

It's Allergy Season!

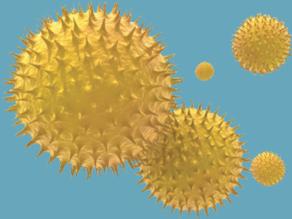
What about molds?

Chemical Sensitivity

Featured Recipe



Pollen



What's The Pollen Count

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

<http://www.pollen.com>



Greetings!

Allergy Season has arrived... and quite a few of us are suffering or bothered by an abundance of airborne pollens.

It's hard to imagine that just a few short years ago physicians from other parts of the country were advising their more severely affected allergy patients to relocate to Arizona where they would find relief.

Since then, plants that were not indigenous to this area have been introduced and they are thriving . Today, we suffer the consequences of pollens produced by both native and introduced plants. In actual fact, we cannot escape these pollens. They travel great distances and they are found every place on earth.

There is much that can be done to mitigate pollen induced allergies and that is the focus of this newsletter.

A good many of you have told us how much you are enjoying our newsletters and we thank you for your kind words.

Please feel free to suggest a topic you would like us to cover in a future newsletter. Write your suggestion and send it via email.

Sincerely,

S. Gwozdek

Sharon Gwozdek, RN, BSN
Editor

Featured Article ▶▶▶

Defining The Allergy Season here in Arizona is more a matter of degree than a specific time of year. That's because allergens are with us 365 days a year.

We don't experience the near total relief of our brethren to the North. Their sub-zero winters do a nice job of putting the pollen producers in a dormant state for a few months.

However, they, like us are not exempt from molds, dust and dust mites at any time of the year.

We've learned a good deal about what can be done to mitigate adverse symptoms of these allergens.

We cover what can be done to avoid them.

▶▶▶ It's Allergy Season!

If you think winter in Arizona is a liberating event as far as allergies are concerned, you would be wrong. This is because we rarely fall below freezing here in the Phoenix/Scottsdale area. Pollen is in the air year round whether it is from the trees, grasses, or weeds that thrive in this area.

While living in the desert allows us to enjoy the beauty of flowering plants, sensitivity to the fragrance of these blooms (terpenes) can cause headaches, fatigue, and a myriad of other symptoms. Some plants known to cause these symptoms include rose, star jasmine, citrus trees, narcissus, rosemary and gardenia among others.

If the trees, bushes and grasses surrounding your home are the culprits tied to the airborne allergens we've mentioned, you might consider a program to replace them with low allergy plants.

Here are some suggestions:

Low Allergy Trees

Pear | Dogwood | Fir | Fig | Plum | Magnolia | Silk

Low Allergy Bushes

Hibiscus | Bivurnum | Boxwood | Yucca | Pyracantha

Low Allergy Grasses

Dichondra | Irish moss | Bunch

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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

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:
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What About Molds?

If you live in an area of the country where freezing temperatures are common, pollen during the winter is of little concern: however, molds, dust, and dust-mites in a colder, wet climate may pose more of a problem for those who are "mold-sensitive". And, just because we live in a desert does not mean we may not experience symptoms which are mold related. Important to consider is how we maintain our homes.

- Use air-conditioners
- Open windows and close bathroom doors when showering
- Keep all rooms and closets well ventilated. Check and clean vaporizers and air-conditioners
- Check under the sink, behind the toilet and shower curtains and bathroom walls for unwanted moisture
- Get rid of moldy shoes and boots
- Keep house plants to a minimum; inspect closely for mold

If you "smell mold" in your home, then you have had a problem for quite some time.

Work environments may also be sources of mold exposure. The age of the building and maintenance of the heating and cooling systems are important to consider.

And, let's not forget about the foods we eat which are sources of mold and can be a problem:

- cheese
- mushrooms
- baker's yeast
- brewer's yeast
- skins of root vegetables such as potatoes and carrots

And, did you know that the sugars we consume can feed an internal yeast we all have in our gastrointestinal system? Yeast and molds work hand-in-hand.

For more information to enhance your immune system, correctly identify and treat your allergies, contact our office at 480-634-2985.

We are here to help you live a Great Life!

Chemical Sensitivity?

If you are bothered by chemical sensitivity, living in a highly populated industrialized area can cause many undesirable effects. Common activities such as, idling in traffic, cleaning with household cleaners, spraying pesticides, using fabric softeners, and use of a host of other commonly used chemicals can cause harmful effects on our immune systems.

While all of this might seem to be overwhelmingly discouraging, there is decidedly good news! We can help you...

- identify what may be causing your symptoms
- how to modify your exposures
- identify triggering foods
- support your immune system
- live a life with energy, clarity, and hopefully longevity.



Your bowl awaits a tasty soup to excite your palette!

Bon Appetit!

ITALIAN WEDDING SOUP

Ingredients:

- 1 tablespoon butter
- 2 cloves garlic, minced
- 1/2 cup (or more) chopped onion
- 12 cups chicken broth
- 1 lb. Italian sausage (hot or mild)
- 1/2 cup rice pasta
- ground pepper
- 1 pkg. (10 oz.) frozen spinach

Serves 8

Directions:

1. Thaw and drain spinach and set aside.
2. Saute onion and garlic in butter until tender, set aside
3. Brown sausage and drain thoroughly
4. In a large saucepan add chicken broth, sausage, garlic, pepper and onion
5. Bring to a boil and add rice pasta, simmer for 10 minutes
6. Add spinach and pepper, simmer 15 minutes

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Sincerely,

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