

Wild Over Wellness

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7th Edition
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Allergies

Spring time is finally here and after a long a cold winter it is welcomed with open arms, but if you are one of the millions who suffer from seasonal allergies not everything about the spring is welcomed. Blooming flowers and budding trees mean congestion, sneezing, and runny noses for those with allergies . One way to help keep your allergies at bay is to stay indoors as much as possible on dry windy days when the pollen is blowing around. The best time to do outdoor chores for those with allergies is just following a rain strom, which tends to wash away much of the pollen. Also try wearing a dust mask when working outside. When done remove clothes worn outside; it might also be a good idea to take a shower to wash pollen from skin and hair. Don't hang laundry outside, pollen sticks to sheets and towels!! Pay attention to the pollen count report and keep doors and windows closed when the pollen is high. Start taking an allergy medicine before symptoms start. Pollen is usually the highest early in the morning so avoid outdoor activities first thing. Follow these tips and enjoy the spring time this year!

Incredible Eggs!

Eggs are an inexpensive, easily accessible, and packed with nutrients. Eggs can be prepared a variety of ways and can be enjoyed any time of day. Eggs are high in protein and amino acids essential for a healthy diet. They also contain high levels of vitamin D and phosphorus which contributes to bone health. The iron in eggs helps with the production of red blood cells (RBC) RBC's play a big roll in the transportation of oxygen throughout the body. Some studies have shown that eggs promote weightloss – they are high in protein keeping you full and energized as well as very low in fat and calories. A component called choline is present in large amounts in eggs and helps boost memory and brain function. Eggs are a great way to start your day!

Easter Candy Calories

All that easter candy can really add up!

- ❖ 10 large jelly beans have 105 calories in them
- ❖ 4 peeps have 110 calories
- ❖ 4 Cadbury mini easter eggs have 133 calories
- ❖ 8 malted robins eggs have 170 calories
- ❖ 1 medium hollow chocolate bunny has 260 calories

Easter Bunny Cake

Ingredients:

- 1 box cake mix of your choice
- 1 can unflavored seltzer water
- Confectioners' sugar
- Skim milk
- Unsweetened coconut
- 2 black jelly beans and 1 pink jelly bean
- Easter color M&Ms
- Black shoe string liquorish
- Blue food coloring
- Red food coloring

Directions:

- Mix cake mix with can of seltzer and blend until smooth.
- Pour mix into 2 greased round cake pans. Bake according to package instructions
- Mix confectioners' sugar and skim milk until smooth thick icing forms. Remove half of the icing and place into 2 different bowls. Dye one bowl of icing blue, in the other use a small amount of red food coloring to create pink icing.
- Once the cake is completely cooled frost one with white icing. Cut the other cake to create ears on both sides and a bow tie in the middle. **(See picture below)**
- Frost the ears with white icing and frost the middle of ear with pink icing.
- The round cake is the head of the bunny. Place the ears on top of the head and the bowtie below.
- Sprinkle all white areas with unsweetened coconut. Use the 2 black jelly beans for eyes and the pink one for a nose. Use shoe string liquorish for whiskers.
- Frost the bowtie with the blue icing and use M&Ms to make polka dots.

