

yourhealth

HEALTH ADVICE FROM EXPERTS IN MATTHEWS

WEIGHT MANAGEMENT



Sneezing, runny nose, itchy eyes... oh my!

Dr. Michael Smith, Naturopathic Physician

Have you been experiencing any of these symptoms lately? If so, you will be pleased to learn that there are several natural remedy solutions for your seasonal allergies!

Here are several things that can help:

1. EAT HONEY

Local honey contains small amounts of the local pollen and by consuming regularly it can help to desensitize our immune system, much like how allergy shots work. Consume approx 1 tsp daily before and during allergy season.

2. KEEP MUCOUS MEMBRANES MOIST

Use a simple saline nasal spray. Saline (salt water), helps maintain the integrity of our mucous membranes. Additionally, using a saline nasal spray on a regular basis can help rinse out allergens from the nose and decrease the number of irritants.

3. DO A SINUS SALINE WASH

Use a neti pot (sinus lavage). This can be extremely beneficial for those who are having a lot of nasal congestion. Prepare a saline solution: ¼ heaping tsp salt to 1 cup warm water. Put this into your neti pot. Tilt your head to one side and slightly forward (over a sink) and insert the nozzle of the pot into your top nostril. Gently allow the warm saline solution to flow through your sinuses and it will begin to flow out of your bottom nostril. Now be certain to breathe

through your mouth as you do this. After you finish one side, blow several forceful breaths out of your nose to expel any excess saline or mucus. Repeat on the other side.

4. AVOID FOODS THAT YOU ARE SENSITIVE TO

One of the best ways to reveal food sensitivities is through a blood test. Various labs can test your body's immune reaction to up to 200 different foods.

5. STABILIZE YOUR MAST CELLS

Consume more fruits and vegetables – especially the colorful ones: broccoli, citrus, red peppers, purple cabbage, dark green leafy vegetables. There are also several herbs that are very effective: Nettles, turmeric, bayberry, feverfew, eyebright, goldenseal and yarrow. A product that contains these herbs is Aller-leaf by Gaia Herbs, a North Carolina based company.

Dr. Michael Smith is a Naturopathic Physician and the founder of Carolinas Natural Health Center. Dr. Smith specializes in classical homeopathy and clinical nutrition. For questions or a free consultation, call (704) 708-4404 or email: DrSmith@CarolinasNaturalHealth.com.

HAVE AN ITEM FOR OUR "HEALTH" SECTION?

Send submissions to: editor@matthewsrecord.com with "Health" in the subject field. Include contact phone number. You may also fax to 704-443-0031 or mail to P.O. Box 3030, Matthews NC 28106. Items included based on space availability.

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Soccer Tryouts - May 19 - 22

Premier, Classic & Challenge

Colonel Francis Betty Soccer Complex - Matthews, NC

Monday, May 19 & Wednesday, May 21	Time
U-9, U-10 Boys.....Challenge.....	5:30-7:00pm
U-11, U-12 Boys.....Challenge & Classic.....	5:30-7:00pm
U-13 Boys.....Classic.....	5:30-7:00pm
U-14 Boys.....Classic.....	7:45-9:15pm
U-15, U-16 Boys.....Classic.....	7:45-9:15pm
U-17, U-18 Boys.....Premier & Classic.....	7:45-9:15pm

Tuesday, May 20 & Thursday, May 22	Time
U-9, U-10 Girls.....Challenge.....	5:30-7:00pm
U-11, U-12 Girls.....Challenge & Classic.....	5:30-7:00pm
U-13 Girls.....Classic.....	5:30-7:00pm
U-14, U-16, U-18 Girls.....Classic.....	7:45-9:15pm
U-15, U-17 Girls.....Premier & Classic.....	7:45-9:15pm

Note: Arrive 30 minutes before tryout for registration. Players will not be accepted without a Player Registration Form and Medical Consent Waiver and a \$25.00 Tryout Fee. Bring soccer ball, shin guards and a water bottle.

For more information, please visit our website
www.matthewsUSAsoccer.com
• Financial Aid Available •

Certified Trainers for all Teams
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Colonel Francis Betty Park
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Field Directions

Take the I-485 James Martin Frwy to exit 57 Providence Road and turn North towards Charlotte onto Providence Road Highway 16. Go the first major intersection McKee Road/Ballantyne Commons. Go approximately 3 miles to Weddington Rd. and turn right. Soccer fields are to the back of the park.