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Got Health?

Clarke County Public Health

Allergies

What causes allergy symptoms?

A person with allergies has an immune system that treats ordinarily harmless proteins like pollen, pet dander, dust mites or peanuts as if they were dangerous invaders by producing antibodies to protect the body, setting off a complex series of chemical reactions, causing inflammation. The lining of the airways becomes irritated and cilia, the tiny hairs that sweep allergens out of the airways, become bogged down with mucus and excess fluid and allergy symptoms occur: runny nose, nasal congestion, postnasal drip, sneezing, coughing and shortness of breath; itchy, watery eyes; itchy, irritated skin.

Who's at risk?

As many as 50 million people in the U.S. have some sort of allergy. The tendency to develop allergies is often—but not always—hereditary, passed down from generation to generation. However, not everyone in a family will be allergic to the same things—and some won't be allergic at all. Some common allergies include:

- Food allergies
- Seasonal nasal or eye allergies to trees, grass, weeds, or mold
- Environmental nasal or eye allergies
- Pet allergies
- Insect stings
- Medicines



Public Health
Prevent. Promote. Protect.

UPCOMING EVENTS:

FREE Diabetes Prevention Program

Monday's

12:00-1:00pm

820 N. Main St, Suite 1
Osceola, IA



9 Simple Morning Habits for Weight Loss Success

Your morning routine can make or break your diet and weight loss efforts. Each morning provides you with a fresh start to meet your diet and exercise goals. Research shows that “morning people” are more likely than night owls to lose significant amounts of weight and keep it off.

1—Bask in Sunlight

Morning sunlight is filled with blue light, which is best for helping to set your body’s internal clock (circadian rhythm). These internal timing devices need to be in sync; they control your hunger-stimulating and satiety hormones along with metabolism. Out-of-sync body clocks are thought to be why shift workers and night owls are more likely to be overweight or obese. By spending 20 minutes outside first thing in the morning, the sunshine will help shift your hormones to turn up fat burning and turn down the hormones that stimulate your hunger and appetite.



2—Get Active

There are reasons why working out in the morning is often recommended. There are fewer distractions to derail you from hitting the gym and morning workouts are the best way to improve your mood! Studies show that a 45 minute walk in the morning is related to an increase in physical activity later in the day and a decreased desire for food.

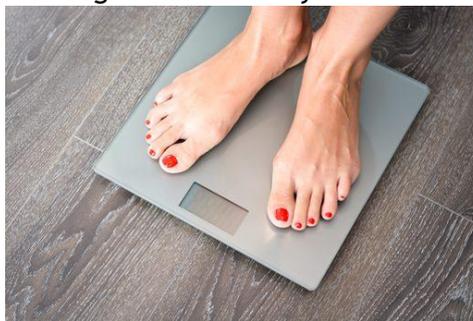
3—Pack in Protein

Breakfast with an exceptional amount of protein can help satisfy your hunger hormones for several hours. Protein helps increase metabolism more than carbohydrates or fat. For optimal fullness and muscle-building benefits a good guideline to go by is 25-30 grams of protein at breakfast.



4—Do a Weigh In

Several studies over the past few years have confirmed that frequent or daily weigh-ins are beneficial for weight loss. One study reports that dieters who weighed themselves daily lost about three times as much weight and body fat compared with participants who weighed themselves less frequent. The best time to weigh is immediately after getting up and going to the bathroom, with the same amount of clothing each morning for consistency.



5—Snooze On

Sleeping more can help you lose weight, appetite and cravings decline. Sleep experts recommend a set sleep routine that allows you to get at least seven hours every night.

6—Say “Thanks”

Human clinical trials show that being thankful can improve your health and may help you lose weight. Practicing gratitude helps

you feel more optimistic and boosts your confidence. You’ll feel enabled to take control of your eating and exercise behaviors and improve your health. To practice gratitude, remind yourself - while brushing your teeth or showering - of the things you are grateful for or what you appreciate.

7—Bottoms Up

Before eating breakfast, make a habit of drinking a glass of water. Not only will the water help rehydrate you after no water all night, but the water may help you curb calories at your first meal.



8—Bring Your Own Brown Bag

Waste line and wallet-friendly, pack your own lunch. Lunch is the most often eaten out meal; studies show that every meal prepared away from home adds an additional 200 calories to your diet. Eating out may be convenient, but packing a lunch doesn’t have to be complicated or time consuming.

9—Pack a Snack

Instead of relying on the unhealthy options commonly available at the office or vending machines, make time in the mornings to pack your own snacks. Healthy options include anything that’s high in fiber or protein.

