

A Path To Natural Health

Dr. Maura Scanlan, N.D., LAc.

Dr. Maura's Comprehensive Program for Children with Deadly Food Allergies

Who is this package for?

This special 4-month program is for children (1 to 14 years old) who have been diagnosed with – or whose parents *suspect* they might have – dangerous food allergies. This program is specifically designed to meet with parents “virtually” (on phone or Skype), making it available to families anywhere in the United States.

What is a “deadly food allergy”?

A deadly food allergy is when our body's immune system has an extreme, potentially life-threatening response to certain foods.

How would I recognize a deadly food allergy?

If your child has a serious food allergy, you will see a severe, *immediate* reaction (within minutes) to eating a specific food. Severe allergic reactions to food can include:

- Hives
- Shortness of breath
- Tingling or itching in the mouth
- Swelling in the mouth and/or tongue
- Wheezing/nasal congestion
- Abdominal pain, nausea, diarrhea, vomiting
- Throat closing
- Dizziness/light-headedness
- Losing consciousness

How dangerous is it?

While some allergic reactions are not life-threatening, a serious allergic reaction *could* be fatal unless your child receives immediate emergency medical treatment.

I think my child may have had an allergic reaction to a food. How can I know for sure?

Sometimes your child might break out with a mild case of hives immediately after eating a particular food. While they might not have experienced a full-blown anaphylactic reaction, these hives could be an early sign that they have a food allergy. The only way to know for sure is for your child to take an IgE food allergy test.

Which foods might be dangerous if my child has allergies?

There is a long list of foods that *could* cause an allergic reaction. The most common ones are peanuts, tree nuts (cashews, almonds, etc.), dairy, shellfish, strawberries, blueberries, raspberries, eggs, sesame, codfish, citrus fruits, soy, corn, wheat (and grains in general), and many others. Certain molds, which can grow on specific foods, can also be triggers. Children who are allergic to one of these foods are often allergic to another, which makes it crucial to get your child tested so you know for sure what is triggering the reaction.

Won't my child "grow out of it" as he/she grows up?

Sometimes. But while some people become less sensitive over time, for many others, their immune system will become *more* aggressive as they get older, meaning their allergic responses will become **increasingly more severe after every allergic reaction they experience**.

Why is it important to get my child tested as soon as I suspect a problem?

Even if your child has only had a *mild* allergic reaction to a food, getting tested can help you prevent further – and potentially lethal – reactions. Simply avoiding the suspected food is not enough. Your child may not actually be allergic to the food you suspect, or he/she may be allergic to other foods that have not yet triggered an allergic response. An IgE test is your best starting point for diagnosing and creating a strategy for dealing with the problem.

What's the difference between a food allergy and food sensitivity?

Food sensitivity is another life-affecting problem from which many children suffer. However, it is not *life-threatening*. Typical symptoms of food sensitivities include stomach pains, diarrhea, constipation, eczema, headaches, behavioral issues (hyperactivity, ADHD), sinus/ear infections, sleep disturbances, frequent infections/colds and fatigue.

If you suspect your child (or anyone in your family) has a food *sensitivity*, you might wish to look at Dr. Maura's Food Sensitivity Treatment Program. Also, if you begin working with Dr. Maura on the food allergy program and it turns out that your child does NOT have a food allergy but a sensitivity, you can switch to the food sensitivity package instead.

What makes Dr. Maura's program special?

In addition to being an experienced and widely respected doctor of naturopathic medicine, Dr. Maura Scanlan is also the **mother of a child with deadly food allergies**. Because of this, she is not only professionally experienced at treating allergies in children, but she has the unique ***emotional and practical understanding of the issue***, which only a parent can have.

Raising a child with deadly food allergies is more than a simple matter of avoiding certain foods at home. But that is often the only guidance you will receive from many mainstream doctors. Dr. Maura knows there is a plethora of



other challenges you and your child are likely to face. For a child with food allergies, the outside world – at school and with friends – can be a dangerous environment if the child does not know how to protect him/herself. While things like parties, sleepovers and field trips can be part of the normal routine for the non-allergic child, for those with deadly allergies, these activities can fill them with anxiety unless they have the confidence that they can stay safe while having fun with their peers.

There are many other challenges, even within the confines of your own home. How do you cook so the whole family is happy, while making sure your allergic child is safe? How do you travel and eat at airports or on the road? Most of all, how do you empower your child so he/she knows how to take care of him/herself when you are not around? How do you support that child with bullying at school? How do you educate *teachers* so they know what to do in an emergency, and so they accidentally never put your child at risk?

In this special Comprehensive Program for Children with Deadly Food Allergies, Dr. Maura addresses all of these issues with care and compassion.

What is included in this treatment program?

CONSULTATIONS (5)

- 1) One initial 60-minute consultation to discuss your child's history, and arrange for your child's testing to be done.
- 2) About 2 weeks later, one 60-minute session to go through your child's test results and discuss how to deal with food elimination. Dr. Maura will also give you food tips, including special recipes and ways to cook for the whole family without endangering your allergic child; and she will show you what items you need to have on hand to make a first aid kit for emergency situations. Your treatment package includes a \$50 credit to purchase these items from Dr. Maura.
- 3) At about week 6 of your program, you and Dr. Maura will meet for a 30-minute session where she will offer advice on how to deal with eating away from home when your family is travelling, eating out at restaurants or at friends' houses.
- 4) At about week 10 of your program, you and Dr. Maura will meet for a 30-minute session where she will offer practical advice on how your child can stay safe when he/she is away from home without you – such as at school, with friends, at parties, at sporting events and at sleepovers. She will also advise you on how to help your child deal with bullying that is all-too-common for children who suffer from allergies.
- 5) Finally, at about week 16 of your program, you will have a 30-minute summary session, where you can discuss any problems or issues that might have arisen. She will also empower you as a parent to be able to educate your child's *teachers*, so they know how to **make sure your child is always safe at school**.

Additional follow-up sessions can always be scheduled a la carte, as needed.

TESTING

In this package, your child will take an IgE food allergy panel test to determine which foods trigger an allergic response. Dr. Maura will arrange for your child to take this test at a laboratory in your local area. The cost of this test is not included in the price of the package, as it can be paid for by your health insurance company. If you do not have health insurance, you will need to pay the lab directly.

To discuss this package with Dr. Maura, request a free consultation at <http://apathtonaturalhealth.com/contact>

WHAT IF YOUR TEST COMES BACK NEGATIVE?

If the test shows that your child does NOT have a food allergy, Dr. Maura may recommend that your child be tested for *food sensitivities*, and that you switch treatment package to her food sensitivities program. This will be explained during your second session with Dr. Maura.

ADDITIONAL SUPPORT

This package also includes email support (during office hours only), where you can email your queries between your consultation sessions. Dr. Maura or a member of her team will aim to reply within 48 hours on weekdays.

SUPPLEMENTS

This package INCLUDES a \$50 credit towards the purchase of recommended items for your child's first aid kit.

NOTE: An essential part of your first aid kit would be an **epi-pen**, which can be obtained by your local pharmacy and paid for by your insurance company, if you have medical coverage. You may also wish to obtain an **inhaler** for your child. Dr. Maura can write prescriptions for these items, so you can get them from your local pharmacy.

SPECIAL DISCOUNTS

You will also receive a 10% discount on any additional products you might wish to purchase from A Path to Natural Health for the duration of your 4-month plan.

How much does this program cost?

The total cost of this 4-month program is \$1,295. You may opt to pay in two installments: \$800 upon your first visit, and the balance of \$495 one month later.

⇒ THIS PACKAGE gives you almost \$200 in savings over 'a la carte' pricing for the same services.

About Dr. Maura Scanlan



MAURA SCANLAN, N.D., L.Ac. is a doctor of naturopathic medicine and licensed acupuncturist. Starting her extensive studies in holistic medicine in 1990, she established her professional practice in 2000. Over the years, Dr. Maura has specialized in food allergies and sensitivities, hormonal issues, thyroid issues, women's health and fertility, and fatigue. Her diverse professional background has enabled her to combine Eastern medicine and herbalism with the Western medical practice. As a mother to a child with deadly food allergies, she personally knows how challenging day-to-day living can be for people with food-related health conditions. As she has met so many people with chronic health conditions who have felt "dropped" by the modern mainstream medical system, she is passionate about helping people take back control of their own health – naturally. Based in Washington State, she serves patients worldwide through her private practice 'A Path to Natural Health' (<http://apathtonaturalhealth.com>).

To request a free consultation to discuss whether this is the right treatment program for you, contact Dr. Maura at:

PHONE: 425.822.0602

EMAIL: apathtonaturalhealth@gmail.com

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