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## Allergies Are Debilitating



Allergies of any kind can be debilitating, particularly those that produce chronic symptoms. People so afflicted scarcely have the energy for work, study and play.

There is hope for people suffering from these afflictions. State-of-the-art diagnostic tools are adept at identifying the offending agents. Knowing the exact causes of an allergy is the first step in developing a treatment plan that will return a person to a healthy and productive lifestyle.

We can help!

### Pollen Count

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

<http://www.pollen.com>

Greetings!

With the spring allergy season well underway, articles about allergies abound in our newspapers and on the Internet. And, it is not because their publishers need filler. Without a doubt, we are acquiring, like never before, an awareness of allergies, their symptoms and what causes them. It is an altogether more familiar topic today than it was a few short years ago. And for this, we should be grateful.

Just this week, the **USA Today** Newspaper featured an article entitled *Hotels offer – and charge more for allergy-free rooms*. And, the current issue of the **Ladies' Home Journal** features an article about *How to arm yourself against the hidden hazards of indoor and outdoor allergens – and the surprising ways they can make you sick*.

This is the time of year when vacation planning is in full gear. We've included some tips and insights we hope you will find helpful.

The benefit to all of this allergen awareness is that those of us who suffer from allergies are encouraged to find relief because we learn that with proper treatment we can be returned to a decidedly healthier and vibrant lifestyle.

In this newsletter, we'll explore the avenues for allergy relief, introduce you to Ruey Yang, Nurse Practitioner and the newest member of our medical team and delight you with a wonderful recipe for Quinoa Stuffed Peppers courtesy of Laura McKay.

We sincerely appreciate your interest in and support for our bi-monthly newsletters. We enjoy bringing them to you would love to hear your comments and suggestions.

Sincerely,

*Sharon Gwozdek*

Sharon Gwozdek, RN, BSN

## Let's Face it. Allergies Are Debilitating!

Growing up with allergies is not a pleasant experience. Itchy eyes, asthma, runny and stuffy nose, sneezing, fatigue and lethargy pretty well sums up a disgusting set of chronic symptoms for anyone to have to endure particularly as a child. And, coping with such misery into adulthood is doubly unpleasant because it robs a person of his vitality across the entire spectrum of human activity. It is simply impossible to be productive at work, at school and at play. I could name dozens of symptom combinations and all of them would be just as debilitating.

Far too many people put up with allergies because they believe that nothing can be

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## 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](http://www.allergyenvironmental.com)

With a little bit of planning and a dash of situational awareness an allergy prone vacationer can enjoy an allergy-free experience.

done. They seek relief with over the counter medications that deliver only temporary relief from their symptoms and all too often and sometimes very unpleasant side effects that exacerbate the problem.

The solution is easier than you think and only requires that you realize that there is hope when you are in the hands of an allergy specialist with the skill and knowledge to provide care based on the most up-to-date medical practices.

Armed with such knowledge, we at the Allergy & Environmental Treatment Center will conduct a comprehensive series of tests to isolate the exact cause(s) of your symptoms and then prepare a treatment plan that will reduce or completely eliminate your symptoms and return you to a vibrant state of health.

## Consider The Business Traveler

Now consider the plight of the business traveler. Air, food and odors are part of the traveler's environmental equation and virtually outside his control. Hospitality firms are beginning to realize this and are setting aside rooms that they say are "hypoallergenic", thoroughly cleaned to reduce dust mites, bacteria and other irritants and for which they charge a premium room rate. Their menus reflect changes to cater to shellfish, gluten – or lactose intolerant guests.

The allergy issue for travelers is beginning to take center stage because allergy-prone travelers are more assertive about expressing their conditions, and a general wellness campaign to avoid harmful products has gone mainstream.

"Feel Better Here" is the new tag line for hotels eager to woo customers. They have seized on the wellness trend with new rooms and menu selections for allergy sufferers. With an estimated 40 million allergy sufferers nationwide, hotels see a significant business opportunity in meeting the demands of allergic customers.

## How to Plan for an Allergy-free Vacation

Traveling for business can be problematic for allergy sufferers, as we've just learned. But what about vacation travel? With a little bit of planning and a dash of situational awareness an allergy prone vacationer can enjoy an allergy-free experience.

The key, of course, is to do the research prior to your trip. Such planning will give you a decided edge in avoiding the offending triggers that cause your symptoms.

First and foremost, know what you are allergic to, and have some idea of whether those allergens will be waiting for you at your travel destination. You are at risk if you don't know what your allergic exposure is going to be.

Vacation travel can take you into a variety of geographic regions whose pollen counts vary by season. Knowing what areas to avoid at certain times of the year is necessary if you want to avoid the misery. High and dry areas are less prone to harbor allergens. When traveling by automobile, close the windows and turn on the A/C set to recirculate to avoid bringing in the outside air.

If you have a food allergy, you are particularly at risk if your travel is foreign. You will be exposed to foods unique to the cultures in which you travel. Unless the menus are printed in English, it can be difficult to recognize what the ingredients are. Take your time, ask questions and stick with entrees you can identify. Travel in the U.S. is less of a problem, however you should still exercise caution. Your experience will be much more pleasant.

If you have very severe food allergies, your travel kit should include prescribed medical modalities and specific nutritional supplements. Don't travel without them.

If you travel out of the country, pack medications in their original bottles to avoid questions at customs. You'll avoid the hassles and the stress.

We also recommend that when you are traveling by air, notify the airline in advance if you have food allergies, and drink plenty of fluids and avoid alcohol to stay hydrated. Happy travels.

## Welcome Ruey Hwa Yang, C.R.N.P. Nurse Practitioner



The Allergy & Environmental Treatment Center is pleased to announce the addition of Ruey Yang to its medical team. Ruey earned her BS in nursing at Arizona State University in Tempe in the early 70's. In 1980, after several years of nursing practice, she went on to complete her Master's work from the University of California, Los Angeles with a major in Primary Care Medicine in an ambulatory environment to become a Nurse Practitioner. In that capacity, she worked for USC and Kaiser Permanente in California, and FHP and North Phoenix Medical Center in Arizona.

Ruey is an experienced, highly skilled nurse practitioner adept at acute care protocols, preventive medicine, and care of chronic illness. We are so pleased to have her as a valued member of our medical team.

## Featured Recipe

### Quinoa Stuffed Peppers

*Courtesy of Laura McKay*

#### INGREDIENTS:

- 1 cup quinoa
- 2 cups water or beef broth
- 1 shallot
- 4 bell peppers (any color)
- 1 Tbsp. + 2 Tbsp. sesame seed oil
- ½ cup pine nuts, chopped



#### PREPARATION:

1. Preheat oven to 375 degrees.
2. Cook quinoa – place quinoa and liquid in 1 ½ quart saucepan. Bring to a boil.
3. Reduce to simmer, cover and cook until all liquid is absorbed (about 10-15 minutes). (Quinoa is done when the grain appears translucent and the ring is visible.)
4. While quinoa is simmering, cut up shallot and sauté in 1 Tbsp. sesame oil until soft.
5. Add to cooked quinoa.
6. Wash, cut tops off and remove seeds of bell peppers.
7. Fill quinoa stuffing into bell peppers and set into bake ware treated with remaining sesame oil.
8. Drizzle pine nuts on top of each pepper. Bake in oven for 15 minutes (longer if you want a softer pepper).

Serves 4

Options: Add cooked ground beef or sirloin to cooked quinoa mixture. In the quinoa mixture, can add diced bell pepper, peas, spinach or chickpeas. Freeze any extra quinoa mixture. **Bon Appétit!**

*Balance is the hallmark of healthful eating habits.*

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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.

## Try This Healthful Snack Any Time of the Day!

Here is a healthy snack bar that will provide high amounts of protein and fiber. The Tempo Bar is designed to be utilized as a healthful snack anytime of the day.

Tempo Bars are available in 2 delicious flavors...  
Apple Cinnamon and Chocolate Mint.

The goal of the Tempo bar is to build upon the momentum of Glycemic Foundation in sustaining blood sugar levels throughout the day. The Tempo bar allows patients to enjoy a delicious, high-quality, well-balanced snack mid-afternoon without the aftermath of some other "health food bars" or snacks, which contain artificial colors and flavors, low protein and high amounts of sugars and carbohydrates. The Tempo bar contains 12 grams of protein derived from high quality rice protein, 6 grams fat, 25 grams carbs, 9.7 grams fiber and 14 grams sugar and no artificial colors, flavors or sugars. We have also included a blend of B vitamins, which sets this bar apart from all the rest.

The Tempo bar is organic, kosher, vegan-friendly and gluten free! \$2.75 ea. Qty. Discount Available.

**Order Now. Call 480-634-2985**



Nutrition Facts		Amount Per Serving	%DV*	Amount Per Serving	%DV*
Serving Size: (51 g) One Bar		<b>Total Fat</b> 5.0 g	<b>8%</b>	<b>Total Carbohydrate</b> 20 g	<b>8%</b>
Calories 200		Saturated Fat 1.0 g	<b>5%</b>	Total Dietary Fiber 9.7 g	<b>39%</b>
Fat Cal. 45		Trans Fat 0 g		Soluble Fiber 7.3 g	
		Cholesterol 0 mg	<b>0%</b>	Insoluble Fiber 2.4 g	
		Sodium 10 mg	<b>&lt; 1%</b>	Sugars 14 g	
				<b>Protein</b> 12 g	<b>24%</b>

\* Percent Daily Values (DV) are based on a 2,000 calorie diet

Vitamin A 0% • Vitamin C 0% • Calcium 3% • Iron 16% • Riboflavin 500%  
Niacin 100% • Vitamin B6 1,000% • Pantothenic Acid 500% • Chromium 170%

**Ingredients:** Organic Agave, Organic Brown Rice Protein, Organic Cashew Butter, Organic Agave Inulin, Organic Apples, Organic Acacia, Organic Rice Crisps, Organic Cashews, Organic Cinnamon, Organic Apple Flavor, D-Calcium Pantothenate USP, Pyridoxine HCl USP, Niacin USP, Riboflavin USP, and ChromoMate®



[Listen to our latest Podcast!](#)

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.

In addition, we offer general medicine/primary care services.

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