

## In This Issue

**The Significance  
of Stress.**

**It's Time You  
Got Some Sleep!**

**Featured Recipe**



## Stress!



Wouldn't it be wonderful to not have deadlines, too much work or a host of other stressors in our lives?

We all live with stress. The secret, is to manage it wisely. Coping with stress is largely a matter of achieving balance in our lives.

Our feature article examines some techniques for reducing stress that can lead you to a balanced and vibrant lifestyle.

### Pollen Count

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

<http://www.pollen.com>

Greetings!

We are now into the second year of our newsletter publication and we are pleased to start this year with two interesting articles and a list of topics you can look forward to learning more about in the months ahead.

In addition to our allergy practice we now offer general medicine/primary care services, thus, we have included topics that address issues related to both.

In this issue, we will examine how STRESS can affect your health and what can be done to successfully manage it. And then, there is SLEEP, the activity that consumes 1/3 of our lives. How much of it do we need? What happens if we don't get enough, and what can be done to achieve the balance that provides us with beneficial slumber?

Here is more of what to expect in the coming months.

- Low Temperature Saunas
- Circadian Rhythms
- Triglyceride Lowering Diet
- Food Allergens (wheat, egg, dairy, corn, soy)
- High Energy Low Stress Diet
- Cholesterol Lowering Diet
- General Diet

Once again, I want to thank all of you for your support and encouragement. Your comments and enthusiasm for this newsletter are very much appreciated.

I wish you the best in life and in health in the New Year.

Sincerely,

*Sharon Gwozdek*

Sharon Gwozdek, RN, BSN  
Editor

## The Significance of Stress

**If you are alive, you will experience stress. Healthy Stress is important to your survival.**

"Too much stress" is induced when the energy you use to deal with stressors is not sufficient to cope. Stressors are all around us... at home, at work, and the environment in which we live. It's not surprising then that almost all of us experience stress of one kind or another in our daily lives. And, if we don't manage it properly, it can lead to poor health, disease, or worse. Such dysfunction leads to more of life than what you can handle. So, what can be done?

[continued on next page]

## Sleep! It's What Keeps You Healthy!



For the duration of our lives, sleep is an important activity and critical to our well-being.

We explore it in this newsletter to shed some light on a topic that some researchers have devoted their entire careers with time off for some sleep... of course!

## Check Out Our New 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)

## The Significance of Stress (continued)

Your lifestyle and the way your mind is "wired" will to a large extent determine your susceptibility to stress and to the degree it affects you. Therefore, the key to reducing stress to a manageable level is to limit your exposure to taxing stressors such as:

- Crowds of people, useless meetings
- Out of control money matters
- Lengthy telephone calls
- Anxiety about others
- Weather extremes
- Too much sun
- Inadequate sleep
- Smoking
- Low calorie diets
- High carbohydrate breakfast
- High sugar and starch content foods
- Violent movies
- Strong chemical smells
- Loud noise
- Lack of sleep (quality and duration)
- Fragrances (perfumes)
- Overextension in any area
- More work than you can handle
- Too much or too little exercise
- Arguments

None of us would think of putting our hand over an open flame. We avoid it to keep from getting severe pain and the resulting burns. We can reduce or eliminate stress in much the same way. Avoid or minimize the stressors, cultivate healthy lifestyle practices and make a commitment to form long-term health habits that are vital to achieving a healthy, vibrant and less stressful lifestyle.

These practices include:

- Lights out no later than 11 PM
- Twice daily ten-minute breaks
- Seek out and enjoy what makes you happy
- Breathe deeply and slowly
- Walk, lift weights, practice yoga
- Early morning walks in bright sunlight
- Eat well-balanced meals
- Limit dietary foods high in sugar, starches, caffeine, alcohol, drugs and nicotine
- Eat a well-balance breakfast
- Listen to relaxing classical music
- Enjoy movies that make you laugh

Gaining control of stress is not an overnight effort and it will take some discipline on your part. Your efforts, however, will be rewarded with a balanced lifestyle, a positive outlook on life and set of habits designed to sustain you for the rest of your life.

[continued on next page]

# It's Time You Got Some Sleep!



Bea Elmer

Licensed Clinical Technician

We are pleased to welcome Bea Elmer to our medical team. Bea is a licensed Respiratory Therapist. In this capacity, she taught acute airway management and other pulmonary health related classes. She was instrumental in developing policies and protocols for the Respiratory Department of a major corporation where she was employed for 21 years.

Bea will serve in a clinical capacity at the direction of Dr. Liszewski and Sharon Gwozdek, R.N. B.S.N .

## Now I lay me down to sleep.

Sleep is an integral component of our lives and to one degree or another a good many of us get too little or too much; or in some extreme cases deprived of it altogether. It is a topic to which a great deal of research has been devoted. And, it is one that we can't hope to address fully in this article. That being said, we hope to whet your curiosity to learn more about sleep, an activity that plays a very important role in your life.



Research has shown that chronic sleep deprivation can hasten the onset of diabetes, high blood pressure, heart disease, cancer, memory loss, immune dysfunction, and can worsen all of these conditions.

Sleep is absolutely essential to good health. The consequences of sleep deprivation are rather severe. Take for example a healthy young man whose sleep time is reduced to four hours for a period of one week. His insulin sensitivity decreases significantly thus affecting blood sugar handling; thyroid rhythm and function are disrupted and a nighttime surge in cortisol is induced. While proper sleep corrects the problem, prolonged deprivation has very undesirable consequences.

## Isn't Sleep, Sleep?

There are two types of sleep. The first, active sleep is called REM, which is usually the first 10 minutes of the sleep cycle; and the second, non-REM or quiet sleep. Quiet sleep follows a 90-120 minute cycle for most people. It is triggered by a reduction in body temperature as well as by our hormones and enzymes. Sleep arrives on schedule like a train or bus, so if you miss the train, you'll have to wait for the next one.

## But I Can't Sleep!

When your entire sleep/wake cycle is disrupted, you have an illness known as insomnia. It is caused by a variety of stressors such as pain, restless leg syndrome, allergies, depression, anxiety and physical illness among others. Symptoms include sleepwalking; sleep latency (too long to fall asleep), delayed sleep phase syndrome and many others.

## Sleep Therapies

Returning to a normal sleep pattern is largely a matter of changing your habits and making intelligent choices that contribute to good health. For example, exposure to 45 minutes of daylight quality light, eating at regular intervals without skipping a meal. Breakfast is especially important. Avoid caffeine within 5 hours of bedtime. Keep your feet warm. Cold feet will keep you awake. Exercise consistently. Avoid alcohol. In addition, there are supplements that have proven to be beneficial in assisting a return to normal sleep patterns.

While volumes have been written about sleep, we hope that this small glimpse has provided some insight and piqued your curiosity to learn more.

Whether it is stress or lack of sleep that is getting you down, Allergy Environmental Treatment Center can help. Dr. Lawrence Liszewski can provide you with a thorough evaluation leading to a prescribed therapy best suited to your condition. Call today to schedule a consultation.

# Featured Recipe

## Healthy Wild Rice Salad

### INGREDIENTS:

3 cups water  
1 cup uncooked wild rice  
4-1/2 tsp. butter  
1 cup cut fresh green beans  
1 cup cubed cooked chicken breast  
1 medium tomato, chopped  
1 bunch green onions, sliced  
1/4 cup apple cider vinegar (may use rice vinegar)  
1 Tbsp. sesame oil  
1 garlic clove, minced (garlic lovers, add 2 cloves)  
1/2 tsp. dried tarragon  
1/4 tsp. pepper



### PREPARATION:

In a large saucepan, bring the water, rice and butter to a boil. Reduce heat; cover and simmer for 45 - 60 minutes or until rice is tender. Drain if necessary; transfer to a large bowl and cool completely.

Place green beans in a steamer basket; place in a small saucepan over 1 inch of water. Bring to a boil; cover and steam for 8 - 10 minutes or until crisp-tender.

Add the chicken, tomato, onions and green beans to the rice; stir until blended. Combine the remaining ingredients; drizzle over mixture and toss to coat. Refrigerate until chilled.

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



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

Clinic: 480.634.2985  
Office: 480.247.3947  
Fax: 480.634.2987

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