

Healthy Living Focus Hayfever!



Hello and welcome to the healthy living focus! In this edition we are looking at hayfever; what it means, tips and tricks to reduce the symptoms and find out what foods may help ease suffering. By following some simple tips, it is possible to still enjoy the summer months, so read on and see what works for you!

Could you have hayfever?

These are some of the symptoms

- sneezing and coughing
- a runny or blocked nose
- red, itchy or watery eyes
- itchy throat, mouth, nose and ears
 - loss of smell
- pain around your eyes and forehead
 - headache or earache
 - feeling tired often



What is hayfever?

Hayfever is an allergic reaction to pollen, which is the fine powder in plants.

It is often worse in June and July and affects one in four people.

It can be really horrible for some people, leaving them unable to go outside and have fun.

The don'ts of hayfever

- Don't walk on freshly cut grass
- don't keep flowers in the house
- don't dry clothes outside
- do not smoke- this makes symptoms worse!

Tips to reduce the symptoms of hayfever

Put Vaseline around your nose to trap pollen

wear large sunglasses

Change your clothes after you have been outside to wash pollen off

Shower regularly

keep windows and doors shut as much as possible

vacuum regularly and dust with a damp cloth to remove pollen from inside



Healthy Living Goal

Cook a meal this week using food from the list to the right.

How about salmon salad or chicken and tomato curry?

Foods to help with hayfever

Some foods have been proven to reduce the symptoms of hayfever by reducing inflammation in the body, why not try some of these?

- Salmon
- Hot curry
- Chamomile tea
- Salads made with watercress, capers, red onion and tomatoes
- Fruits such as apples, oranges and grapes

RECIPE OF THE WEEK

Brown rice and lemon salmon salad



Ingredients

200g brown rice
200g frozen soya beans, defrosted
2 salmon fillets
1 cucumber, sliced
small bunch spring onions, chopped
small bunch coriander, chopped
zest and juice 1 lime
1 red chilli , diced (optional)
4 tsp light soy sauce

Serves 3-4

Method

preheat oven to 180c.

Cook the rice according to pack instructions and 3 mins before it's done, add the soya beans.

Drain and cool under cold water.

Meanwhile, put the salmon on a tray, and cook for 20 mins in the oven. Allow to cool slightly, remove the skin with a fork and then flake.

Gently mix the cucumber, spring onions, coriander and salmon into the rice and beans.

In a small bowl, mix the lime zest and juice, chilli and soy, then pour over the rice.

Serve and enjoy!

Healthy Living Tips

Add a sliced, hard boiled egg for an extra protein boost

Serve with extra watercress, and cherry tomatoes to fill up on those hayfever fighting super foods.

Meet our Healthy Living Coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at

healthyliving@nortonhousingandsupport.org.uk

