

# NEWSLETTER



## Does Diet Influence your Seasonal Allergies?

The best medicine for seasonal allergies may not be medicine. Instead, healthy eating and a healthy lifestyle go a long way in lessening symptoms. A study of 56 different countries found that populations with higher rates of tobacco use, trans fat intake, and acetaminophen use had higher rates of allergies and asthma. However, populations with higher intake of plant-based foods had lower rates of allergies and asthma.

When you follow a high-nutrient diet, you are creating an environment in your body that promotes proper immune function and regulation of the inflammatory response, which may help to reduce allergy symptoms naturally.

The daily activities and quality of life of about 7.5 percent of adults and 9 percent of children in the U.S, are impaired by the sneezing, coughing and red, itchy eyes that are symptomatic of allergies.

Pollens from grass, trees, and weeds are the primary culprits when the immune system inappropriately recognizes these airborne substances as harmful invaders and produces antibodies. Each time one comes into contact with the pollen, an immune attack ensues, leading to inflammation and cold-like symptoms.

If you want to avoid allergies and reduce symptoms, high blood levels of carotenoids, including beta-carotene, are associated with a lower likelihood of seasonal allergies in adults. These nutrients should come from a variety of colorful fruits and vegetables, not from beta carotene supplements.

Higher omega-3 intake (primarily ALA and EPA) has been associated with reduced risk of seasonal allergies in adults. Several studies have suggested that omega-3 supplementation during pregnancy likely reduces the risk of allergic conditions in the child. ALA is found in walnuts and flax, chia, and hemp seeds. The omega-3 fatty acids DHA and EPA are commonly found in fish, but due to mercury and pollutants commonly found in fish, an algae-derived omega-3 supplement is a cleaner option.

Adults deficient in Vitamin D are more likely to have allergies than those with sufficient vitamin D levels. Getting adequate vitamin D during pregnancy may help protect against the development of allergies in children. The safest way to get adequate vitamin D is through D3 supplements.

Source: [drfuhman.com/library/eat-to-live-blog/131/does-diet-influence-seasonal-allergies](http://drfuhman.com/library/eat-to-live-blog/131/does-diet-influence-seasonal-allergies)

### Medicare: Dental

Medicare doesn't cover most dental care, procedures or supplies, like cleanings, fillings, tooth extractions, dentures, dental plates or other dental devices. Medicare Part A (Hospital Insurance) will pay for certain dental services that you get while in the hospital. Part A can pay for inpatient hospital care if you need to have emergency or complicated dental procedures, even though dental care is not covered.

Source: [medicare.gov/coverage/dental-services](http://medicare.gov/coverage/dental-services)

## Did You Know?

If you're curious about learning what Medicare covers...

There's an app for that called "Medicare What's Covered" available for download from both Google Play and the App Store.



## Strawberry Spring Salad

Strawberry Spring Salad with Lemon Dijon Vinaigrette is made with fresh strawberries and juicy, red grapes, tossed in a spring mix with dried cranberries, candied walnuts and feta cheese, in a flavorful citrus dressing.

### Ingredients:

#### Salad:

- 6 Cups Spring Mix
- 1 Cup Sliced Strawberries
- 1 Cup Red Grapes (halved)
- 1/2 cup Chopped Candied Walnuts
- 1/4 Cup Feta Cheese (crumbled)
- 2 Tbsp Dried Cranberries

#### Dressing:

- 1/4 Cup Olive Oil
- 3 Tbsp Lemon Juice
- 2 tsp Honey
- 1 tsp Dijon Mustard

### Directions:

In large salad bowl combine Spring Mix, Strawberries, Grapes, Candied Walnuts, Cranberries and Feta Cheese.

In another bowl or jar combine Olive Oil, Lemon Juice, Honey, Dijon Mustard and a pinch of Salt. Whisk or shake until thoroughly combined. Chill until ready to toss with salad just before serving.

Enjoy!

## Save the Date

March  
20

Spring Begins

April  
1

April Fool's Day

April  
21

Easter

April  
26

Arbor Day

May  
12

Mother's Day

May  
27

Memorial Day



## Contact Us

*Licensed Sales Agent*