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## Message from the Editor



Sharon Gwozdek, RN, BSN

We hope you are enjoying our newsletter and find it to be both helpful and informative.

We've added a new feature with the addition of a recipe section we think you will enjoy. Healthy foods play such an important role in our well being and this recipe is rich in beneficial antioxidants. Bon Appetit!

Greetings!

Whether you are new to our newsletter community or already a member, we want you to know that we are planning a series of timely and informative articles for the year ahead. Our goal is to help you learn more about allergy and environmental disease and what can be done to mitigate the effects of these conditions to return allergy sufferers to a healthy and productive lifestyle.

We see many new patients who have suffered needlessly for months or even years before they sought our help. They assumed their symptoms were associated with the everyday aches and pains commonly exhibited with colds, headaches and a myriad of other illnesses. Our cause-oriented approach to allergy relief goes straight to the heart of the problem.

We employ advanced allergy testing techniques to identify root causes followed by custom vaccines from our formulary to provide relief with excellent long-term outcomes.

We encourage you to send us any questions you may have about allergies and/or undesirable environmental conditions and their effects on people. We will anonymously share both your question and our answer in future newsletter issues.

On behalf of the entire staff, I sincerely appreciate your interest and support. We look forward to your questions.

Sincerely,

S. Gwozdek

Sharon Gwozdek, RN, BSN  
Editor

## Total Body Burden ▶▶▶



## Our Featured Article



### ▶▶▶ What Is It?

Your Total Body Burden is the sum of all factors such as pollen, molds, various airborne pollutants, chemical irritants, pet dander and a host of other factors which manifest themselves in various symptoms.

Understanding the root cause of these symptoms is the essential first step in achieving relief that enables a person to return to a healthy lifestyle.

### What are the Symptoms?

Did you know that allergies can, along with the typical runny nose and itchy eyes also mimic symptoms such as..

- fatigue
- muscle joint & pain
- asthma
- headaches
- weight gain
- brain fog
- stomach discomfort

Total Body Burden [continued on back side]

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.



**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

## Seasonal Symptomatic Manifestation

As we approach the winter and holiday season, you may be noticing an exacerbation of your symptoms as a result of an increase in your total body burden. Total body burden is the sum of all the factors that, at any one point are affecting your immune system. During this time of year, you may be exposed to:

- more molds and dust
- weeds which are elevated, especially ragweed
- an increase in your symptoms if you are chemically sensitive; with cooler weather, chemicals stay lower to the ground, which ultimately challenges your immune system
- eating more sugar; with the holiday season, we tend to eat more sugars, thus lowering the pH of our system; sugars make us more vulnerable to colds and flus; sugars cause
- an elevation in the yeast in our intestinal tract an increase in stress related to financial pressures; sense of loss and loneliness; time constraints
- lack of quality sleep
- finding time to exercise

Try to develop an awareness of your total body burden. Doing so will shed light on what may be causing your symptoms. While such a self-assessment may provide some insight, we recommend that you seek the help of your healthcare provider.

## Be Good To Yourself This Holiday Season!

Eat, Drink and be Merry! In Moderation of Course.

During this festive time of year, take the time to be good to yourself and follow these 3 simple recommendations:

1. On a daily basis, drink 1/2 of your body weight expressed in ounces of water; i.e., if you weigh 150 pounds, drink 75 ounces of water per day.
2. Rotate your foods; if you eat turkey today, skip at least 1 day before you eat it again; you should consider doing this with all your foods; rotating your foods keeps your immune system much healthier
3. Monitor your sugar intake; 1 teaspoon of sugar cuts your white blood cells (the little guys that fight infections) by 50%

## Try this Lycopene-rich Recipe!

Lycopenes are a rich source of antioxidants,

Antioxidants help protect every cell membrane in the body against the ravages of everyday living and they help prevent diseases that result from the accumulative damage due to oxidation.

Our thanks to Joyce Comunale who was kind enough to share it with us:



### Italian Tomato Salad

Ingredients:

- 3-4 good sized tomatoes
- Olive Oil
- Fresh basil
- Fresh garlic
- Sea salt
- Pepper

1. Cut up tomatoes in salad size pieces.
2. Add desired amount of olive oil
3. Add fresh minced basil
4. 2 gloves of garlic
5. Salt & Pepper to taste
6. Marinate in refrigerator for about an hour.



Joyce also recommends using the juice from the tomatoes for a salad dressing.

Enjoy!