

Live Well, Work Well

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Nip Seasonal Allergies in the Bud

Approximately 20 to 25 per cent of Canadians live with allergic rhinitis, according to the Canadian Allergy, Asthma and Immunology Foundation. Springtime allergies like allergic rhinitis (also known as hay fever) are an annual nuisance for many people. As plants begin to bloom and neighbours start to cut their grass more frequently, allergy sufferers nationwide start sniffing and sneezing. What's more, mould growth blooms both indoors and outdoors, making it almost impossible to escape allergy triggers.

Allergies are one of the most widespread chronic medical conditions people live with, according to Asthma Canada.



For some, allergy symptoms may consist of sneezing a couple of times a year. But for others, seasonal allergies can cause congestion, a runny, itchy or stuffy nose, watery eyes, headaches and more for weeks or months at a time.

Fortunately, seasonal allergies only occur during certain parts of the year—usually the spring and summer. There are also natural ways to control your allergy symptoms since they are triggered by common allergens like tree pollen, grass, weeds and mould.

Alleviating Seasonal Allergies

Similar to other types of allergies, seasonal allergies develop when your body's immune system detects and then overreacts to a foreign substance it thinks is harmful. To reduce your allergies, consider the following strategies:

- Wash your bedding every week in hot water to help keep pollen under control.
- Wash your hair before going to bed since pollen can accumulate in your hair.
- Limit the number of throw rugs to reduce dust and mould in your home.
- Wear an inexpensive painter's mask and gloves when cleaning, vacuuming or painting to limit skin exposure and dust and chemical inhalation.
- Vacuum twice a week.
- Make sure the rugs you have are washable.
- Change air conditioning and heating air filters often.

Treatment for most allergies is available both over-the-counter and by prescription. If your allergy symptoms are severe or chronic, you may need a series of allergy shots. Contact your doctor or allergist to determine which seasonal allergy treatment option is best for you.

The logo for KRGinsure, featuring a stylized blue house icon above the text 'KRGinsure' in a bold, sans-serif font.



Spring Vegetable Sauté

Benefits of the Mediterranean Diet

The Mediterranean diet is an eating pattern that emulates how people in the Mediterranean region have traditionally eaten, focusing on foods like whole grains and heart-healthy fats.

The Mediterranean diet may help support brain function, promote heart health and regulate blood sugar levels. Research suggests that this well-balanced eating plan can also help prevent some chronic diseases and increase longevity.

Although there are no concrete rules for following the Mediterranean diet, check out the infographic below for diet guidelines.

If you have any questions about your diet, talk to your doctor.

A Balanced Mediterranean Diet

The Mediterranean diet is all about diversity, and some foods should be eaten more than others. Here are the foods you're encouraged to eat daily, weekly and monthly:



Eat often

- Fruits
- Legumes
- Whole grains
- Heart-healthy fats
- Nuts and seeds
- Vegetables



Eat sometimes

- Fish and seafood
- Poultry
- Dairy



Eat rarely

- Red meat
- Processed meat
- Sweets

Walking for a Longer Life

The easiest way to reduce your risk of heart disease and stroke is by moving, according to the Heart and Stroke Foundation of Canada. Walking is a great place to start, as it benefits your heart and lungs and improves fitness, muscle tone, strength and balance. Additionally, walking can help improve sleep, relieve stress and combat depression. It is estimated that up to 80 per cent of premature disease and stroke could be prevented by healthier, more active lifestyles.

Health experts recommend walking outside or on a treadmill as one of the best and simplest ways to bring consistent physical activity into your life. Any movement can add up during the day, so find what works best for your schedule and lifestyle. Always remember to check with your doctor before beginning any new exercise program.

Makes: 4 servings

Ingredients

- 10 ml (1 tsp) olive oil
- 120 ml (½ cup) sweet onion (sliced)
- 1 garlic clove (finely chopped)
- 3 small new potatoes (quartered)
- 180 ml (¾ cup) carrot (sliced)
- 180 ml (¾ cup) asparagus pieces
- 180 ml (¾ cup) sugar snap peas or green beans
- 120 ml (½ cup) radishes (quartered)
- 1.2 ml (¼ tsp) salt
- 1.2 ml (¼ tsp) black pepper
- 2.5 ml (½ tsp) dried dill

Preparations

- 1) Heat the oil in a skillet. Cook the onion for two minutes, add the garlic and cook another minute.
- 2) Stir in the potatoes and carrots. Cover and turn the heat to low. Cook until almost tender, about four minutes.
- 3) If the vegetables start to brown, add 15-30 ml (1-2 tbsp) of water.
- 4) Add the asparagus, peas, radishes, salt, black pepper and dill. Cook, stirring often, until just tender for about four minutes more.
- 5) Serve immediately.

Nutritional Information

(per serving)

Total calories	138
Total fat	1 g
Protein	4 g
Sodium	177 mg
Carbohydrate	29 g
Dietary fibre	5 g
Saturated fat	0 g
Total sugars	4 g

Source: MyPlate