

Spring into action: Preparing for the season ahead



Spring is a season many look forward to. The days grow longer, the weather warms up and everything starts to bloom. Read more for mindful tips on reducing allergy symptoms, living mindfully for overall health, and how to break free from emotional habits.

Tips for taming spring allergies

1 in 5 Canadians suffers from seasonal allergies.¹ Symptoms include sneezing, stuffy or runny nose, red, watery or itchy eyes, and more. If you're one of these people, you may skip going outside unless you have to. Get back to smelling the flowers by trying these tips to prevent or reduce your symptoms.



Recognize what you're allergic to

A doctor can help you figure out what triggers your allergies. It could be pollen from grasses, trees and weeds, or molds. With that, you can learn the best way to reduce, treat or prevent symptoms.



Proactively manage symptoms

If you take over-the-counter allergy medications, such as an antihistamine or anti-inflammatory steroid nose spray, try pre-medicating about two hours before going outside. Talk to a physician about the best fit for your needs or if a prescription medication is right for you.



Manage exposure

Check local pollen counts or forecasts daily. Plan outdoor activities, like exercise, on days when pollen counts are expected to be lowest. Protect yourself with sunglasses and a hat while out and about. Change your clothes once indoors, and be sure to machine wash and dry your clothes. To air dry, use an indoor rack and not an outdoor line.



Be aware on windy days

Windy days can mean more pollen is circulating in the air. Those days, keep windows closed and use air conditioning. Use asthma and allergy-friendly filters to reduce indoor airborne allergens. Try to stick to indoor activities on windier days.



Shower after outdoor activity or at night before bed

Taking a shower and washing your hair helps remove allergens. It helps keep them off your sheets. Change your bedding and towels at least once a week. Be sure to wash them in hot, soapy water.

¹<https://asthma.ca/get-help/allergies-and-asthma/>



Mindfulness for better overall health



What is mindfulness?

As described by the Canadian Mental Health Association, mindfulness is about being present, curious, and aware of the world around us.¹

Practicing mindfulness is about focusing on the moment and might look like this: You sit still, close your eyes and silently concentrate your mind on your breath, or you go for a walk with the intention to notice your environment and use all of your senses.



Why is it helpful?

Practicing mindfulness regularly can help your health in so many ways. Mindfulness has been shown to:

 Reduce fatigue and stress

 Boost immune system

 Lower heart rate

 Allow feelings of calm and connectedness



How do I start?

1. Find a comfy place to sit or stand where you won't be interrupted.
2. Close your eyes if you can.
3. Take some slow, deep breaths and concentrate on the act of inhaling and exhaling.
4. Become less aware of your surroundings and focus on physical sensations and emotions.
5. Thoughts will pop into your head, just like leaves falling into a stream.
The trick is to simply notice the distracting thoughts. Without dwelling on them, let them drift away like leaves in the current as you focus back on your breath.
6. Keep up this cycle for a few minutes to relax your body and mind. This practice is like exercise for your mental muscles.

Give it a try and practice a little each day. Before you know it, you may feel some amazing benefits.

¹<https://cmha.ca/brochure/mindfulness/>



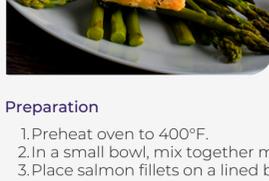
Spring into Flavor: 3 Delicious Canadian Recipes Featuring Fresh Spring Foods

Fresh, vibrant produce is abundant in the markets with the arrival of spring. Here are three easy and delicious recipes that showcase some of the best spring foods Canada has to offer. From succulent maple-glazed salmon with crisp asparagus to a comforting spring vegetable risotto bursting with flavourful green peas, snap peas and asparagus, and a delightful rhubarb crisp topped with a crumbly oat topping, these recipes are perfect for brightening up your spring menus.

Grab some fresh ingredients, roll up your sleeves, and let's get cooking!

Maple Glazed Salmon with Asparagus

Makes 4 servings | Prep: 5 minutes | Cook: 20 minutes



Ingredients

- 4 salmon fillets
- 1/4 cup maple syrup
- 2 tbsp soy sauce
- 2 cloves garlic, minced
- 1 lb asparagus, ends trimmed
- 2 tbsp olive oil
- Salt and pepper to taste

Preparation

1. Preheat oven to 400°F.
2. In a small bowl, mix together maple syrup, soy sauce, and garlic.
3. Place salmon fillets on a lined baking sheet and brush with the maple glaze.
4. Toss asparagus with olive oil, salt, and pepper, and arrange around salmon fillets.
5. Bake for 15-20 minutes, until salmon is cooked through and asparagus is tender.

Nutrition information per serving



Calories: 400 | Total fat: 22 g | Sodium: 670 mg | Total carbs: 19 g
Fiber: 2 g | Sugars: 14 g | Protein: 32 g

Spring Vegetable Risotto

Makes 4 servings | Prep: 3 minutes | Cook: 25 minutes



Ingredients

- 1 cup arborio rice
- 4 cups vegetable broth
- 1 onion, diced
- 2 cloves garlic, minced
- 1 cup snap peas, trimmed
- 1 cup chopped asparagus
- 1 cup fresh or frozen green peas
- 1/4 cup grated parmesan cheese
- 2 tbsp butter
- Salt and pepper to taste

Preparation

1. In a large saucepan, sauté onion and garlic in butter until softened.
2. Add arborio rice and stir to coat in butter.
3. Add vegetable broth, one ladleful at a time, stirring until absorbed before adding more.
4. After 15-20 minutes, when the rice is almost cooked, add snap peas, asparagus, and green peas to the risotto.
5. Continue cooking and stirring until vegetables are tender and rice is cooked through.
6. Stir in parmesan cheese and season with salt and pepper.

Nutrition information per serving



Calories: 380 | Total fat: 10 g | Sodium: 790 mg | Total carbs: 61 g
Fiber: 7 g | Sugars: 7 g | Protein: 10 g

Rhubarb Crisp

Makes 6 servings | Prep: 8 minutes | Cook: 40 minutes



Ingredients

- 4 cups chopped rhubarb
- 1/4 cup sugar
- 1 tsp cornstarch
- 1/2 cup all-purpose flour
- 1/2 cup rolled oats
- 1/2 cup brown sugar
- 1/2 cup unsalted butter, melted
- 1/2 tsp cinnamon
- 1/4 tsp salt

Preparation

1. Preheat oven to 375°F.
2. In a mixing bowl, toss together rhubarb, sugar, and cornstarch.
3. In a separate bowl, mix together flour, oats, melted butter, cinnamon, and salt until crumbly.
4. Pour rhubarb mixture into an 8x8 inch baking dish and sprinkle the crumble mixture on top.
5. Bake for 35-40 minutes, until topping is golden brown and rhubarb is tender.
6. Serve warm with vanilla ice cream, if desired.

Nutrition information per serving



Calories: 380 | Total fat: 19 g | Sodium: 100 mg | Total carbs: 51 g
Fiber: 3 g | Sugars: 30 g | Protein: 3 g

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