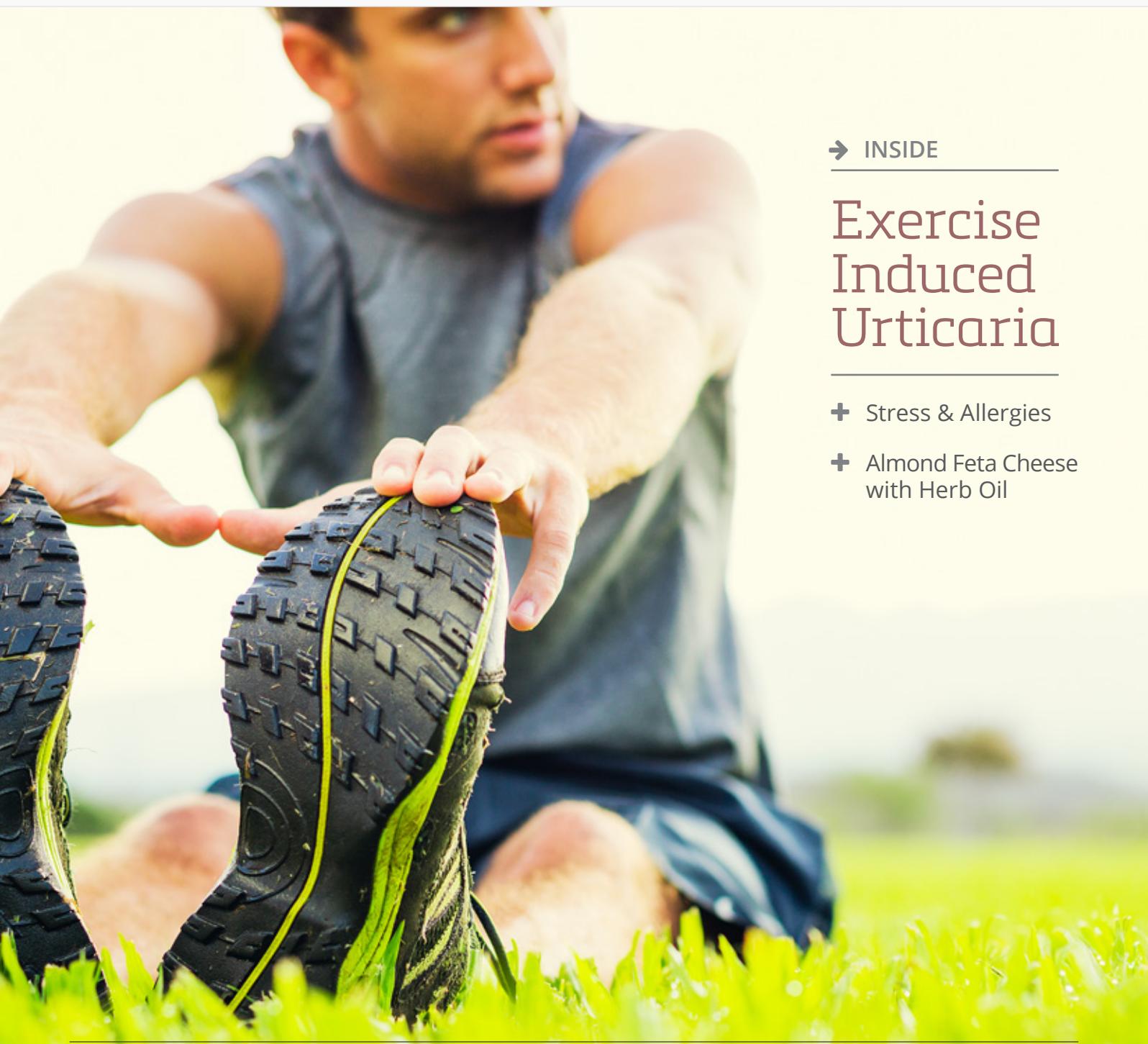


480.634.2985

Allergy & Environmental TREATMENT CENTER, LLC

Summer 2014 News



→ INSIDE

Exercise Induced Urticaria

- + Stress & Allergies
- + Almond Feta Cheese
with Herb Oil

EXERCISE INDUCED URTICARIA:

IS IT SERIOUS?

Urticaria, better known to people as hives or welts, is a skin rash that is often triggered by an allergic reaction. When a reaction occurs, the body releases a protein called histamine, causing a fluid leak in our capillaries that produces a skin rash. Urticaria is usually triggered by foods, insect bites, contact with an irritant, medication, or extreme temperatures.

Temperature-induced urticaria can develop as a response to the weather or to other functions such as exercise. At The Allergy and Environmental Treatment Center, LLC, we encourage patients to keep an allergy journal to detail frequency, time, and any other information associated with their allergic reactions. Using an allergy journal, Dr. Liszewski and the team can identify what triggers the urticaria and how best to move forward in treatment.

Exercise-induced urticaria causes hives and sometimes other allergy symptoms such as itchy skin, flushing skin, stomach cramping, headache, and swelling of the face, tongue or hands. The actual hives are raised and flat, with a more red coloration around the edges than the middle. These hives can occur on any part of the body and can appear as red spots, blotches, or blisters.



How to Manage Exercise-Induced Urticaria:

If you develop hives every time you exercise, you should immediately stop exercising. Call Dr. Liszewski or anyone at the Allergy and Environmental Treatment Center, LLC if the hives do not go away in 5-10 minutes.

In severe cases, urticaria symptoms could be life threatening. However, this is very rare. Dr. Liszewski may prescribe the injectable medication, epinephrine, if urticaria becomes life threatening.

Consider allergy testing to determine your allergies and reduce your total load with immunotherapy, thus decreasing the frequency & severity of exposure-induced urticaria.

You will probably not have to give up exercising. Typically, urticaria can be controlled by taking medicine and slowing down the intensity of your exercises. Always exercise with a partner who is aware of your condition.

Dr. Liszewski and the team will look to identify any other triggers that may be involved with the condition of urticaria. Sometimes, certain foods may promote allergy symptoms to occur during exercise. You may be required to hold off on exercise between 4 to 6 hours after you eat. Keep an allergy journal so that Dr. Liszewski can review for any additional information about your condition.

Antihistamines and nutraceuticals can prevent allergy symptoms in a lot of cases. Talk to the team at the Allergy and Environmental Treatment Center, LLC if you suffer from exercise-induced allergy symptoms.

STRESS & ALLERGIES

STRESS TIED TO WORSE ALLERGY SYMPTOMS

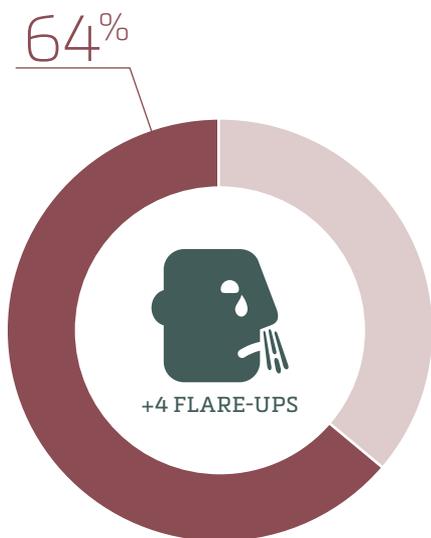
According to a report in HealthDay News, stress may be a symptom of seasonal allergies. Researchers assessed 179 individuals with hay fever for a 12 week period and found:

- 39% of the participants had higher levels of stress and had more than one allergy flare-up during the study period than those without allergy symptoms.
- 64% of the participants with high stress levels had more than 4 flare-ups over two 14-day periods.
- A number of participants had flare-ups within days of experiencing increased daily stress.



These findings are quite remarkable but certainly not surprising. Allergy symptoms such as sneezing, runny nose, and water eyes would add stress to any allergy sufferer. Patterson goes on to say that, "While alleviating stress won't cure allergies, it may help decrease episodes of intense symptoms."

At The Allergy and Environmental Treatment Center, LLC, we work with patients to alleviate allergy symptoms. We use advanced testing and treatment protocols to provide quality care to people suffering from a variety of allergies.



64% of participants with high stress levels had +4 flare-ups.

The April 2014 issue of the *Annals of Allergy, Asthma & Immunology* printed the study's findings. The lead author, Dr. Amber Patterson, says, "Stress can cause several negative effects on the body, including causing more symptoms for allergy sufferers." Within the study, researchers discovered that participants with more frequent allergy symptoms also had a negative mood.

Almond Feta Cheese with Herb Oil

MAKES 10oz ROUND

Ingredients:

- 1 cup whole blanched almonds (Use another nut like macadamia or cashew if allergic to almonds)
- ¼ cup lemon juice
- 3 Tbs. plus ¼ cup olive oil, divided
- 1 clove garlic, peeled
- 1¼ tsp. salt
- 1 Tbs. fresh thyme leaves
- 1 tsp. fresh rosemary leaves

Notes:

Blanched almonds give this creamy-crumbly cheese a rich texture. Unbaked, it will be smooth and spreadable. Baking will make it a bit more crumbly, like traditional feta cheese.

Source:

April 2009; <http://www.vegetariantimes.com/recipe/almond-feta-cheese-with-herb-oil/>

Modifications in red by Laura McKay

Laura McKay, BS

Health Educator



Laura received her Bachelor of Science degree from Arizona State University in Exercise Science and Wellness. She is our Health Education instructor for various AETC programs.

Directions:

1. Place almonds in medium bowl, and cover with 3 inches cold water. Let soak 24 hours. Drain soaking liquid, rinse almonds under cold running water, and drain again.
2. Purée almonds, lemon juice, 3 Tbs. oil, garlic, salt, and 1/2 cup cold water in food processor 6 minutes, or until very smooth and creamy.
3. Place large strainer over bowl, and line with triple layer of cheesecloth. Spoon almond mixture into cheesecloth. Bring corners and sides of cloth together, and twist around cheese, forming into orange-size ball and squeezing to help extract moisture. Secure with rubber band or kitchen twine. Chill 12 hours, or overnight. Discard excess liquid.
4. Preheat oven to 200°F. Line baking sheet with parchment paper. Unwrap cheese (it will be soft), and transfer from cheesecloth to prepared baking sheet. Flatten to form 6-inch round about 3/4-inch thick. Bake 40 minutes, or until top is slightly firm. Cool, then chill. (Cheese can be made up to this point 2 days ahead; keep refrigerated.)
5. Combine remaining 1/4 cup oil, thyme, and rosemary in small saucepan. Warm oil over medium-low heat 2 minutes, or until very hot but not simmering. Cool to room temperature. Drizzle herb oil over cheese just before serving.



Let us help you restore the vitality in your life.

Allergy & Environmental Treatment Center, LLC
8952 E. Desert Cove Drive, Suite 114
Scottsdale, AZ 85260

480.634.2985
allergyenvironmental.com