



Lawrence J. Liszewski
M.S., D.O.
Board Certified
Family Practitioner

Greetings!

We thought it timely to devote this newsletter to an introduction of our new Family Practice Services, headed by Dr. Lawrence J. Liszewski, M.S., D.O., our board certified family physician. He is no stranger to our treatment center, having applied his considerable healing skills to restoring a healthy lifestyle to a good many of our allergy patients.

Dr. Liszewski's holistic approach to Family Medicine offers individuals the opportunity to take ownership of their own reality of health, through an understanding of all levels of health and a balanced lifestyle. His strong emphasis on patient education, personal responsibility, and patient/provider collaboration along with flexible treatment options and modalities makes our family practice uniquely suited to your family healthcare needs.

All of us here at the Allergy & Environmental Treatment Center are committed to providing the highest quality of service, treatment options and patient satisfaction.

As always, we encourage you to suggest a topic you would like us to cover in a future newsletter. We look forward to hearing from you.

Sincerely,

Sharon Gwozdek, RN, BSN
Editor

Featured Article ▶▶▶



Holistic health is not itself a method of treatment, but is an approach to how treatment should be applied. Holistic concepts of health and fitness view achieving and maintaining good health as requiring more than just taking care of the various singular components that make up the physical body, additionally incorporating aspects such as emotional and spiritual well-being.

The goal is a wellness that encompasses the entire person, rather than just the lack of physical pain or disease.

▶▶▶ Our Family Practice!

Everyone must be responsible for his own body, and the path to good health embraces the body from head to toe, which includes understanding the physical and emotional factors that contribute to health-related problems. You are the CEO of your body.

No longer does a system where lifestyles are supported by processed food and whatever is convenient make sense. That path is counterproductive. Somehow we have found it easier to pop a pill rather than change how we live.

Commit to Change

To achieve good health and wellness, you are going to need a good coach and caregiver to help you along the way... One that can quickly get to the root causes of symptoms due to improper diet, stress, and unhealthy lifestyle choices among others as well as preventing future illness.

This is what our Family Practice is all about. It embraces a holistic philosophy of care and treatment that seeks to empower you to be in command of a healthy and vibrant lifestyle... One that you can realistically achieve with our help through:

- Education
- Treatment Options
- Condition Awareness
- Treatment Modalities
- Acceptance of responsibility for achievement
- Meaningful collaboration with our medical team

It's good medicine, and good medicine is all about looking at the whole picture.

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This means that not feeling sick, does not necessary mean you are well, just that you are between Well and Sick. When symptoms develop, it is often long after the cause of the symptoms occurred. It is often used in contrast to the medical model that focuses on treating symptoms and syndromes without attempting to address functioning beyond the absence of disease, the holistic approach focuses on the cause.

The holistic process offers individuals the opportunity to be the creators of their own reality of health, through an understanding of all levels of health and a balanced lifestyle.

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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Scottsdale, AZ 85260

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What is Holistic Medicine?

Holistic medicine is a system of health care which fosters a cooperative relationship among all those involved, leading towards optimal attainment of the physical, mental, emotional, social and spiritual aspects of health.

It emphasizes the need to look at the whole person, including analysis of physical, nutritional, environmental, emotional, social, spiritual and lifestyle values. It encompasses all stated modalities of diagnosis and treatment including drugs and surgery if no safe alternative exists. Holistic medicine focuses on education and responsibility for personal efforts to achieve balance and well being



Stuffed Cabbage Rolls

Here's a mouth-watering delight that is sure to perk up your dinner!

Special Thanks to Peggy McBane for submitting this recipe.

Ingredients:

- 1 large head of cabbage
- 1 pound ground turkey or beef
- 1 small-medium onion chopped small
- 1 celery stalk thinly sliced
- 1 tablespoon olive oil
- 1 egg
- 1/2 cup uncooked brown rice
- 1 - 2 tablespoons tomato paste
- 2 15oz. cans tomato sauce
- 1 large can diced tomatoes in sauce
- 1 teaspoon salt
- 1/4 teaspoon pepper.

1. Core cabbage
2. Bring large pot of water to a boil and place cabbage in hot water to loosen leaves.
3. As leaves loosen use tongs to remove all the large leaves and place them on a towel to cool.
4. Trim or cut out large vein if needed on each large leaf.
5. Pat leaves to dry and set aside.
6. Cut up remaining cabbage and place smaller white leaves in bottom of large dutch oven or roaster pan.
7. Chop onion and celery and saute in 2 tablespoons of olive oil.
8. Remove from pan and set aside to cool.
8. In large bowl mix meat, eggs, rice, 2 tablespoons tomato paste, salt and pepper. Add onion and celery to meat and mix.
9. Lay leaf flat and starting at the stem-end, place 1/4 to 1/3 cup of meat filling in the center of leaf.
10. Then tuck in sides and roll. Repeat with all leaves. In a large dutch oven or roaster arrange layers of cabbage rolls side by side, seam side down on top of bed of cabbage.
11. Pour in tomato sauce - making sure it's enough to cover the rolls. Cover and bring to a soft boil on stove top then reduce heat letting pot simmer 2 hours.

Makes approximately 12 - 15 cabbage rolls. > Bon Appetit!

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