

## What can be done about allergies?

### Featured Recipe



Sharon Gwozdek, RN, BSN



Greetings!

With the summer heat mercifully nearing an end and the promise of a wonderfully cooler Arizona fall, we trust this newsletter finds you in good health.

Previously, we devoted our entire newsletter to Part I "What is an allergy?" of a two part article. We trust you found it both informative and helpful.

With this edition, we will examine Part II: "What can be done about allergies?" and address the many treatment options available to allergy sufferers in their pursuit of finding relief.

We would love to hear your comments about our newsletters and your suggestions for a relevant topic. We sincerely appreciate your interest.

Best Regards,

**S. Gwozdek**

Sharon Gwozdek, RN, BSN  
Editor



## Allergies. What can be done?

It is the rare individual who has not experienced an allergic reaction to one or another of countless allergens that surround us.

For most, the experience is no more than a minor annoyance. This is not the case for people with immune systems that are hypersensitive to these same allergens. For them, the experience is best described as prolonged misery. Mild or severe, the question becomes "What can be done?" The answer is simple and may surprise you.

Plenty!

## ▶▶▶ Part II: What can be done about allergies?

For those of us who suffer from allergies both mild and/or severe, this is a question of prime interest. In Part I, we learned that an allergy is a condition of hypersensitivity to a substance (an allergen) considered harmless to most people. In addition the total load of multi-environmental factors which includes our physical, environmental, emotional and spiritual stressors can affect our immune systems and cause allergic reactions.

Understanding and managing the environments in which we live or to which we are periodically exposed will go a long way toward helping us avoid the stressors that precipitate an allergic reaction.

Conventional treatments aim to cool off this inflammation. These include the use of antihistamines, decongestants, and steroids. While such treatments often provide relief, their effectiveness may be temporary. What's important to know, they are not without side effects such as drowsiness, increased blood pressure, dried membranes in the nose and lungs and suppression of the immune system. And these are but a few examples. These approaches treat the symptoms of allergies and not the specific causes. Thus, they confuse and suppress the immune system.

### Finding the Cause:

The air we breathe, the food we eat and the environment in which we live and work are all sources of allergens. They are all around us 24/7. Some of us never react to them; some react mildly and others severely.

Finding and isolating the causes for these allergy illnesses require a precise diagnostic assessment across a broad spectrum of physical, environmental, emotional and spiritual stressors. Such a thorough approach virtually assures a satisfactory outcome even in the most extreme cases. Armed with this precise knowledge, the clinician is able to design a treatment plan that is specific to the patient and confident in its outcome.

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)

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.



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## Part II: What can be done about allergies? (continued)

### Applying the Cure:

A comprehensive Treatment Plan designed to aid in the recovery of the allergic/chemically sensitive patient includes:

- Avoiding pollutants in the food and water
- Decreasing exposure to chemicals in our home environments
- Spending as much time (or living) in pockets of air with reduced exposure to chemicals
- Determining the causes of allergic symptoms through comprehensive allergy testing
- Implementing an immunotherapy program for inhalants and foods
- Balancing the intestinal flora
- Identifying inflammatory foods; incorporating a rotational food program with avoidance of these allergenic foods
- Employing the use of vitamins, minerals, amino acids, and alkalization using a tri-salt solution
- Determining the level of heavy metals in the body
- Introducing physical therapy
- Considering heat depuration
- Balancing hormones

These approaches are directed at enhancing the immune system.

Removing and adjusting the stressors that make up the total load on your immune system can have a dramatic affect on your well being and return you to a healthy and vibrant life style.

### Return to a Healthy Lifestyle:

Sadly, there are too many people who suffer needlessly from allergies. Either through ignorance, ineffective or incorrect treatment efforts they abandon any hope for relief. To them, we offer good news... The knowledge, skill and experience of allergist clinicians is dealing a blow to allergies and returning allergy sufferers to a world of health they once thought out of reach.



## Tapenade *From the kitchen of Mari McShane.*

An incredible Tapenade to be savored again and again!

### Ingredients:

|          |   |
|----------|---|
| 6 oz can | Black or Green Olives, Pitted, Organic, Drained Well and Rinsed |
| 2 tbsp   | Capers, Rinsed  |
| 6        | Anchovies   |
| 4 cloves | Garlic, Organic, Crushed  |
| ½ cup    | Olive Oil   |
| 1 tbsp   | Lemon Juice   |
| 1 tsp    | Thyme, Dried  |
| 1 tbsp   | Parsley, Organic, Chopped (or Dried)                            |
| ½ tsp    | Crushed Red Pepper  |

### PREPARATION:

Use food processor on lowest speed to "rough-chop" olives, capers, anchovies, and garlic. (Can use mortar and pestle to pound together in lieu of food processor.)

Note: Oil from anchovies can be reserved as part of the ½ cup of olive oil required in the next step.

Add olive oil, lemon juice, thyme, and parsley. Mix well by hand or lightly mix in food processor on lowest speed only for a couple seconds.

NOTE: Tapenade can be made ahead and refrigerated for several days.

Serve as dip or spread with bread, crackers, vegetables, etc.

### Bon Appetit!

In addition to being an excellent cook, Mari McShane, BA, BS, QBS is a certified Pain Management, Stress Management and Quantum Biofeedback Specialist. Visit Mari's website at [www.marimcshane.com](http://www.marimcshane.com)

### SHOPPING LIST OF PERISHABLES OR SPECIAL STUFF

1. Garlic (enough for 4 cloveS)
2. Parsley, Organic, Chopped
3. (enough for 1 tbsp Celery

### CHECK STAPLES:

1. Anchovies (enough for 6)
2. Black or Green Olives, Pitted (enough for 6 oz can)
3. Capers (enough for 2 tbsp)
4. Crushed Red Pepper (enough for ½ tsp)
5. Lemon Juice (enough lemons for 1 tbsp of juice)
6. Olive Oil (enough for ½ c)
7. Thyme (enough for 1 tsp)

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