Controlling Allergies & Asthma
Naturally

Dear Center For,

Fifty million Americans suffer from some form of allergy and 13 million people in the U.S. including 4.8 million people under the age of 18 have asthma.

Hypersensitivities are overreactions that can be set off by plants and their products, foods, chemicals, insect and animal products, air-born materials, and more. Some allergies can be life-threatening, yet removing a person from all
exposure is virtually impossible. It's important to be alerted to household and other triggers that may help reduce health risks associated with allergies and asthma.

Here are some simple resources to help you better understand allergies and asthma!

We hope you enjoy,

The NEWSTART Lifestyle Club Team

Childhood Asthma

by Nerida Mckibben
Asthma and allergies often occur together and the allergic response plays a strong role in childhood asthma. Stay with us, as we show you how to control the symptoms of asthma.

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**Featured Article**

**Natural Remedies for Seasonal Allergies**

by Elizabeth Hall

Allergies seem to be on the rise! More and more people seem to be more and more allergic to more and more things! Certainly all too many of us are familiar with seasonal allergies. Although we may love the budding of spring, the busy growth of summer, and the golden glory of fall, we may suffer from the pollen-induced allergies during these seasons. Is there anything we can do besides limp along on meds while yearning for the temporary relief that rain or winter might afford? Fortunately some positive alternatives are available, that can both alleviate and moderate symptoms...

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Strawberry-Honey Sorbet

by Michelle Irwin

Here’s a great spring treat for a warm day!
This is such a easy and classic strawberry recipe and made so much better if you buy the strawberries in-season.

1. Place the strawberries in a blender and puree until very smooth. Push the puree through a fine mesh sieve to remove some of the seeds. Whisk in the honey and lemon juice. Cover and chill the mixture.

2. Once the strawberry mixture is completely chilled, pour into the ice cream maker and freeze according to the manufacturer's instructions. Return the sorbet to the freezer for a couple more hours to continue firming up.
Allergies seem to be on the rise! More and more people seem to be more and more allergic to more and more things! Certainly all too many of us are familiar with seasonal allergies. Although we may love the budding of spring, the busy growth of summer, and the golden glory of fall, we may suffer from the pollen-induced allergies during these seasons. Is there anything we can do besides limp along on meds while yearning for the temporary relief that rain or winter might afford? Fortunately some positive alternatives are available, that can both alleviate and moderate symptoms.

What Are Seasonal Allergies?

An allergy could be best described as an abnormal reaction by a person's immune system to a normally harmless substance. People with allergies tend to have elevated levels of the class of antibodies known as IgE. When these antibodies react with pollen or mold in a sensitive person, they activate special white blood cells called mast cells and basophils. These white blood cells release inflammatory chemicals such as histamine leukotrienes, which trigger allergic symptoms.

Approximately 20-30% American adults suffer from seasonal allergic rhinitis (often refer to as the misnomer “hay fever”). Its prevalence is increasing worldwide. Seasonal allergic reaction occurs when substances such as pollen or fern spores trigger an immune response as within the upper respiratory tract during certain times of the year. As a result, an inflammatory process is stimulated in the mucosal membranes lining the nasal cavities and sinuses. Then, symptoms such as sneezing, runny, stuffy, or itchy nose, watery itchy eyes, dry cough, fatigue, irritability, hives, or asthma can develop.

Seasonal allergies can also cause sinusitis, or inflammation of the sinuses. The signs and symptoms of sinusitis include headache, toothache, earache, and facial pain or tenderness over the four areas where the paranasal sinuses are located.

Allergic symptoms occurring during the spring are usually related to tree pollens. Grass pollen is a common cause during the summer, and ragweed, sagebrush, and tumbleweed are frequent triggers during autumn. If symptoms persist year-round, food allergies, mold, dust mites, or pet dander may be responsible for the allergy.

So what can allergy sufferers do?

Clean Air and Exercise

Because morning exercise is especially helpful in building the adrenal cortices that secrete cortisol, a natural anti-inflammatory hormone, try to do at least 20 minutes of exercise every morning. Because the pollen count is generally higher between 5 to 10 a.m., you may need to exercise indoors during that time. It may also be helpful to avoid much outdoor activity on days when the pollen count is especially high or it is windy since wind spreads pollen.

If you become exposed to high levels of pollen (for example, by wiping tree pollen buildup off you coat), it might be helpful to change, wash your...
Strawberry-Honey Sorbet

http://newstartclub.com/recipe/1417

This is such a easy and classic strawberry recipe and made so much better if you buy the strawberries in-season.

Ingredients

- 1 pint strawberries, hulled and quartered
- 1/4 cup honey or agave nectar
- 1 lemon, juiced

Instructions

1. Place the strawberries in a blender and puree until very smooth. Push the puree through a fine mesh sieve to remove some of the seeds. Whisk in the honey and lemon juice. Cover and chill the mixture.
2. Once the strawberry mixture is completely chilled, pour into the ice cream maker and freeze according to the manufacturer’s instructions. Return the sorbet to the freezer for a couple more hours to continue firming up.

Serves: 2-4

Tags: Desserts  Diabetic Friendly  Gluten Free  Nut Free  Oil Free  Soy Free  Wheat Free  American  Michelle Irwin

Michelle Irwin, HHP

Michelle is an author, a passionate raw food chef and instructor, a licensed holistic health practitioner, a certified lymphologist, and a mother of two. Michelle is the cooking school instructor for the NEWSTART Lifestyle Program at the Weimar Institute. Michelle earned her Raw Food Chef and Instructor certification from the world famous Living Light Culinary Arts Institute, and a Bachelor of Science degree from the prestigious United States Military Academy at West Point, where she served in the military for 5 years.

View Recipes by Michelle Irwin