

Inflammation

K-PAX Immune Support

Bon Appetit Rotation Diet
Workshop Graduates

Featured Recipe
Cauliflower
Mashed Potatoes



Inflammation



Your Immune System at Work

Most of us are completely unaware of the hazards many common household products pose to our health and well being. While their labels are written to outline correct use and proper handling, all too many of us subscribe to the theory that

*"if all else fails,
read the directions."*

That's not a prescription for keeping yourself out of harms way. We do urge you to read the fine print, employ common sense and educate yourself on the perils of what's on your shelves.

Pollen Count

You can check the pollen count for your location by simply going to...

<http://www.pollen.com>

Greetings!

Happy New Year!

It is hard to believe that 2010 it is already behind us. It was quite an eventful year for us and we'd like to share some highlights with you.

These included:

- Creation of our new General Medicine/Primary Care Practice
- Expansion of our offices
- Additions to our Medical Team
- Addition of IV Services
- Source for pharmaceutical grade nutritional supplements
- Rotational Diet Educational Workshop
- 3rd Year of our Newsletter publication

Topping all of this has been the enthusiastic response of our patients who are enjoying excellent outcomes and a return to symptom free good health. They have been so kind to refer family and friends in need of our health care services.

This year we expect to build on these very positive additions so that you will continue to benefit from the what we think you want most from your health care provider...Personal, Expert, and Caring service.

Thank you for your confidence in us. We look forward to serving you in the coming year and we wish you Good Health and Happy and Prosperous New Year!

Sincerely,

Sharon Gwozdek

Sharon Gwozdek, RN, BSN

Inflammation - Your Body at Work

Fasten your seatbelt! You are about to enter the dark side of household chemicals.

You may be surprised to learn that since World War II, over 70,000 new chemicals have been introduced into our society, a good number stemming from extensive research in chemical warfare. Think toxic here. Many common household products you purchase at your local grocery store contain toxic chemicals.

[continued on next page]

Check Out Our Website!



Our new patient-centered website provides useful information about allergies, their causes and what can be done to effectively treat them. We invite you to pay us a visit. Go to.....

www.allergyenvironmental.com

We are able to assist you with Probiotics and the possible supplementation for your particular needs.

These include products you use to clean your clothes, your floors, your oven and your pets, and what you use on your hair, your face and in your mouth (commercial body care products such as toothpaste, shampoo, soap), store bought cleaning products (chlorine bleach, laundry soap, window cleaner, dish washing liquid, etc.), and even many nutritional supplements (they can contain toxic binders and fillers).

There is no denying that these products have made modern life immeasurably easier and more pleasant in spite of what you just read. Yet, the concerns are real:

Did you know...

"Over 150 chemicals commonly found in homes have been linked to allergies, birth defects, cancer, and psychological abnormalities."

- Consumer Product Safety Commission

"Asthma, allergies, cancer, and a range of maladies from skin irritations to fatigue and behavior problems can be directly linked to chemicals in households."

- Dr. Philip Landrigan, Mount Sinai Hospital, New York

"Adverse effects from chemicals include reduced male sperm count, testicle atrophy, and infertility. Also cancer is the number one disease killer of children."

- Los Angeles Times, 12/94

"Over 7 million accidental poisonings are reported each year [14,000 daily]. Most of the victims are children. The elderly are the second most affected . . ."

- Columbia College of Physicians and Surgeons

"Women who work at home have a 54% higher rate from cancer than women who work away from home." - Toronto Indoor Air Commission

"One of the reasons chemical concentrations are so high is household chemicals release toxic vapors into the air-open or closed." - Richard Barry, "Let's Stop Poisoning Our Children"

Now these chemicals just don't arrive in your household by themselves. They find their way there because you made a decision to purchase a household product you felt you needed. Chances are you didn't read the label. After all, the TV ad said your floor would be made cleaner than the competing product. And besides, it was attractively packaged with a handy dispenser. Most of these products are attractively packaged.

Now we certainly aren't going to engage you with pointless scaremongering as we examine the world of household chemicals. Rather, we hope to provide you with a common sense approach based on knowledge and fact.

Educating yourself, friends, family and neighbors about the medical risks and hazards of everyday household products is now more important than ever. When common household products are not safe, we are not safe.



Read The Fine Print

Health risks increase when you bring toxic chemicals into your living spaces.

Most of us assume products are “safe” because they are sold at local stores, however nothing could be further from the truth. Health risks increase when you bring toxic chemicals into your living spaces.

Today, the fine print is required on all household products.

Today, the fine print is required on all household products. The FDA, EPA and HHS all have a hand on what appears on a label. (Of course, to what extent is largely influenced by lobbyists.) The Government regulations (EPA, Office of Pesticides and Toxic Substances) now only require the following key words on labels.



- **DANGER:** A taste to a teaspoon could be fatal to an adult if ingested.
- **WARNING:** A teaspoon to an ounce could be fatal to an adult if ingested.
- **CAUTION:** An ounce to a pint could be fatal to an adult if ingested.

Here are some examples of harmful ingredients found in common household products and their health hazards along with much safer homemade alternatives:

Ammonia and All-purpose Cleaners

Common Harmful Ingredients and their Health Hazards

- Ammonia-irritant to eyes and respiratory tract
- Artificial dyes-highly carcinogenic, easily absorbed through skin
- Detergents-responsible for more household poisoning than any other substance
- Fragrances-headaches, all types of central nervous system symptoms

Homemade Alternatives

Any combination of:

- Baking soda-absorbs odors and chemicals, mild abrasive
- Borax-disinfects, deodorizes, inhibits molds, mild abrasive
- Lemon juice or vinegar-to cut grease

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Allergy & Environmental Treatment Center provides quality care to individuals suffering from a variety of debilitating symptoms associated with food, environmental and chemical allergies.

We offer state-of-the-art allergy testing and treatment.

Schedule your visit with us today!
Call 480-634-2985.



Dr. Lawrence Liszewski
M.S., D.O.

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- Washing soda-cuts grease for tough jobs (Do not use Arm and Hammer because it is scented and contains other chemical additives.)
- Vegetable oil based soap, like Lifeline

Basin, Tub, and Tile Cleaners

Common Harmful Ingredients and their Health Hazards

- Ammonia-irritant to eyes and respiratory tract
- Detergents-responsible for more household poisoning than any other substance
- Fragrances-headaches, all types of central nervous system symptoms
- Aerosol Propellants- can cause lung irritation, cancer, heart problems, central nervous system depression, headaches, nausea, dizziness, eye and throat irritation
- Ethanol-can cause central nervous system depression, impaired motor coordination, stupor shock, hypothermia, possible death

Homemade Alternatives

- Baking soda- with a little Lifeline or other vegetable oil based liquid soap
- For more stubborn stains, scrub with lemon slices or ends dipped in baking soda or borax.
- For really stubborn stains, leave lemons and scouring agent on stains overnight. Lemons and Borax have a bleaching affect.

Disinfectants

Common Harmful Ingredients and their Health Hazards

- Ammonia-irritant to eyes and respiratory tract
- Artificial dyes-highly carcinogenic, easily absorbed through skin
- Fragrances-headaches, all types of central nervous system symptoms
- Ethanol-can cause central nervous system depression, impaired motor coordination, stupor shock, hypothermia, and possible death
- Chlorine-can cause pain and inflammation of mouth, throat and stomach, and erosion of mucous membranes, irritation to eyes, rashes, dizziness, vomiting, severe respiratory tract irritation
- Cresol-affects the central nervous system, liver, kidneys, pancreas, and spleen, which can be fatal.
- Phenol-suspected human carcinogen. Can also cause skin eruptions, vomiting, paralysis, convulsions, coma, and death.
- Formaldehyde-suspected human carcinogen. Long-term exposure can cause allergic sensitization. May contribute in sudden infant death syndrome.

Homemade Alternatives

- Hot water kills bacteria. To disinfect dishes, soak washed dishes in water too hot to touch for a few minutes.
 1. Keep things dry. (Bacteria, mold, and mildew cannot live without dampness.) Borax deodorizes and disinfects. (1/2 cup, to 1-gallon water satisfied a hospital's germicidal requirements.)

Oven Cleaner

Common Harmful Ingredients and their Health Hazards

- Ammonia-irritant to eyes and respiratory tract
- Detergents-responsible for more household poisoning than any other substance
- Very strong synthetic fragrances-headaches, all types of central nervous system symptoms
- Aerosol Propellants- can cause lung irritation, cancer, heart problems, central nervous system depression, headaches, nausea, dizziness, eye and throat irritation

Homemade Alternatives

- Use 2 tablespoons vegetable based liquid soap (i.e. Lifeline) + 2 teaspoons borax mixed thoroughly in 2-3 cups warm water. Solution can be applied with a spray bottle if dissolved really well and with eye protection. Apply and let sit for 20 minute. Then scrub with steel wool and baking soda, borax, Bon Ami, or pumice for the extra baked-on grime. Wear gloves for this job since the borax can be irritating to the skin.

These four examples serve to illustrate just some of the dangers we face each day in our homes. As you can well imagine, these examples barely scratch the surface.

How Chemicals Enter Your Body and How it Handles Them

Routes of Entry

Chemicals, including pesticides, are widely distributed in the environment. Therefore there are many possible sources of exposure to these chemicals for humans. Substances, which are in ambient and indoor air, may be inhaled into the lungs while those in water or food may be ingested or inhaled through mist or steam (such as in the shower). Direct contact with the chemical is the most prevalent way environmental chemicals can penetrate the skin, but exposure through the skin may also occur as a result of contact with chemical contaminants in air and water (for example bathing or swimming).

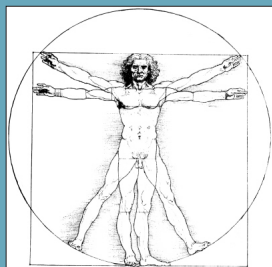
A single chemical can enter the body through all three routes of exposure -- inhalation, ingestion and skin penetration (dermal exposure). A compound, such as chloroform, which evaporates readily and which may be found in drinking water illustrates this point. When this water is used for drinking, ingestion is the route of exposure. When it is used for showering, exposure may occur due to inhalation of the steam or mist and from direct contact through the skin. Similarly, pesticide use can involve more than one route of exposure if precautions are not taken. A pesticide, which is sprayed, can be inhaled during use; penetrate through the skin during mixing and application; and be ingested through food if not washed off hands or food before eating.

Absorption, Distribution and Fate

Once a chemical enters the body, it is often absorbed into the bloodstream and can move throughout the body. The amount absorbed and the rate of absorption depend on the chemical and the route of exposure. This movement of the substance through the bloodstream is called distribution. Through distribution a chemical can come into contact with all parts of the body, not only the original site of entry. In some cases, such contact, distant from the site of entry, can lead to adverse health effects. For example, ingestion of the pesticide paraquat into the stomach can lead to damage to the lungs.

Once a chemical is absorbed into the bloodstream, it can have several different fates. In many cases, it is rapidly removed from the body through the urine or feces. In other situations, it may be stored in various parts of the body, such as fat or bone, and remain in the individual for many years. A compound may also lead to a toxic effect through interaction with certain organs or tissues in the individual or with other compounds in the body.

Often, a substance that is absorbed into the body interacts with particular body chemicals and is changed into one or more other chemicals. This process is called metabolism and the products are called metabolites. Metabolism may lead to products that are easier for the body to excrete and so can protect the body from possible adverse effects. In other cases, however, the metabolites may be more toxic than the original chemical that was absorbed. The variety of products resulting from metabolism may have the same possible fates as the original chemical -- storage, excretion or toxicity.



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Chemical Properties

The particular properties of the absorbed chemical are quite critical to its fate in the body. Certain chemicals are very resistant to metabolism and readily dissolve in fat so that they tend to be stored. Dieldrin is a good example of this type of compound. Other chemicals are more rapidly metabolized and excreted and are gone before they can cause adverse effects. The organophosphate pesticides tend to behave this way at low doses.

An Individual's Characteristics

The characteristics of the individual who is exposed are also very important in the fate of the chemical. The age, sex, genetic background, previous exposures, diet and other factors play important roles in the way that the body interacts with a chemical and in turn the potential for adverse effects. Thus, the characteristics of both the chemical and the exposed individual are important factors determining the fate of the chemical in the body.

The Time Course for Exposure

In the case of a single event exposure, it is the total amount of chemical to which a person is exposed that determines the severity of the toxic effect, if any. The greater the amount of exposure, the greater the potential for adverse health effects. In some cases, this is due solely to the inherent toxicity of the chemical and, in others, also to the overwhelming of the body's ability to respond. In the latter case, the body may not be able to metabolize the chemical rapidly enough to prevent an increase in concentration to toxic levels. In such a situation, there is a clear threshold above which toxic signs and symptoms appear.

In the case of (repeated) multiple exposures to a chemical, it is not only the total amount of exposure, but also the rate or timing of exposure that is quite important. All processes in the body normally proceed at specific rates so that metabolism, excretion and storage occur during a particular period of time after a chemical is absorbed. For a one occurrence exposure, the time needed for the various processes that breakdown the compound to be completed will determine the length of time that a toxic response, if any, persists.

However, if there are repeated exposures to the same chemical, the situation is more complicated. If there is enough time between exposures so that all of the chemical from the initial exposure is excreted, and no effects persist, then each exposure is essentially independent of the previous one and can be treated as a single exposure. However, if the time between exposures is so short that some of the chemical remains from the first exposure, then a buildup of the chemical can occur. Over time this buildup can lead to levels that are toxic.

The total amount of exposure can have different results depending on whether the exposure occurred all at once or repeatedly over time (the time course of exposure). A high dose given once may have a toxic effect while the same total dose given in small amounts over time will not. For example, drinking several ounces of alcohol at once may cause inebriation while drinking one ounce every few hours may not. Also, a particular dose given a few hours apart may have an adverse effect while the same total dose given a few days apart will not.

Summary

The possible toxic effects of exposure to a particular chemical depends on many factors. These include the characteristics of the chemical and the individual exposed; the route of exposure; the total dose and the time course of exposure. Unfortunately, scientists have not been able to determine exactly how each of these factors will affect any specific individual so that present understanding of chemical exposures provides only general guidance. Minimizing exposure will minimize the potential for adverse effects. In addition, a general knowledge of all the contributing factors will help reveal the situations which have the most potential for adverse health effects and can aid in determining the best ways to manage chemicals.

Household Chemicals Educational Resources

U. S. Department of Health & Human Services Household Products Database

This excellent and extensive resource provides Health & Safety Information on 1,000s of Household Products.

Follow this link: <http://householdproducts.nlm.nih.gov/>

In addition, you'll find the following link essential to educating your children about the dangers of household chemicals.

<http://www.epa.gov/pesticides/kids/hometour/tour.htm#view>

This interactive site is highly visual, fun and most importantly it effectively educates your child about the dangers of household chemicals.

AETC Holds Rotational Diet Educational Workshop Series



Laura McKay

AETC is holding a five-session workshop beginning on Tuesday, November 9th designed to help patients understand and apply rotational dieting in their daily regimen. The workshop is based on the Rotational Bon Appétit Cookbook and designed to help patients mitigate food sensitivities thereby returning them to a vibrant and healthy lifestyle.

The instructor for the workshop is Laura McKay whose qualifications are unique and well suited to the educational series. In addition to her knowledge and command of food allergy rotational dieting (which she put to the test with her own food allergies), Laura holds a B.S. Degree from Arizona State University in Exercise Science and Physical Education/Wellness.

Laura will take the mystery out of rotational dieting and tempt your palate with the hidden gems found in the Rotational Bon Appétit Cookbook. And most importantly, she will guide you with the knowledge and information you'll need to achieve success.

The current workshop is limited to 20 participants.

Featured Recipe



Pumpkin Rice Bake - Day 1

A Rotation Diet Dish

By Laura McKay

INGREDIENTS:

- ½ bag Brown Rice Pasta
- ½ can organic canned pumpkin
- Allspice Seasoning
- Sea Salt
- Diced Cashews
- Grape seed Oil

[continued on next page]

PREPARATION:

1. Cook brown rice pasta, as directed on package
2. Drain and rinse
3. Mix in canned pumpkin thoroughly (about 1/2 can more or less)
4. Add in allspice and sea salt to taste
5. Pour into a greased (Grape seed Oil) casserole baking dish
6. Sprinkle with diced cashews
7. Cook on 350 degrees for 20 min.

Bon Appétit!

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Schedule your visit with us today! Call 480-634-2985.