

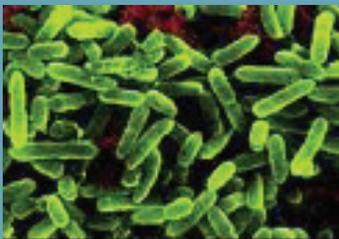
Probiotics

AETC General Medicine/
Primary Care Practice

Featured Recipe
Grilled Halibut II



Probiotics



Bugs In Our Guts!

Intestinal microflora are important for maturation of the immune system, the development of normal intestinal morphology, and maintenance of a continued and immunologically balanced anti-inflammatory response. The microflora reinforce the barrier function of the intestinal mucosa, helping it to prevent attachment of pathogenic microorganisms and the entry of allergens.

Let food be thy medicine and medicine be thy food.

- Hippocrates

Pollen Count

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

<http://www.pollen.com>

Greetings!

As we move into Fall and hopefully cooler temperatures, we long to get back to that vibrant Southwest outdoor lifestyle we love so much. It's a great time of year for some healthy new recipes. Along with these delectable dishes, there are some healthy organisms you may not be aware of.

It may surprise to learn that you are host to millions of microorganisms who live quite comfortably in your intestines. These microbes are thought to confer a variety of health benefits on humans and there is much evidence to support this. We usually don't give this fact a second thought. However, a cursory knowledge of the your relationship with these organisms will accrue to your benefit. We refer to these live microorganisms you play host to as probiotics and an examination of them is the main focus of this newsletter.

In addition, we have included a brief overview of our new general medicine/primary care practice under the direction of Lawrence Liszewski, M.S., D.O. In addition, you will want to visit the new AETC General Medicine/Primary Care website. Use the following link <http://www.aetcpriarycare.com>. Among a host of helpful features, a "Patient Education" page will enable you to explore a number of medical conditions and symptoms in animated graphic form complete with narration. To download a copy of this newsletter, go to <http://www.allergyenviornmental.com/newsletters.htm>

Finally, we have a wonderful grilled Halibut recipe we are absolutely sure you will enjoy.

We would love to hear from you with suggestions or comments about our newsletter. We sincerely appreciate your input.

Sincerely,

Sharon Gwozdek

Sharon Gwozdek, RN, BSN
Editor

Probiotics

At birth, the gastrointestinal tract is sterile and incapable of digesting food. Within hours, bacteria ingested during the birthing process rapidly colonize the gut. The gastrointestinal tract soon contains about 10 times as many bacteria as there are cells in the body. Hundreds of species are present, many of which are uncultivable and remain unidentified. It is these bacteria that are responsible for priming the gastrointestinal immune system. This gut flora includes 100 trillion bacteria, some three pounds, which are intimately linked to the body's natural defense system.

Probiotics are defined as live microbial food ingredients that benefit human health.

Check Out Our Website!

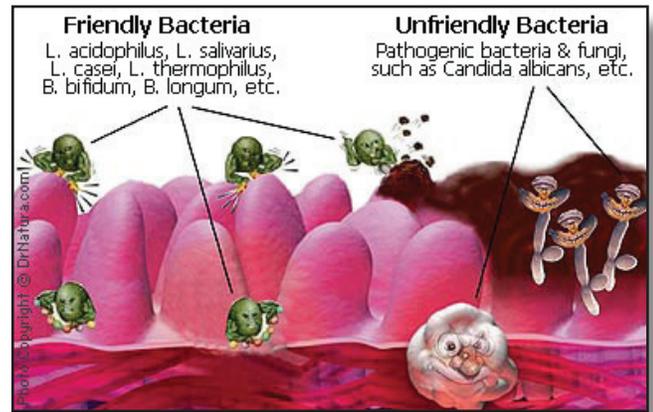


Our new patient-centered website provides useful information about allergies, their causes and what can be done to effectively treat them. We invite you to pay us a visit. Go to.....

www.allergyenvironmental.com

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

Probiotics are defined as live microbial food ingredients that benefit human health. Most probiotics fall into the group of organisms known as lactic acid-producing bacteria and are normally consumed in the form of yogurt, fermented milks or other fermented foods. The concept of probiotics arose at the turn of the 20th century from a hypothesis first proposed by Noble Prize winning Russian scientist Elie Metchnikoff, who suggested that the long, healthy life of Bulgarian peasants resulted from their consumption of fermented milk products. He believed that when consumed, the fermenting Bacillus (Lactobacillus) positively influenced the microflora of the colon, decreasing toxic microbial activities. The historical association of probiotics with fermented dairy products, still true today, stems from these early observations. Investigations in the probiotics field during the past several decades, however, have expanded beyond bacteria isolated from fermented dairy products to those of intestinal origin.



Information on Probiotics is exhaustive. Consequently, we urge you to explore the topic in more detail. That being said, here are a few of the possible health effects of probiotics.

Possible Health Effects of Probiotics

Intestinal Effects

- * Promotes recovery from diarrhea (rotavirus, travelers' and antibiotic induced)
- * Produces lactase, alleviate symptoms of lactose intolerance and malabsorption
- * Relieves constipation
- * Modulates colitis symptoms

Immune System Effects

- * Enhance specific and nonspecific immune response
- * Inhibit pathogen growth and translocation
- * Stimulate gastrointestinal immunity
- * Reduce chance of infection from common pathogens (Salmonella, Shigella)

Other Effects

- * Reduce risk of certain cancers (colon, bladder)
- * Detoxify carcinogens
- * Suppress tumors
- * Lower serum cholesterol concentrations
- * Reduce blood pressure in hypertensives
- * Helps with food allergies
- * Synthesize nutrients (folic acid, niacin, riboflavin, vitamins B6 & B12)
- * Increase nutrient bioavailability
- * Improve urogenital health
- * Optimize effects of vaccines (e.g. rotavirus vaccine, typhoid fever vaccine)

The knowledge we have gained from both traditional medicine and clinical use clearly demonstrates that probiotics have great health potential, particularly today with increasing

[continued on next page]

threat of antibiotic over-usage and prevalence of antibiotic resistant microorganisms.

As always, we recommend that you seek the medical advice and recommendations of your health care provider prior to any use of probiotics. Medically supervised use of probiotics is essential.

We are able to assist you with Probiotics and the possible supplementation for your particular needs. Give us a call. We will be happy to answer your questions.

AETC General Medicine/Primary Care

Vibrant Health Through Personalized Medicine

We all agree that there is nothing more important to you than your health and your desire to maintain it in the best of condition. Getting help to get you there requires a skilled and dedicated medical team... one who takes the time to listen and upon whom you can rely on to provide an accurate and comprehensive workup along with support, care and treatment specifically tailored to help you restore and maintain the vitality in your life.

This is precisely the premise on which our sister practice, AETC General Medicine Primary Care was created under the direction of Lawrence Liszewski, M.S., D.O. A board certified family practitioner, Dr. Liszewski practices a brand of medicine that is both personal and thorough.

We work with patients 18 years of age and older and our emphasis on preventative care can help you achieve a vibrant and healthy lifestyle... one that will extend your life and free you from the consequences of poor lifestyle choices.

Experience the benefits of an active and holistic approach to health care with you in charge. Be in command of setting and achieving your goals as we assist in facilitating your efforts. We provide the education and the tools and monitor your progress while offering honest, personal encouragement.

Here are some of the services that our General Medicine practice addresses:

- Men's Health
- Women's Health
- Acute Diseases
- Chronic Diseases
- Preventative Care
- Physical Therapy
- Stress Management
- Diabetes
- Weight Management
- Sleep Issues
- Nutritional Support
- Annual Physicals

Our practice is quite unique. You will see an appropriate member of our medical team the time you walk in the door. Our patients appreciate that we are sensitive to their time and personal needs. It's the way we think medicine ought to be practiced.

To schedule an appointment, please call 480.634.2985.

Visit our website at <http://www.aetcpriarycare.com>

Experience the benefits of an active and holistic approach to health care with you in charge. Be in command of setting and achieving your goals as we assist in facilitating your efforts.

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.

Featured Recipe



allrecipes.com®

Grilled Halibut II

by: Karen David Courtesy of allrecipes.com

"Halibut fillets marinated in lime juice and herbs are simple and delicious, and perfect for any occasion. Pineapple and mango salsas - or any of your personal favorites - make for a perfect finish fresh off the grill."

INGREDIENTS:

- 4 (6 ounce) fillets halibut
- 1 tablespoon and 1 teaspoon olive oil
- 1 tablespoon and 1 teaspoon fresh lime juice
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried basil
- 1/8 teaspoon dried oregano
- 1/8 teaspoon dried rosemary

PREPARATION:

1. Place halibut fillets in a shallow baking dish. In a bowl, whisk together the olive oil, lime juice, thyme, basil, oregano, and rosemary. Pour marinade over fish, cover, and refrigerate 2 to 4 hours.
2. Preheat grill for medium heat. Adjust grate height to between 4 and 6 inches from heat source.
3. Lightly oil grill grate. Remove halibut from dish, and discard marinade. Cook for 5 minutes per side, or until fish can be easily flaked with a fork.

Serves 4.

Bon Appetit!

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

We also offer general medicine/primary care services.

We offer state-of-the-art allergy testing and treatment. Schedule your visit with us today!
Call 480-634-2985.

Sincerely,

Sharon Gwozdek, R.N., B.S.N.
Allergy & Environmental Treatment Center



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

Allergy & Environmental
Treatment Center:
8600 E. Shea Blvd. Suite. 110
Scottsdale, AZ 85260

Clinic: 480.634.2985
Fax: 480.634.2987