

## EXTRA HEALTH TIP: Managing Allergies

Avoid outdoor activity in the early morning, when pollen counts are highest. The best time to go outside is after a good rain, which helps clear pollen from the air. Delegate lawn mowing and other chores that stir up allergens. Remove clothes you've worn outside; shower to rinse pollen from your skin and hair. Close doors and windows at night and other times when pollen counts are high. Clean floors often with a vacuum cleaner that has a HEPA filter. Ask your pharmacist about over-the-counter medications to manage symptoms.

## 2617 Some Benefits Of Pomegranates

According to new research, drinking pomegranate juice may help keep your brain healthy. It contains a compound called urolithin A, which may help protect against dementia and Alzheimer's disease by clearing out damaged cells and allowing new cells to form. Pomegranate juice may also help lower blood pressure. A recent review found that drinking 10 oz. of pomegranate juice a day lowered systolic blood pressure by about 6 points. Researchers also found that pomegranate juice may help lower blood sugar levels and help the body use insulin more effectively.

## EXTRA HEALTH TIP: “Leaves Of Three, Let Them Be”

To prevent poison ivy outbreaks, learn to identify these plants and avoid contact with them. Poison ivy plants have a compound leaf made up of three leaflets. The plants can grow low to the ground or as a shrub or as a climbing vine. A unique feature of the leaflets is that the center leaflet has a stalk, but the two side leaflets are attached directly to the stem. The side leaflets can have one smooth edge and one jagged edge that give them a sort of “mitten” shape. Another identifying characteristic is that the vines have a fuzzy or hairy appearance. Every part of the plant is poisonous and can cause a reaction.

## 2618 Tai Chi May Help Knee Pain

Tai chi incorporates slow, graceful, flowing movements paired with deep breathing. A recent study found that it may help improve function and reduce knee pain in people with osteoarthritis. Researchers randomly assigned 170 people with knee osteoarthritis to one of two groups. The first group participated in a video-based tai chi program lasting 45 minutes three times a week, along with an app to remind them to do tai chi, and had access to a website about exercise and arthritis. The second group only had access to the website. After 3 months, the tai chi group recorded greater improvement in function and more pain reduction than the website-only group.