



Photo Quiz: Can you guess the location of this alien landscape? Answer on page 2.

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Featuring:
Cherry-Lentil Salad



Sharon Gwozdek, RN, BSN

Greetings:

There is nothing some of us wish for more than the passing of the summer heat. While average temperatures here during September and October are 88 and 77 degrees respectively, we can still reach 100 degrees. They don't stay with us for very long. Along with these moderating temperatures, pollen counts from grasses and weeds are increasing. Mold growth aided by warm soil and higher humidity due to our monsoons are already a factor for those who are mold sensitive as the soils dry up and release mold spores to the winds.

In this issue, we will explore the subject of reduced bacterial biodiversity and its association with increased allergy. It seems city folks are more prone to allergies, asthma, type 1 diabetes and other inflammatory diseases. The reasons for this may surprise you. In addition, we will also examine how bottled water we so dearly covet contains endocrine system disruptors that are clearly hazardous to your health.

As always, Laura's Recipe Corner features another scrumptious salad that is guaranteed to please. Cherry-Lentil Salad will delight you and your family.

Thank you for your support and interest in our newsletters. Send us a note with your topic suggestion and we will do our best to get it in our newsletter.

Sincerely,

Sharon Gwozdek

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

Pollen Count

Check the pollen count for your location. Go to:

<http://www.pollen.com>

Reduced Urban Biodiversity and Increased Allergy

We live in a world of symbiotic relationships that have a profound affect on our health. Humans, long before recorded history, have co-evolved with an array of microbes and parasites indigenous to the environments in which they lived. For the most part and surprisingly, these relationships have worked out quite well for humans... until most recently.

Today, the vast majority of people are city dwellers who no longer encounter these microbes and parasites. Ecology and biology scientists have observed a link between the environments that people inhabit, the diversity of microbes residing on their skin, and their susceptibility to allergic reactions. They have compiled a growing body of evidence that suggests that reduced contact with these ancient microbial partners may be helping to fuel an epidemic of inflammatory diseases such as asthma, allergies, multiple sclerosis,

type 1 diabetes and ulcerative colitis, among others.

A study of teenagers living in urban and rural environments employed molecular analysis of their skin. It revealed a less diverse array of bacteria on the skin of allergic children compared



to their healthy counterparts. In addition, children living in homes with a greater diversity of native flowers in their gardens exhibited a more varied array of microbes on their skin and a lower risk of allergy.

It is clear that the diversity of plant and animal communities shapes the diversity of microbial communities. These environmental microbes can and do interact with human immune systems in beneficial ways. Consequently, if we lose our connection to environmental microbiota, our immunologic tolerance will quite likely weaken.

Consequently, it is essential to retain contact with natural habitats, especially in the case of young urban children.

For environmentally sensitive children, we recommend a more balanced conservative approach that minimizes exposure to natural backyard habitats that may exacerbate their sensitivity.

Visit www.allergyenvironmental.com for more about our practice,

Photo Quiz Answer:

Human Skin with resident bacteria.



Beware those ubiquitous disposable water bottles most of us are so fond of. A new study out of Germany details testing of water in disposable plastic bottles. The results were alarming! They found estrogenlike compounds, most likely leaching out from the plastic.

The testing was done on a sample of 20 brands of bottled water packaged in plastic and glass bottles. 78 percent of the samples packaged in plastic bottles had high amounts of chemicals called "endocrine disruptors," compared with 33 percent of those bottled in glass. This was surprising in that even spring water bottled in glass containers had these chemicals. The reason for this can be traced to birth control pills, hormone therapy medications, and a host of other contaminants that can

Endocrine Disruptors In Bottled Water

all get into our water supply.

Endocrine disruptors are substances that interfere with the synthesis, secretion, transport, binding, action, or elimination of natural hormones in the body that are responsible for development, behavior, fertility, and maintenance of homeostasis (normal cell metabolism).

Exposure to endocrine-disrupting chemicals (EDCs) particularly in utero, is suspected to contribute to obesity, diabetes, hypertension, and reproductive abnormalities.

The most challenging aspect of dealing with these compounds is discovering how to eliminate them from the environment and where to focus remediation efforts. Even pollutants no longer in production persist in the environment, and bio-accumulate in the food chain. We simply haven't figured out a way to affordably filter them out.

What YOU can do to avoid the dangers of endocrine system disruptors?

Make <http://www.allergyenvironmental.com> one of your favorites.

Don't panic!

1. Drink filtered water from a glass container.
2. If glass is not available, invest in metal canteens or metal water bottles.
3. Add nutritional supplements which help the body to detoxify chemicals.

Your best line of defense is to become knowledgeable about Endocrine Disruptors and what you can do to avoid them. The Natural Resources Defense Council is a great resource for this. Go to: www.nrdc.org/health/effects/qendoc.asp.

In addition, urge your senators to co-sponsor the Safe Chemicals Act. Go to: [Senators](#).



Cherry-Lentil Salad – Day 2

Submitted by: Whole Foods Market

Modified by Laura McKay, B.S., Health Educator

Ingredients

- 1 1/2 cups dried green (French) lentils, rinsed and picked through
- 2 tablespoons red wine vinegard, plus more to taste (omit, use lemon juice instead)
- 2 teaspoons extra-virgin olive oil (use sesame oil or peanut oil instead)
- 1 bunch green onions
- 1 teaspoon fine sea salt, plus more to taste
- 3/4 teaspoon freshly ground black pepper
- 4 cups fresh cherries (about 1 pound), pitted and halved
- 1 cup chopped fresh basil



Instructions

Combine lentils and 5 cups water in a large saucepan. Bring to a boil, lower heat and simmer, partially covered, until just tender, about 20 minutes. Drain and set aside to cool slightly.

Combine vinegar, oil, green onions, salt and pepper In a large bowl. Add warm lentils and toss until coated. Let cool to room temperature; refrigerate if not serving immediately. Toss with cherries and basil just before serving. Taste and then add more salt or more vinegar if you like.

Nutrition

Per serving: 200 calories (40 from fat), 4.5g total fat, 0g saturated fat, 0mg cholesterol, 300mg sodium, 33g total carbohydrate (7g dietary fiber, 10g sugar), 9g protein

ENJOY!

The Allergy & Environmental Treatment Center

Testing, Diagnosis & Treatment of Environmental and Food Allergies.



The Allergy & Environmental Treatment Center

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 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.