

The UConn Buzz



Spring Cleaning May Improve Your Health!

Spring cleaning may not seem like the ideal way to spend your precious free time. However, studies show that the more organized and de-cluttered our space is, the healthier we are. Setting aside some time to spring clean the different areas of your life will allow you to let go of old habits may help you embrace a lighter and more joyful approach to the new season upon us!

Spring Clean Your Space

- **Get rid of clutter.** Throw away or give to charity anything you don't use anymore (including clothes and shoes!), rearrange furniture to freshen up your space. Decluttering your home will boost your mental and physical health by improving your capability to handle stress.
- **Clear your schedule.** How are you spending your time? The truth is that most of us waste more time than we realize on things that aren't priorities in our lives. Use a [time tracking app](#) to get a real sense of where all of your time is, and make some adjustments using these [helpful hints](#) to help your maximize your time.

"At the end of the day, being organized is about having more time for yourself, and enabling you to live a more balanced life." Eva Selhub, M.D.

For more tips and tricks on spring cleaning for better health, [click here!](#)

Spring Clean Your Body

- **Switch up your food routine!** Eating the same things everyday can get mundane, and causes us to miss out on important nutrients. To liven up the taste and health of your meals and snacks try these [healthy alternatives](#) for some of your usual foods.
- **Flush your system with water and herbal tea.** Drinking plenty of water throughout the day will keep you "cleansed" and feeling full so you don't overeat. Additionally, natural flavorings in tea or water such as lemon, mint or ginger contain many health benefits.
- **Embrace seasonal foods and eat the colors of the rainbow.** Learn what's in season by using this ["Seasonal Ingredient Map."](#) and consider joining a [CSA](#) or visiting a farmers market when they open in a few weeks!

Tick-Alert!



Untreated tick bites can lead to harmful health conditions such as **Lyme Disease**. Check your body **regularly** for any small ticks and know the **warning signs** before the condition worsens.

Lyme Disease can be treated with a few weeks of **antibiotics** but if left untreated it can begin to affect and spread to the **heart, nervous system, and joints**.

Symptoms of Lyme Disease: Fever, headache, fatigue, skin rash, muscle/joint aches, and swollen lymph nodes.

Learn More Here

ASK BE WELL

This Month's Question:

What can I do to improve my digestive health?

Dear Readers,

A staggering **70 million Americans** are affected by digestive disorders. The root of everyone's digestive issues are different, but overall the foods we eat will either feed digestive problems or feed a healthy gut. Incorporate some of these simple, research-based tips into your everyday life to experience optimal gut health:

- Avoid **refined sources of sugar**, including artificial sweeteners. Sugar can actually encourage the growth of bad bacteria in your gut and lead to negative effects in your health
- Eat fermented foods like kefir, miso soup, tempeh, pickles and yogurt, all of which contain **probiotics**
- Don't skimp on **high fiber foods**, including prebiotics which help probiotics flourish in your gut. Some of the **best sources** include bananas, oatmeal & beans
- Learn more about digestive health **here!**

To submit a question to Be Well's Dietitian to be answered in a future newsletter please **email us!**

"World Health Day"

April
7th



Together We can Stop Diabetes."
Learn more about the World Health Day campaign [here](#).

As most of us know, diabetes is a **chronic disease** that occurs when our pancreas cannot **produce enough** insulin nor can it **effectively use** the insulin produced. The diabetes epidemic has continued to grow over the last couple of years, shedding some light on what we can do to prevent and treat this disease through a combination of lifestyle changes, greater awareness, and effective actions. [Click here to learn more!](#)



Be Well is an employee wellness program provided through Eastern Highlands Health District with funding from the CT Dept. of Public Health. The goal of the program is make the healthy choice the easy choice.

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Spring out of Winter Recipe

Everyday Nourish Bowl

Grab a handful of each of the following: **leafy greens/spinach, cooked chickpeas, carrots (grated/sliced), grape/cherry tomatoes, red onion, cucumbers, 1/2 avocado, spoonful of hummus, pumpkin seeds, and hemp hearts.**

Combine the following in a bowl and squeeze some lemon as a dressing for the salad. Enjoy this meal and reap the nutritious benefits it has to offer!

Spring Allergies 101



Due to the unseasonably warm weather we've had this year experts are predicting that many will experience symptoms of seasonal allergies much earlier this year. Pollen levels are highest in the morning so scheduling your outdoor time in the evenings may help. Additionally, avoiding eye-hand contact, keeping your windows shut, and taking your shoes off inside may help reduce symptoms.

Sources for this issue of **The Buzz** include: The World Health Organization, The Frugal Chicken, The CDC, Mayo Clinic and WebMD