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Pollen Count

Check the pollen count for your location. Go to:
<http://www.pollen.com>

Greetings:

It is hard to imagine that another year has passed. And what a year it has been. The allergy season was as severe as we've seen in some time. Summer was hotter than usual. And after it all, fall rewarded us with absolutely beautiful weather.

It has been six-months now since our move and we along with our patients have grown quite comfortable with our new facility.

GMO has been in the news quite a bit lately and we thought it timely to examine how these Genetically Modified Organisms are creeping into our food supply and what this means to you for better or worse. It's quite likely you have already begun to consume some GMO products. There are no labeling requirements and they are more common on your grocery store shelves than you might think. Are they safe? Are there benefits to GMO foods? We will provide the answers to these and other questions in our featured article.

To kick off the new year, Laura's Recipe Corner features a terrific butternut squash saute that will delight you and your family.

This issue marks the 5th Year of publication of our newsletter and it has been our pleasure to bring it to you.

We wish you a very happy and prosperous New Year!

Sincerely,

Sharon Gwozdek

Sharon Gwozdek, RN, BSN
Allergy & Environmental Treatment Center, LLC



It's not too late to get your flu shot!

GMO Foods. What you need to know.

Genetically modified foods (GM foods, or biotech foods) are foods derived from genetically modified organisms (GMOs), such as genetically modified crops or genetically modified fish.

What are the benefits?

The promise of biotech foods is both a blessing and a curse. On the one hand, its potential benefits to mankind would seem to be enormous... disease resistant crops, more nutritious better tasting foods, faster growth, higher yield crops, and delivery of essential vitamins, or any other beneficial purpose.

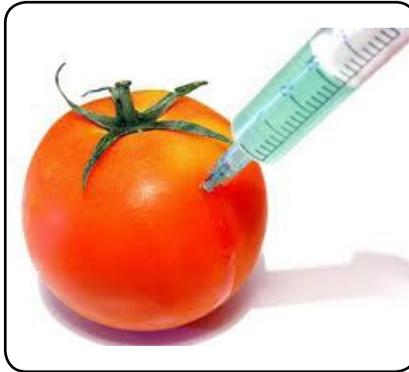
What is the downside?

There are many to give us pause. These include weeds that become resistant to disease, higher levels of plant estrogen, unknown toxins, risk of negative interactions due to consumption of two different foods, no long-term research, no labeling of GMO foods, unknown genetic effect on humans, higher fat content in some foods, insect resistance and lastly, information resources that are heavily skewed in favor of GMO. There is a lot of money to be made and producers will always talk favorably to protect that interest.

When were they first introduced?

Commercial sale of biotech foods began in 1994, when Calgene first marketed its Flavr Savr delayed ripening tomato. Since then, bio-scientists have succeeded in introducing specific

changes into the DNA of plants and animals by various genetic engineering techniques. Such techniques are much more precise



than the mutation breeding that used radiation and chemicals to effect non-specific but stable changes.

Humans have been using selective plant and animal breeding and somaclonal variation for years. Working directly with DNA takes the effort to a whole new level.

Typically, genetically modified foods are transgenic plant products: these include soybeans, corn, rice, tomatoes, squash, potatoes, sugar beets (banned in 2010), cotton seed oil, canola (rapeseed oil).

While these efforts are laudable goals, there are many unknowns. Very little research has been done to verify the safety of biotech foods. What's more, we know

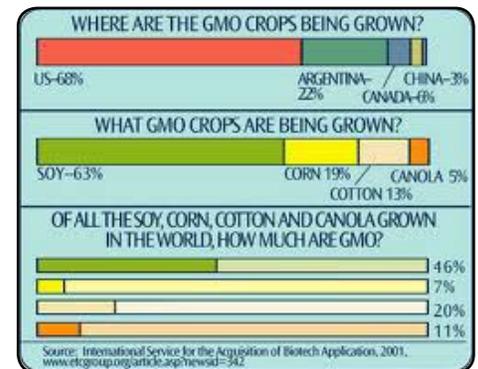
virtually nothing about the long-term effects of consuming these products.

Yet, inspite of all of this, you and I are already unknowing consumers of biotech foods for better or worse. It is quite disturbing to know that for us, there is currently no way to know if we are consuming GMO foods.

Genetically Engineered (GE) foods are required to be labeled in the 15 European Union nations, Russia, Japan, China, Australia, New Zealand, and many other countries around the world. A poll released by ABC News found that 93 percent of the American public wants the federal government to require mandatory labeling of GE foods. Yet the U.S. is one of the only developed countries in the world that doesn't require labeling.

To learn more...

Visit <http://www.invigorate360.com/reviews/top-10-dangers-of-genetically->





Laura's Recipe Corner

Great Recipes from Laura McKay!

Kale and Butternut Squash Saute - Day 1 or 3

<http://www.fitnessmagazine.com>; Alison Lewis

Modified by Laura McKay, B.S., Health Educator (Modifications are in red)

Makes 4 servings

Preparation Time: 20 minutes

Start to finish: 32 minutes

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 3 pounds butternut squash, peeled and cut into 1/2-inch cubes (about 3 1/2 cups)
- 1/2 cup diced yellow onion (omit)
- 2 garlic cloves, minced (omit)
- 4 1/2 cups chopped fresh kale
- 1 teaspoon grated lemon zest
- 2 tablespoons freshly squeezed lemon juice
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 tablespoons dried cranberries
- 4 tablespoons chopped walnuts or pecans, toasted (omit, use pistachios or pepitas)
- 4 tablespoons crumbled goat cheese (omit)

Preparation:

1. In a large skillet, heat oil over medium-high heat. Add squash, onion and garlic and cook, stirring constantly, until squash is lightly browned and slightly tender, about 7 minutes.
2. Add kale, lemon zest, lemon juice, salt and pepper and cook until kale is wilted and squash is tender, 5 to 7 minutes. Remove from heat.
3. Add cranberries and nuts; toss to combine. Sprinkle with goat cheese.

ENJOY!



Tip: A half cup of cooked butternut squash provides more than 80 percent of your daily vitamin A requirement for just 41 calories. The gourd is also a good source of fiber and vitamin C.

For the most flesh and fewest seeds, choose a squash with a large neck and a small bulb. And forget the fridge: Butternut does best in cool -- not cold -- dark places, where it will last as long as a month.

Candice Kumai, the author of the new cookbook *Cook Yourself Sexy*, purees squash and mixes it into her mac and cheese before baking. She also uses a vegetable peeler to shave it into ribbons, which can be lightly sautéed and added to salads or pasta dishes.

The Allergy & Environmental Treatment Center, LLC

Testing, Diagnosis & Treatment of Environmental and Food Allergies.



Allergy & Environmental Treatment Center, LLC

Edwards Professional Park II
8952 East Desert Cove Drive, Suite 114
Scottsdale, Arizona 85260
Clinic: (480) 634.2985

Schedule an Appointment!

Monday: 9:00 am - 7:00 pm
Tuesday: 9:00 am - 5:30 pm
Wednesday: 9:00 am - 8:00 pm
Thursday: 9:00 am - 5:30 pm
Friday: 7:30 am - 5:00 pm

2 Saturdays/Month

Saturday: 9:00 am - 1:00 pm
Saturday: 8:00 am - 11:00 am
(See Website testing calendar for Saturday Schedules.)

Call: (480) 634-2985

The Allergy & Environmental Treatment Center, LLC provides quality care to individuals suffering from a variety of debilitating allergy illnesses presenting symptoms associated with food, environmental and chemical allergens. The clinic offers sophisticated testing technology which isolates the exact causes of symptoms. This is followed by a precise treatment regimen designed to return individuals to a healthy and vibrant lifestyle.