

Fun facts how..
**SPRING
AFFECTS
YOUR
HEALTH!**

Tjitske's
SUPER
FOOD

BETTER
CONCENTRATION



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Finally.. SPRING is here! This is how SPRING can affect YOU?

Spring is here, and it's not just flowers that are blooming—your health might be getting a little boost too! From surprising energy boosts to quirky mood changes, here's how spring affects your health in fun and unexpected ways.

1. Energy Overload (But Maybe a Little Sleepy Too)

Spring gives your body a jolt of energy! But there's a catch..The spring weather rollercoaster with fluctuating temperatures can mess with your body's energy levels, leaving you feeling drained. At the same time your body is adjusting to the time change and extra sunlight. This can also make you feel unexpectedly sleepy. It's like your body's way of saying, "I'm energized, but also... nap time?"



2. Pollen can do you good?

If you're one of the millions affected by seasonal allergies, spring is your nemesis (thanks, pollen!). But here's the quirky part: your immune system gets a mini workout trying to fend off all that pollen, and you might feel like you've just completed a marathon of sneezing and sniffing.



3. Hello, Vitamin D!

Your clever skin skin converts UVB radiation in the sun into vitamin D. This magical vitamin helps keep your bones and muscles strong and gives your mood a happy boost. So, if you're feeling a little extra cheerful, you can thank the sunshine (your skin!) for that springtime glow—inside and out.



4. Your brain reacts to the colours

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Your brain is being more stimulated by colours. Spring colours like bright yellows, greens, and blues can not just boost mood, it trigger a relaxation response, and even increases creativity. Green calms and promotes focus, while sunny colours like yellow and blue elevate happiness by boosting serotonin in your brain. These vibrant hues help refresh the brain, enhance memory, and create a sense of well-being.





WHEN SPRING CAME TO ENGLAND SOME FOUR LEGGED FRIENDS IN THE COLD WINTER FORESTS NEEDED A HAND

Niklas lives in the Northern part of Sweden. He has chosen to live his life close to nature with his 29 Alaskan Husky dogs. The dogs are sturdy. They are happiest when they are working in a group pulling the sled over the snowy landscape. Just seeing the simple wooden sled makes them start digging in the snow of restlessness to take off. The dog breed can go on for 8 hours a day in a steady pace and Niklas is competing with them. Each race is about 435 miles.

Once Niklas took his sleigh and his dogs for three months into the deepest, never ending forest. He slept under trees, traded bacon for fresh salmon with the Sami people. The moose, wolverines, lynx, wolves and bears crossed his path in peace but left him and his dogs alone.

Niklas is always looking after his dogs well being, even more than himself. Once or twice a year he takes them all to a chiropractor to look after their overall health.