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[Home](#) / [Fitness Friday](#) / Feeling Sluggish?

Feeling Sluggish?

By [Steve Erickson](#)

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Updated: March 23, 2018

HTTP://WWW.GOODTOKNOW.CO.UK/WELLBEING/TOP-NATURAL-HAY-FEVER-REMEDIES-43399

Allergies wreak havoc in all walks of society, particularly if you happen to be an athlete.

Now add [hay fever to the mix](#) and it can be enough for many to hold up the white flag and invoke the mercy rule.

To play sports well you need every edge you can get, which logically leads to not only possessing a quantity of whichever remedy has been partially successful, but also having an open mind to trying something new that could change your life.

[Sandra Millward of Radiate Wellness Inc.](#) is a Holistic Nutritionist/Chef with the Canadian National Men’s Olympic Field Hockey team.

In addition she is an international ambassador for Flora Health Inc. and with her experience as a holistic nutritionist, Millward shares her advice for treating hay fever.

“To control hay fever symptoms it is important to monitor pollen counts so you can limit your exposure on days the counts are high,” Millward said, adding, “Also, hay fever medications work best if started before allergy symptoms develop. So, if you start taking allergy medications before you first come into contact with spring allergens, the medication can prevent the release of histamine and other chemicals.”

As a holistic nutritionist, Millward naturally prefers to use the holistic approach of improving symptoms with food, lifestyle and natural supplements rather than medication, if it can be avoided.

ABOUT STEVE ERICKSON



Sports Broadcaster for Delta TV. 2015 Delta Chamber of Commerce - Volunteer of Year Inductee 2017 Vancouver Canadians Baseball Broadcast Hall of Fame Play by Play Delta Ice Hawks (PJHL), Surrey Eagles (BCHL), Greater Vancouver Canadians (BCMML), Youtube/Sportswave TV

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For diet maintenance:

Manage your inflammatory response and maintain healthy histamine release, not easily done alone with diet but certainly lessens symptoms. Increase your fresh fruit and eat plenty of green vegetables.

Use avocados for the high vitamin and minerals but also for the calories to get through the long runs.

Avoid dairy (congestion and flam building) less wheat products as they also can increase your allergic responses if you are gluten intolerant. ***EAT YOUR GREENS!***

As for supplementation, always check with your health practitioner that works closely with you and your specific needs but suggestions that I recommend for a healthy athlete are to use a high dose of antioxidants such as quercetin for the oxidative support and for lessening any respiratory symptoms.

Be careful if you are using aspirin, any cortical steroids, or blood thinners before you supplement with Quercetin.

Otherwise, get in foods that are rich in quercetin such as leafy greens, apples, tomatoes, berries, broccoli, onions, garlic and yes,-wine too.

To keep it simple eat at least 6 different colored fruits and vegetable every day to get the rich flavonoids and benefits to lessen your symptoms.

Boiron Homeopathic sells a Hay fever remedy called Sabadil that is safe and effective for itchy eyes and watery nose symptoms.

Respir•Essence by Flora Health – for any respiratory support and improved breathing.

Millward suggests to always keep your digestive tract healthy, to help it control inflammation response by avoiding sugar and to encourage healthy microbiome supplement with the best probiotics.

She recommends Flora’s SUPER 8 Hi-Potency Probiotics boasting 42 billion live cells and consistently tested to be ACTIVE and ALIVE. Not all probiotics are the same.

If you suffer from chronic or acute sinus infections, sinus rinses can be helpful in removing and thinning out excessive mucus. If you have allergic rhinitis, these rinses can bring relief by removing allergens from the nostrils and sinuses.

Several commercial sinus rinse devices are available without a prescription.

They are convenient to use and can be found in most pharmacies. But you can also make your own rinse at home with only three ingredients and at a fraction of the cost.

Related posts: <https://www.ukmeds.co.uk/treatments/sexual-health/metronidazole/>.

Saline Rinse Recipe

Ingredients

- 1. Pickling or canning salt-containing no iodide, anti-caking agents or preservatives (these can be irritating to the nasal lining)
- 2. Baking soda
- 3. 8 ounces (1 cup) of lukewarm distilled or boiled water

In a clean container, mix 3 teaspoons of iodide-free salt with 1 teaspoon of baking soda and store

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December 2018						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						
« Nov						

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- 2017 STANLEY CUP PLAYOFFS
- Amateur Sports
- Baseball
- Basketball
- Boxing
- Cricket
- Curling
- Cycling
- Equestrian
- Figure Skating
- Fitness Friday
- Football
- Golf
- Gymnastics
- Hockey
- Lacrosse
- Mixed Martial Arts
- Olympics
- Polo
- Ringette
- Rowing
- Rugby
- Skate Boarding
- Skiing
- Snowboarding
- Soccer
- Speed Skating
- Summer Olympics
- Swimming
- Tennis
- Track & Field
- Trending
- UBC
- Uncategorized
- Volleyball
- Winter Olympics
- Wrestling

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in a small airtight container. Add 1 teaspoon of the mixture to 8 ounces (1 cup) of lukewarm distilled or boiled water.

Use less dry ingredients to make a weaker solution if burning or stinging is experienced. For children, use a half-teaspoon with 4 ounces of water.

Using a soft rubber ear bulb syringe, infant nasal bulb or a commercial nasal saline rinse product from your drug store, use the rinse by following these steps:

- Draw up saline into the bulb. Tilt your head downward over a sink (or in the shower) and rotate to the left. Squeeze approximately 4 ounces of solution gently into the right (top) nostril. Breathe normally through your mouth. In a few seconds the solution should come out through your left nostril. Rotate your head and repeat the process on the left side.
- Adjust your head position as needed so the solution does not go down the back of your throat or into your ears.
- Blow your nose very gently to prevent the solution from going into your ear and causing discomfort.
- After using the rinse, you may continue using your prescribed nasal medications as normal. You may notice that they work better.
- Do not use sinus rinses if your nasal passageway is severely blocked. As with any medical product, be sure to speak to your doctor about using sinus rinses and stop using if you experience pain, nosebleeds or other problems.

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