everywhere, work, home and play. With practice, the correct posture for standing, sitting, and lying down will gradually replace your old posture. This, in turn, will help you move toward a better and healthier body position.

Your doctor or chiropractic can assist you with proper posture, including recommending exercises to strengthen your core postural muscles. They can also assist you with choosing proper postures during your activities.

Source: www.acatoday.org

*Happy
Memorial
Day*

