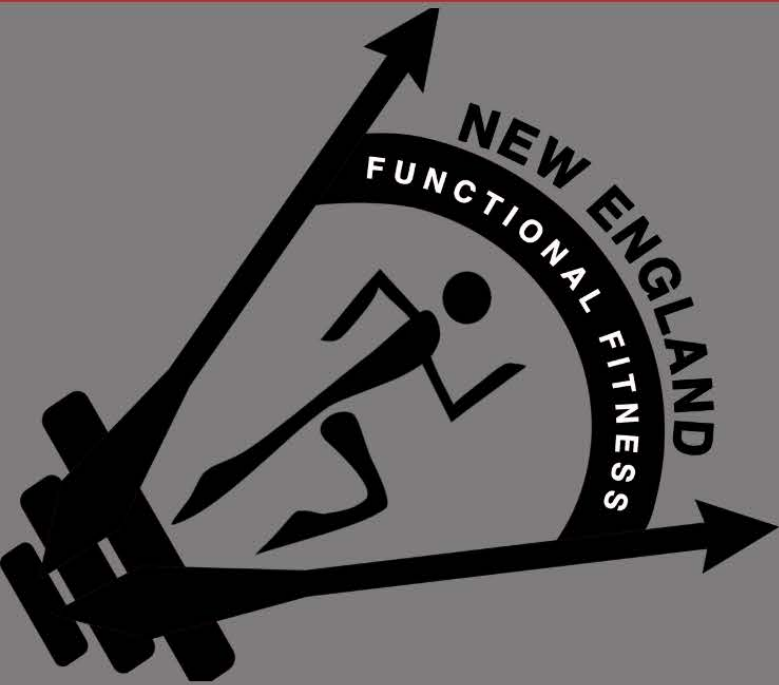
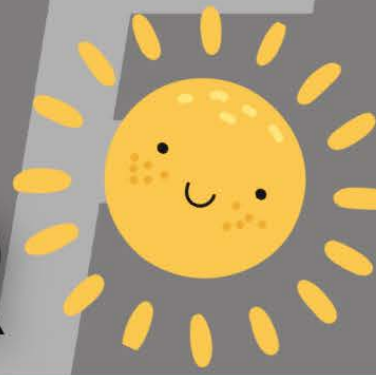


APRIL NEWSLETTER



Spring edition

GOAL SETTING CHECK-IN

As we move further into the year, it's a great time to reassess your goals—whether you've been steadily building momentum or feel like you've fallen off track. If you've made progress, build on those wins by setting new, slightly more challenging goals that align with your larger vision. If you've hit a rough patch, don't view it as failure; view it as feedback. Reflect on what got in the way, adjust your approach, and start small again to rebuild consistency. Progress doesn't have to be perfect—it just needs to keep moving forward.

ALLERGY SEASON

Hey folks! It's allergy season. Here are some tips to support your immune system during allergy season. While results can vary from person to person, many people find relief using the following methods:

1. **Local Raw Honey:** Some believe consuming local honey exposes you to small amounts of local pollen, potentially helping your body build tolerance over time. While research is mixed, some anecdotal evidence supports its use.
2. **Nasal Irrigation:** Using a saline rinse or neti pot can flush out allergens and mucus from the nasal passages, offering quick, natural relief. Studies show it can significantly reduce symptoms of allergic rhinitis (Crawley et al., 2012).
3. **Quercetin-Rich Foods:** Quercetin is a natural antihistamine found in apples, onions, berries, and green tea. It may help reduce inflammation and control histamine release (Rogerio et al., 2007).
4. **Probiotics:** A healthy gut plays a major role in immune regulation. Some studies have shown that probiotics may reduce allergy symptoms by supporting a balanced immune response (Fiocchi et al., 2015).

