

## Natural Ways to Defeat Allergies

It's finally spring! While the sun may be shining more and flowers starting to bud, some people may begin struggling with allergies. Here are some natural ways to help face or reduce your allergy symptoms this spring:



**Shut out breezes-** If the pollen count is high, keep the windows and doors closed to protect your indoor air.



**Wash up-** After being outside your clothes, shoes, hair, and skin are covered with tiny particles of pollen from everywhere you've been. You could take a shower and change your clothes to wash away any allergens.!



**Rinse it out-** A nasal rinse cleans mucus from your nose and can ease allergy symptoms there. It also can whisk away bacteria and thin mucus and cut down on postnasal drip.

WebMD. (2021). 12 natural ways to defeat allergies in pictures. WebMD. Retrieved March 29, 2022, from <https://www.webmd.com/allergies/ss/slideshow-natural-relief>



## If Choosing to Drink Alcohol, You Don't Have to Get Drunk

If you choose to drink alcohol, you don't have to drink to get drunk! Here are some strategies to pace the rate at which you consume alcohol:

- Space out your drinks over time
- Alternate alcoholic drinks with non-alcoholic drinks
- Eat food before and/or while you drink
- Set a drink limit of the number of drinks you want to consume before you go out
- Avoid drinking games
- Keep track of how much you drink by counting standard drinks
- Experiment with drinking less and refusing drinks

Remember, it's always okay to choose not to drink alcohol!

## Take a Spring Break

Need a break? Here are some indoor and outdoor activities to help unwind!

### Indoors

- Read a new book
- Learn a new craft
- Have a game night with friends
- Have a movie marathon with your favorite snacks

### Outdoors

- Go for a walk
- Have a picnic
- Watch the sunrise
- Set up an outdoor movie
- Lay in a hammock

## Mojito Mocktail

Non-alcoholic beverages are a fun alternative to cocktails with alcohol! Try making a Mojito Mocktail, using the following recipe.



### INGREDIENTS:

- fresh mint
- fresh lime
- lime sparkling water
- ice
- natural sweetener: honey or simple syrup

### DIRECTIONS:

- Step 1: Wash and prep produce: remove mint leaves from stems, rinse limes and cut into wedges.
- Step 2: In a glass, place your mint, lime wedges, and sweetener. Muddle to release the juices of the mint and lime.
- Step 3: Fill your glass with ice.
- Step 4: Top your glass with lime sparkling water.
- Step 5: Stir to complete.
- Step 6: Garnish your glass with additional mint.

Source: Food, O. L. L. I. (2021, September 13). MOJITO MOCKTAIL. OLLIF. <https://www.ourlovelanguagefood.com/post/mojito-mocktail>



## Raspberry Lemon Swirl Pound Cake Recipe



Joke: What kind of garden did the baker have? "a garden of flowers."