

Summer Newsletter: Gardening Tips & Seasonal Allergies

GARDENING TIPS



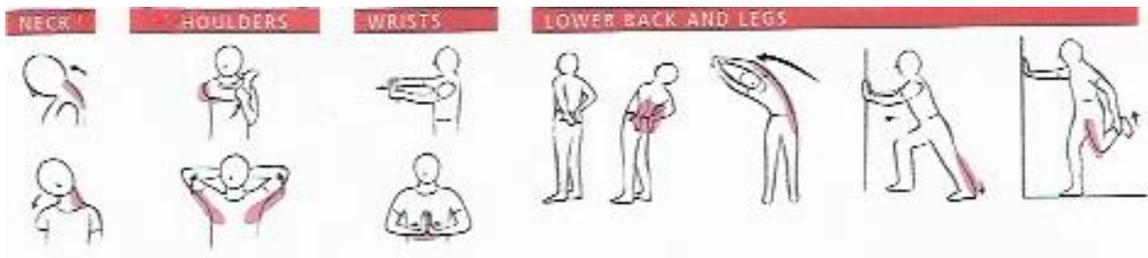
Creating the perfect garden is truly an art of love, commitment and hard work. To withstand the physical stresses that may occur with the creation and upkeep of your masterpiece, consider working smart instead of too hard.



- To prevent excessive stress on the back with the constant crouched over position, consider raised flower or garden beds. Remember to bend your knees, squat, use a garden stool or pad and take intermittent breaks. The breaks could be a few minutes of stretching, getting a glass of water to rehydrate or alternating light tasks (i.e. 15 minutes of weeding) with more strenuous tasks (i.e. 15 minutes of shovelling dirt).
- When doing heavy lifting, use a wheelbarrow, get a hand from a friend and use the big muscles of the thighs and pelvis by bending at the knees to carry the weight. Instead of twisting the spine with that heavy load, turn by pivoting the feet so that the hips, shoulders and feet are moving in the same direction.
- The hands and forearms also get a good workout with gardening too so protect your hands with a good pair of gardening gloves.
- Consider keeping objects and work surfaces close to the body as to prevent over reaching. When possible, work at waist height with elbows bent and arms close to the side.

Warm Up Exercises:

Warming up your muscles before the gardening workout might include a walk around the yard and some active movement of shoulder circles, gentle trunk rotations, heel and toe walking. The following stretches can also be done for a hold of 20-30 seconds at a range that feels like a gentle stretch but not painful. They can be done prior to, in between and after the gardening activity.



Gardening is a great way to get exercise, enjoy the outdoors and create a beautiful surrounding. These tips may prevent aches and pains for you to continue to enjoy the fruits of your labour!

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RECIPE IDEAS FOR THE SUMMER!

Strawberry, Banana & Goji Smoothie



Ingredients:

2 cups almond milk
½ teaspoon vanilla
½ cup dried goji berries
2 to 4 ice cubes (Optional)
2 cups fresh strawberries
(Optional blueberries, raspberries)
2 medium ripen bananas
(freeze until needed)

Directions:

Wash the fresh berries of your choice and set aside. Place the almond milk and goji berries into a blender and mix. Add the strawberries or other fruits and blend until smooth and creamy.

Asparagus, Broccoli & Egg Salad



Ingredients:

2 stalks of asparagus
(trim & cut diagonal into 2-inch pieces)
1 head of broccoli cut
4 eggs boiled, peeled & cut in quarters
¼ cup Red or green onions (Optional)
Fresh chopped parsley
2 to 3 tablespoons of Olive oil
½ to 1 teaspoon Salt

Directions:

Boil the asparagus and broccoli in separate pots until tender for 4-5 minutes. Add salt to both pots. Drain the asparagus and broccoli in separate colanders and rinse with cold water. Chop parsley and onions to desired taste. Transfer asparagus and broccoli and arrange in a bowl. Toss in onions, parsley or other herbs. Add the eggs & olive oil. Gently toss & enjoy!

SEASONAL ALLERGIES

Summer is a season when we spend a great deal of time outdoors enjoying the weather, walking, swimming, gardening, mowing the lawn etc.

Unfortunately, along with summer comes seasonal allergies and insect bites. To learn more about different types of allergies refer to my 2016 Summer Newsletter link at: <http://www.palmaholistichealth.com/wp-content/uploads/2017/01/Summer-Newsletter-2016-Allergies-Sunburns-Sunstroke.pdf>



Seasonal Allergy symptoms can range from mild to severe reactions such as:

- Itchy, runny nose, sneezing, stuffy nose, post nasal drip;
- Sinus congestion, headache and red itchy watery swollen eyes;
- Skin irritation, tickling at the roof of the mouth, ear infections;
- Oppressed breathing, wheezing, asthma and inflammation of the mucous membranes of the upper respiratory tract.

There are many over the counter products that are aimed to relieve allergy symptoms such as antihistamines. In chronic conditions, a medical doctor will prescribe medications such as decongestants, corticosteroids, allergy shots or leukotriene inhibitors for asthma. Medications may help temporarily but cause side effects including drowsiness.

Homeopathic treatments provide a safe, gentle and drug free approach that can alleviate and in many cases heal your allergy symptoms. There are many remedies that deal with specific symptoms. By visiting a homeopath, they can select an appropriate remedy for your particular condition.

Allergy & Insect Bite Remedies

Allium cepa for runny nose, itchy watery eyes
Apis is used for skin irritation, hives
Arundo for itchy nose & palate
Ledum for insect bites

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