

**Photo Quiz:** Can you name these common molds? Answer on page 2.

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**Pollen Count**

Check the pollen count for your location. Go to:

<http://www.pollen.com>

Greetings:

With the onset of the flu season and the rapidly approaching holidays, there is no shortage of things to be done.

This issue includes an article that examines allergies from a slightly different perspective. We present some of the more bizarre and rare allergies that have been identified. You will be surprised. Also, we will be taking a look at some common molds and how they can affect your health.

Our Open House was held on Tuesday, October 23rd, and we were quite pleased with the turnout and enthusiastic response. Visitors and our medical team mingled in a relaxed and informal atmosphere that featured great conversation and food.

Just in time for the holidays, Laura's Recipe Corner features gluten-free stuffing that will add zest to your holiday meals and delight you and your family.

Your support and interest in our newsletters is a constant source of inspiration to us. Thank you. 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  
Allergy & Environmental Treatment Center, LLC



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

# Some of The World's Strangest Allergies

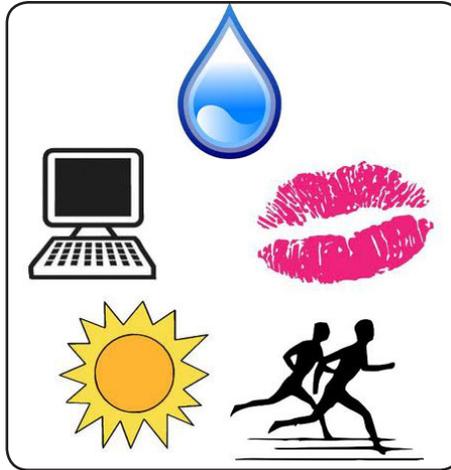
Most of us are familiar with allergies. We either have allergies ourselves or we know someone who suffers from them. And while allergies can make us miserable, you may not be aware of some of the following allergies!

Here are five common things in our lives that we take for granted that some people are allergic to:

**Allergic to Water** - Worldwide, there are only 31 known cases. The incidence is one in every 23 million people. The allergy is known as **aquagenic urticaria** and is a very serious disorder. Most people who suffer from this allergy are confined to their homes. Considering that our bodies are composed of mostly water and the world is filled with water, this affliction is just plain awful. The act of crying or sweating exposes these people to water and induces a variety of symptoms that include intense pain. Hives occur and sometimes the people go into anaphylactic shock. This is one very serious disorder.

**Allergic to Computers** - Yikes! This is an allergy that people can't even imagine having. Strange, but true. Some people actually do. It is an allergy known as **electromagnetic hypersensitivity (EHS)**. It affects people who claim medical problems after exposure to electromagnetic fields. People with this disorder are also affected by cell phones, base stations or cordless phones and electric transformers. Reported symptoms include headache,

tinnitus, fatigue, dizziness, irregular heartbeat, and rash or hives.



**Allergic to Kissing** - Now this allergy could really put a dent in one's social life. What's going on here really has a simple explanation. What causes the allergy to happen is from food particles or medication being in the saliva of the person you are kissing. So it isn't the person's lips or tongue that will cause you to break out in hives.

**Allergic to the Sun** - The rare condition is known as **solar urticaria** and only about 300 cases are known to exist worldwide. Can you imagine not being able to go out in the sun? The thought of it is depressing.

People with a severe case of this condition have to cover themselves

from head to toe in clothing. And, they must also use the highest SPF sun block available if they do venture out into the sun.

Exposure to the sun for these people causes their skin to itch and rashes to appear. Even indoor lighting will exacerbate the condition. Rubbing the affected areas with ice can provide relief.

**Allergic to Exercise** - Many people I know suffer from the allergy known as **exercise-induced anaphylaxis**. It occurs when people exercise after eating certain types of foods. Typically people can eat the food that causes it without incident. However, if they eat the food and then do exercise such as running --watch out! These people will experience dizziness, fainting, or even vomiting. The food reacts with changes in heart rate and blood pressure and the person experiences volatile responses. I don't think I would like this reason for not exercising.

Visit [www.allergyenvironmental.com](http://www.allergyenvironmental.com) for more about our practice.



## Molds & Your Health Source: Indoor-Restore Environmental Services

It is thought that there are over 400,000 different types of mold. Only 25% of them have actually been named and less than 1,000 of them are commonly found indoors. Of those found indoors, few are known to be harmful.

Exposure to airborne mold spores can occur through inhalation, ingestion or skin contact, and can result in symptoms including dermatitis, cough, rhinitis, nose bleeds, cold and flu symptoms, headache, general malaise and fever.

Molds are organized according to human responses into three groups

- Allergenic
- Pathogenic
- Toxicogenic

**Allergenic Molds** - Allergenic molds do not usually produce life-threatening health effects and are most likely to affect those with allergies. The body's responses to allergenic mold tend

### Photo Quiz Answer:

(From left to right)

Aspergillus  
Slime Mold  
Black Mold - Toxic

to be relatively mild, to severe depending on individual sensitivities and allergies. Typical symptoms include:

- Scratchy, Sore or Itchy Throat
- Nasal Congestion

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- Runny Nose
- Sneezing
- Coughing and Wheezing
- Shortness of Breath/  
Breathing difficulties
- Asthma Flares
- Itchy or Watery Eyes
- Sensitive or Itchy Skin
- Skin Rash

**Pathogenic Molds** - Pathogenic molds usually produce some type of infection. They can cause serious health effects in persons with suppressed immune systems. Healthy people can usually resist infection by these organisms. However, in some cases, high exposure can cause hypersensitivity and infection with those who are seemingly healthy.

**Toxigenic Molds** - While a toxic mold is living and growing, toxic metabolites called mycotoxins are produced. Exposure to this chemical compound by other organisms can be harmful. The health effects of mycotoxin exposure to

humans can vary, ranging from short-term bodily irritation and allergenic reaction to lung infection, a weakened immune system, cancer or even death.

Initial awareness of adverse health effects from exposure to mycotoxins was raised by a mid-1990's study from Cleveland, Ohio, involving infants who had died from sudden and unexplained pulmonary hemorrhage (bleeding of the lungs). Upon investigation, researchers found that the infants residing in homes with high levels of the mold *Stachybotrys* were prone to serious health effects.

There is only one species of *Stachybotrys*, ***Stachybotrys chartarum***. It has been nicknamed the "black mold" or "toxic mold" by the media. *Stachybotrys* produces cottony, rapidly growing colonies which mature in about 4 days. From both front and reverse, the color of the colony is white initially and turns to black by aging.

Potential health affects include:

- Asthma/hay fever/allergies/flu and cold-like symptoms

- Excessive fatigue and lethargy
- Dermatitis
- Impaired or altered immune function
- Considered to be a possible cause of acute idiopathic pulmonary hemosiderosis, lung cancer and other respiratory diseases
- Toxicoses
- Several others

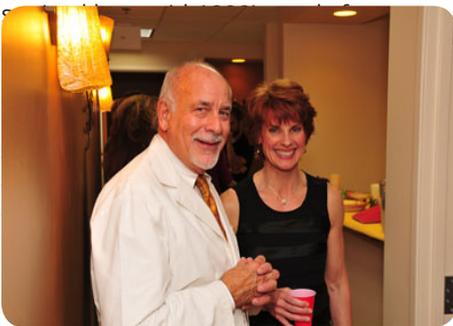
Therefore, when the presence of toxigenic mold is suspected within a property, inspection and testing are advised. Furthermore, when such mold and/or mycotoxins are identified, remedial action is highly recommended.

For more information, a number of Internet sources will take you on an educational journey. I suggest you start with Wikipedia.com.

Visit [www.allergyenvironmental.com](http://www.allergyenvironmental.com) for more about our practice.

## AETC Open House

On Tuesday, October 23rd, patients, friends and business partners gathered for our Open House at our new office and clinic located in the Edwards Professional Park II in Scottsdale.



Dr. Liszewski, DO & Sharon Gwozdek, RN, BSN

We moved into our new spaces in early July and elected to wait for cooler weather.

Our Open House provided an unique opportunity for visitors to meet the AETC medical team in an informal atmosphere and to get a first hand look at the workings of our allergy and primary care practices.

The clinic's 2,100 sq. ft. spaces includes our reception area, testing room, laboratory, three examination rooms, medical team and business office's along with ample work and storage.

Visitors remarked at how well the clinic was designed for efficiency and so nicely decorated.

"We devoted a great deal of time and effort in finalizing our clinic's design to ensure that it would be comfortable and efficient for both patients and our medical team", said Sharon Gwozdek, the clinic's founder. "To some extent, all patients experience some level of anxiety when visiting a medical facility and we wanted them to feel relaxed and welcomed."

Laura McKay, the clinic's Health Educator prepared a number of gluten-free cookies and cakes, veggies and a variety of healthy liquid refreshments which were enthusiastically consumed by our visitors and medical team alike.

One of the highlights of the Open House was a drawing featuring the latest Apple

iPod Shuffle along with an iTunes gift card.



Open House visitors and guests.

A patient was the lucky winner. He is enjoying his favorite music at this very minute.

We sincerely appreciate the support and interest expressed by all who were able to attend.

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**Gluten-Free Herbal Bread Dressing Recipe (Non-Rotate)**  
 By Teri Gruss, MS - Modified by Laura McKay, BS - Health Educator

Cook Time: 50 minutes  
 Total Time: 1 hour, 20minutes

Gluten-Free Herbal Bread Dressing is a good example of how gluten-free cooks can adapt traditional recipes to gluten-free recipes that are fit for a feast that everyone can enjoy. The foundation of this recipe is Gluten-Free Walnut Rosemary Bread, with texture and flavor ideal for bread stuffing.

**Ingredients:**

- 8 cups cubed Gluten-Free Walnut Rosemary Bread OR your favorite GF bread (1/2 inch cubes. crust removed)
- 1/2 cup butter (1 stick) (Option-Use Ghee)
- 2 cups chopped onion- Walla Walla or other sweet variety if possible
- 2 cups chopped celery with leaves
- 1/2 cups chopped fresh chives
- 3 tablespoons minced fresh sage
- 1 tablespoon minced fresh thyme
- 2 lightly beaten large eggs (Option-Use Ener G Egg Replacer)
- 1 teaspoon salt, or to taste
- 1/2 teaspoon pepper, or to taste
- 1 cup gluten-free chicken broth

**Preparation:**

Preheat oven to 350°. Spread bread cubes in one layer on 2 large baking sheets. Bake for about 12 minutes or until cubes are dry, but not browned. Allow bread cubes to cool. Place cooled cubes in a large mixing bowl. Melt butter in a large saucepan over medium high heat. Add onions and celery and sauté for about 10 minutes or until onions are translucent, but not browned. Add herbs to vegetables and sauté an additional 2 minutes. Add vegetable herb mixture to bread cubes and stir to mix. Pour lightly beaten eggs into mixture and stir to blend. Add salt and pepper and stir to mix. Add gluten free chicken broth and stir to thoroughly combine all ingredients. If the stuffing is too dry, add more broth, 1 tablespoon at a time, being careful not to overdampen or stuffing will be soggy. Transfer stuffing to a buttered 13x9 inch baking dish and bake for approximately 50 minutes or until the top is golden brown.

**ENJOY!**

**Tip:** If you like a heavily flavored stuffing, add 1 tablespoon of gluten free poultry seasoning to bread cube mixture before baking.



Test flavors and moisture content- Melt 1 teaspoon of butter in a small skillet. Over medium heat, add 1 tablespoon of stuffing and cook just until golden brown. Taste and add more herbs, salt or pepper if needed. If the dressing seems too dry try adding another egg. Too much broth can make the dressing soggy.

Always make sure your work surfaces, utensils, pans and tools are free of gluten. Always read product labels. Manufacturers can change product formulations without notice. When in doubt, do not buy or use a product before contacting the manufacturer for verification that the product is free of gluten.

**The Allergy & Environmental Treatment Center**

*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 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.