

In This Issue

**Migraine Misery!
A First Person
Account**

Featured Recipe



Migraine Headaches



Most of us would not normally associate a migraine headache with an allergy. Yet, it is a quite common symptom and very often misdiagnosed.

It's not surprising then that people can suffer needlessly... sometimes for years.

A skilled allergy team can pinpoint the exact cause and provide relief... very often in a matter of weeks.

Our featured article is a case in point.

Pollen Count

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

<http://www.pollen.com>

Greetings!

Welcome to the 6th edition of our 2009 newsletters. It has been over a year since we began publishing them and we sincerely hope you have enjoyed the general and clinical content along with our tasty recipes. It is our sincere pleasure to bring them to you.

In this issue, we have a first-person account that is fairly typical of patients we see each week here at Allergy & Environmental Treatment Center. She is a middle-age female patient who presented in late August 2009 with a long multi-year history of debilitating migraine headaches. After the first 60 days of treatment, she describes her prognosis as "Remarkable!"

This case illustrates the process we follow with each of our patients to identify the specific cause(s) of their allergies and the treatment plan we design to return them to a healthy and productive lifestyle.

The best weather of the year is upon us and the blistering heat of the summer should be only a distant memory.

Thanks again for your continued support and comments.

Sincerely,

S. Gwozdek

Sharon Gwozdek, RN, BSN
Editor

Migraine Misery: A Case Study

- Imagine yourself coping with migraine headaches three times a day, seven days a week... for 15 years!
- Imagine giving yourself an injection at the onset of each migraine.
- Imagine the stress, anxiety, and uncertainty in your personal and work life.
- Imagine finding a treatment with an exceptional outcome.

These are precisely my experiences over the last fifteen years to the present.

I am a middle-aged, post-menopausal female corporate executive living here in Arizona. For fifteen years, I consulted numerous physicians as I sought relief from the frequent and debilitating migraine headaches I was experiencing. Each ordered blood tests in hopes that they would reveal food allergies as the cause of my migraines. I was told the test results were negative with no indication of allergies. As a consequence, no referral was made to an allergist for further testing. They suspected pre-menopausal causes.

To address my symptoms, they prescribed medications consisting of self-administered vasodilator injections and tablets designed to quickly provide relief at the onset of symptoms. The prescription was enough to get me through the month. Without fail, I used it all. While the prescription provided some relief from my pain, it provided no relief from the anxiety, stress and uncertainty of the onset of a migraine. In addition, their onset was totally unpredictable and at times, caused me to miss work and suffer with them during meetings where because of them, I could not completely focus on important issues at hand.

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Nutritional & Dietary Support



Mary Jo Marine
Clinical Dietitian

We are pleased to welcome Mary Jo to our staff. She will be assisting patients in accomplishing their goals related to rotary diets; nutritional support; grocery shopping tours; along with dealing with Family Practice Issues of Hyperlipidemia; Fatigue; Blood Pressure; Weight Loss; Diabetes; etc.

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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

Migraine Misery. A Case Study (continued)

I had resigned myself to a life of migraines that I could only marginally control much less prevent.

In addition, I suffered from rosacea, a skin condition for which I continue to consult a Dermatologist

Certainly Something Can Be Done

From the beginning, I was convinced that I was practicing healthy eating habits although I had some suspicion that the onset of my migraines might be linked to the consumption of certain foods and an occasional alcoholic beverage. Somehow though, I dismissed the idea because I reasoned that healthy foods could not possibly be at work here. After all, what could be healthier than legumes such as beans, rice, lentils, etc? And, what could possibly be better on a salad than a small amount of crumbled blue-cheese?

In a conversation with a friend, I expressed the frustration I was having with my migraines. She told me that migraines can be caused by allergens. She then shared with me the terrific outcomes that she and other patients of Allergy and Environmental Treatment Center were experiencing with their particular allergies. She was sure AETC could help me. She explained that the clinic's diagnostic process zeroed in on the root cause of symptoms thus enabling their therapies to enjoy a remarkable rate of success. That's all I needed to hear. I scheduled an appointment the next day.

Finding the Culprits

My initial visit was both thorough and educational. It was an examination of my medical history, lifestyle, home and work environment, eating and drinking habits, even an inventory of pets in my life. I wasn't expecting the need for this information much less the completeness of the questioning.

I was made aware of the kinds of symptoms that allergies can cause and the extent to which they affect various body organs. It was a real eye-opener.

Once AETC's information gathering was complete, an extensive testing regimen was recommended and scheduled. It involved a 24 hour testing series over a few weeks... a small time investment to pay for the fifteen years of migraines I had endured.

The results of this testing made it very clear. My migraines were being caused by allergens accumulating a total load on my system from molds, weeds, trees and grasses. Legumes, grains and other mold prone foods were the culprits.

Applying the Treatment

Subsequent to the testing results, I immediately began AETC's recommended treatment regimen. My road to relief includes an immunotherapy regimen consisting of injections of tiny amounts of the culprit allergens along with avoidance of the foods I once thought were healthy and the elimination of the occasional alcoholic beverage.

The clinic gave me a copy of a Rotation Diet which set me on a course of nutrition that avoided the problem foods.

My expectations were that I would begin to see relief after a few months of immunotherapy along with informed dietary choices. Boy was I wrong!

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Enjoying the Outcome

What has happened in the last sixty days has been truly remarkable. The incidence of my full blown migraines has decreased from 19 to just 5 per month. That's an incredible 74%% decrease. What's more, I am sleeping better. I've lost weight and my skin condition has seen a 100% improvement. My Dermatologist is impressed.

Yes, I continue to use the vasodilator injection and tablets when I need them and that hasn't been much at all. I am hopeful that soon I won't ever need them.

I am forever grateful to my friend. Her kindness in sharing her experience at AETC has changed my life.



Sharon Gwozdek
R.N., B.S.N.

Health Fair TruWest Credit Union

More and more health conscious corporations are sponsoring in-house "Health Fairs" to expose employees to a number of provider organizations and their health-care services.

AETC was a participant at a Health Fair on Tuesday, October 20th sponsored by the TruWest Credit Union in Tempe, AZ

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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.



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Treatment Center:**
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Scottsdale, AZ 85260

Clinic: 480.634.2985
Office: 480.247.3947
Fax: 480.634.2987

Featured Recipe



Healthy Veggie Chips

INGREDIENTS:

- 1/2 lb. fresh beets (about 2 medium)
- 1 medium potato
- 1 medium sweet potato
- 2 Tbsp. oil
- 1/2 tsp. sea salt
- 1/2 tsp. garlic powder
- 1/2 tsp. dried oregano
- Dash cayenne pepper

PREPARATION:

Peel vegetables and cut into 1/8 inch slices. Place in a large bowl. Drizzle with oil. Combine the remaining ingredients; sprinkle over vegetables and toss to coat.

Arrange in a single layer in two ungreased 15 inch x 10 inch x 1 inch baking pans. Bake at 375 degrees for 15 - 20 minutes or until golden brown, turning once.

Bon Appetit!

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