

# Wellness

## Wednesday



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## The #1 Thing You Should Do At Night To Make Your Allergies Better

Allergies can be a relentless and frustrating issue, especially during the summer months when nature is in full bloom. Coughing, sneezing, watery eyes, and an overall sense of discomfort are all too familiar for those who suffer from seasonal allergies. While daily medications or nasal sprays may provide some relief, for many individuals, finding an effective allergy management solution remains an ongoing challenge.



### Pollen and Allergy Symptoms

Pollen is the primary culprit behind seasonal allergies, as it can trigger a cascade of unpleasant symptoms. When pollen grains come into contact with the body, the immune system responds by releasing histamine, leading to the familiar allergy symptoms. This pollen can cling to the hair, skin, and respiratory tract, prolonging the exposure and exacerbating the allergic reactions, even when one is no longer outdoors.

### The Importance of Showering at Night

Experts agree that a nightly shower can be a game-changer in managing seasonal allergies. By washing away the pollen that has accumulated on the body throughout the day, individuals can significantly reduce their exposure to the allergens that are causing their symptoms. The hot steam from the shower can also help loosen up mucus, providing relief from congestion and other respiratory issues.

### Minimizing Pollen Transfer to Bedding

In addition to removing pollen from the body, a nighttime shower can also help keep your bedding clean and free of allergens. When pollen-coated hair, skin, and clothing come into contact with the sheets and pillows, it can transfer the irritants to the sleep environment, prolonging exposure and disrupting sleep. By showering before bed, you can limit the amount of pollen that gets transferred to your bed, creating a more allergen-free space for a restful night's sleep.

### Reducing Nighttime Allergy Symptoms

One of the primary benefits of a nighttime shower is the relief it can provide from nighttime allergy symptoms. Many allergy sufferers report experiencing congestion, sneezing, and other disruptive symptoms throughout the night, which can interfere with sleep quality. By removing the pollen that has accumulated during the day, a shower before bed can help alleviate these nighttime issues, allowing for better rest and recovery.

## Washing Hair to Reduce Pollen Exposure

In addition to showering the body, experts recommend regularly washing your hair as well. Pollen can easily cling to the hair, and since the head is in close proximity to the face, this can contribute to allergy symptoms. By washing your hair more frequently, you can minimize the amount of pollen that remains in close contact with your face, further reducing your exposure and alleviating your allergy woes.

## Wearing a Bonnet for Pollen-Free Sleep

For those who may not be able to wash their hair daily, an alternative solution is to wear a bonnet or cap to bed. This simple accessory can act as a barrier, preventing pollen in the hair from coming into contact with the face and pillow, effectively reducing nighttime allergy symptoms.



## Importance of Bedding Cleanliness

Maintaining a clean and allergen-free sleep environment is crucial for allergy management. In addition to showering and washing hair, regularly cleaning your bedding, especially in humid and moist environments where dust mites thrive, can further minimize exposure to irritants. Incorporating a HEPA filter in the bedroom can also help reduce the amount of airborne allergens, creating a more comfortable and allergy-friendly sleeping space.

## Showering Immediately Upon Returning Indoors

While a nighttime shower is highly beneficial, experts suggest that showering as soon as you return home can be even more effective in combating seasonal allergies. By washing off the pollen that has accumulated on the body throughout the day, you can prevent it from being carried into your living space, reducing the overall exposure within your home.

## Starting Allergy Medication Early

In addition to the nightly shower routine, experts recommend starting allergy medication a few weeks before the typical onset of your allergy season. This allows the medication to build up in your system, providing more effective protection against the onslaught of pollen and other allergens.

## Utilizing Nasal Saline Irrigations

Nasal saline irrigations can also be a valuable tool in the fight against seasonal allergies. By flushing out allergens from the nasal passages, these solutions can help reduce inflammation and alleviate symptoms like congestion and irritation.

## Wearing Protective Gear Outdoors

When venturing outside during peak pollen times, taking additional measures like wearing sunglasses or a hat can further minimize the amount of pollen that reaches your eyes and hair, providing an extra layer of protection against allergy triggers.

## Avoiding Peak Pollen Times

Lastly, being mindful of the times when pollen counts are typically highest, usually in the early morning and late afternoon, can help you plan your outdoor activities accordingly. Staying indoors during these peak periods can significantly reduce your exposure and provide relief from allergy symptoms.

By incorporating these strategies, allergy sufferers can take control of their symptoms and find greater comfort and relief during this challenging allergy season. With a comprehensive approach to managing pollen exposure and minimizing triggers, individuals can reclaim their quality of life and enjoy the beauty of the summer months without the constant battle against allergies.



# BERRY BUCKLE



## INGREDIENTS

9-inch round baking pan

### Ingredients

Nonstick cooking spray

1 1/2 cups all purpose flour

1 teaspoon baking powder

1/4 teaspoon baking soda

1/2 teaspoon kosher salt

1/2 cup low-fat buttermilk

2 tablespoons melted butter

1/2 cup packed light brown sugar, plus 1 tablespoon

1/2 cup unsweetened applesauce

2 large eggs

1 teaspoon vanilla extract

3 1/2 cups fresh mixed berries, an equal mix of blueberries, raspberries, blackberries

Summer is the perfect time to indulge in the abundance of fresh, juicy berries. What better way to savor this bountiful season than with a delicious mixed berry buckle? This old-fashioned dessert, a cross between a cake and a fruit cobbler, is a true delight for the senses, boasting a tender crumb and a burst of berry goodness in every bite.

### BERRY BUCKLE

A berry buckle is a unique and appealing dessert that gets its name from the way the batter "buckles" or crumbles around the fruit as it bakes. This enchanting process creates pockets of moist, fruity goodness that perfectly balance the natural sweetness and tartness of the berries. Whether you opt for a classic blueberry buckle or a vibrant medley of blueberries, raspberries, and blackberries, this dessert is a true celebration of the season's finest offerings.

### THE ROLE OF BUTTERMILK AND APPLESAUCE

To keep the berry buckle light and tender, low-fat buttermilk and unsweetened applesauce play crucial roles. The buttermilk adds moisture and a subtle tanginess that complements the sweetness of the berries, while the applesauce replaces a portion of the butter, reducing the overall calorie count without sacrificing flavor or texture.

### Nutrition Information

Serving: 1 slice, Calories: 145 kcal, Carbohydrates: 26 g, Protein: 4 g, Fat: 3 g, Saturated Fat: 1.5 g, Cholesterol: 36.5 mg, Sodium: 144 mg, Fiber: 2.5 g, Sugar: 12 g



## INSTRUCTIONS



## HOW TO MAKE IT

1. Preheat the oven to 350 degrees. Spray a 9-inch round baking pan with cooking spray. Line the bottom with parchment and spray the parchment.
2. In a large bowl, whisk together the flour, baking powder, baking soda, and salt. Set aside.
3. In a medium bowl, whisk together the buttermilk, melted butter, sugar, applesauce, eggs, and vanilla until smooth. Pour the wet ingredients into the dry and gently fold to just barely combine—some lumps are ok and be careful not to overmix.
4. Gently fold in the berries, again, just until combined and a few lumps remain.
5. Spread the batter into the prepared pan into an even layer. Sprinkle the remaining sugar evenly over the surface.
6. Bake until the top is golden and a toothpick inserted into the center comes out clean of batter, 40 to 45 minutes. Serve warm.

## VERSATILITY AND VARIATIONS

One of the standout characteristics of a mixed berry buckle is its remarkable versatility. While the classic blueberry buckle is a beloved favorite, the recipe can be easily adapted to incorporate a variety of other berries, such as raspberries, blackberries, and even strawberries, depending on what's fresh and available. For those times when berries are not in season, frozen berries can be used as a convenient alternative.

<https://www.self.com/gallery/stretching-exercises>

# Featured Exercise ▶ Ankle Rotation Stretch

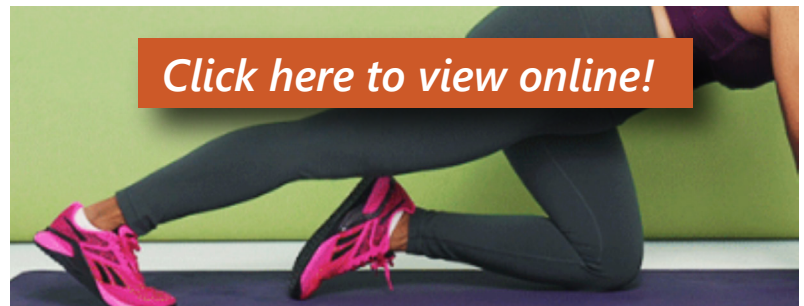


## HOW TO DO IT:

- **Sit or Stand Comfortably:** Begin by sitting or standing in a comfortable position, with your feet flat on the floor and your knees slightly bent.
- **Initiate the Movement:** Slowly move your ankle in a circular motion, rotating it clockwise for 10-15 repetitions. Be sure to keep your foot and leg stationary, focusing solely on the ankle joint.
- **Reverse the Direction:** After completing the clockwise rotations, reverse the direction and perform 10-15 repetitions in a counterclockwise motion.
- **Repeat on the Other Ankle:** Repeat the entire sequence on your other ankle, ensuring that both sides receive equal attention.
- **Adjust the Intensity:** As you become more comfortable with the exercise, you can gradually increase the range of motion and the number of repetitions to challenge your ankle mobility further.

## THE BENEFITS:

The ankle rotation stretch is a simple yet powerful tool for improving ankle mobility and overall foot and lower body health. By incorporating this exercise into your routine, you can enhance your range of motion, reduce the risk of injury, and maintain optimal ankle function for a lifetime of active and pain-free living.



*Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.*



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