



BSD HEALTH OFFICE NEWSLETTER | MARCH 2024

Volume 2 Issue 7

SHAMROCKS

Shamrock, or seamróg in Irish gaelic, means “little clover” and has been a lucky symbol since the early 1700s. What isn’t as widely known is the medicinal benefits of shamrocks.

Flowers, leaves and stems of the clover, especially the red ones, are considered one of the richest sources of isoflavon, (chemicals that act like estrogens and are found in many plants) along with bioactive components: calcium, lecithin, chromium, magnesium, potassium, silicium, vitamins A, E, C, B2, and B3.

Native American folk medicine used clover blossoms in tea to help reduce fevers and treat upper respiratory conditions, including coughs, colds and other bronchial conditions.

Clover is also recognized for its benefits as a blood thinner, hindering plaque accumulation on the arteries, thus preventing hardening of the blood vessels that cause heart attacks and stroke. Its anti-inflammatory properties help reduce arthritic pain.

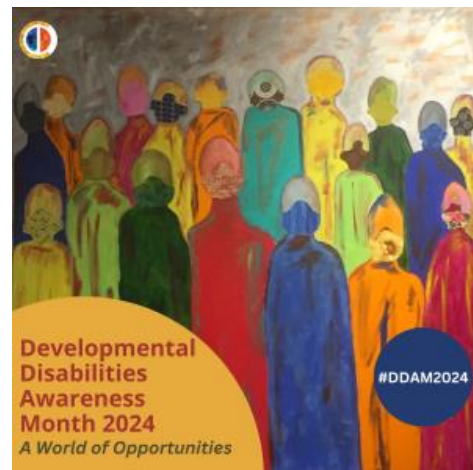
As an antioxidant, the isoflavons are a potent chemical compound that neutralizes free radicals in the body, aiding in prevention of premature aging, relief of menopausal symptoms and lowering cholesterol. As gargle, clover can help calm sore throats and mouth ulcers.

Caution: Red clover may interfere with the body’s ability to process some drugs. It is strongly recommended that users check with their doctor before taking red clover or any other natural plant form.

DEVELOPMENTAL DISABILITIES AWARENESS MONTH 2024

“A World of Opportunities”

The campaign seeks to raise awareness about the inclusion of people with developmental disabilities in all facets of community life, as well as awareness of the barriers that people with disabilities still sometimes face in connecting to the communities in which they live.



The National Association of Councils on Developmental Disabilities (NACDD) asks us to join them “in making a world where all kinds of people have the chance to thrive. We’re celebrating people and working together to remove obstacles. Our goal is to build a community that’s committed to creating a world where everyone can do well and succeed” (NACDD, 2024).



National Nutrition Month®

The Academy of Nutrition and Dietetics annual nutrition education and information campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Education, information, fitness, recipes and more can be found at <https://www.eatright.org/about-national-nutrition-month>