



Food for Life

SPRING 2013

WITH SPRING COMES travel, whether it be for a holiday, Spring Break or just to get out and see the sunshine after a long winter. Here are some great **safe travel tips** to help you stay safe during the process:

Get an "A" in Airline Research – Find out about the airline's allergy policy and check the snack policy.

Talk to Strangers – Tell airline staff about your family's potentially life-threatening allergies when booking and boarding the plane and consider telling those sitting around you as well.

• **Keep it Clean** – Try to book the first flight of the day since the plane will be at its cleanest and have your seating area cleaned before sitting.



• **Carry Epinephrine** – Learn the policy for carrying your EpiPen® (epinephrine) Auto-Injectors through security and make sure to pack your medication in your carry-on bag so it is with you at all times.

• **Brown Bag It** – In order to avoid allergic triggers as much as possible, try to schedule flights around mealtimes and bring your own snacks and meals.

A special thank you to Mylan Specialty® for these tips!

HAPPY BIRTHDAY EPIPEN!

Mylan Specialty® (makers of EpiPen) is celebrating the 25th birthday of the EpiPen! They are offering \$0 Co-Pay Offer coupon. The offer is available to both cash-paying and commercially insured patients. This offer may be used on up to three EpiPen 2-Paks® or EpiPen Jr 2-Pak® cartons per prescription. Patients can use the offer an unlimited number of times until the expiration date, December 31, 2013. Maximum benefit of \$100 per EpiPen 2-Paks® where applicable. Happy Birthday EpiPen!!! For details and restrictions, please visit <http://www.epipen.com/>

SPEAKING OF BIRTHDAYS...

Do you know how long food allergies have been around? It's possible that it has been two thousand years or more! Hippocrates, a Greek physician (the Father of Medicine) recognized that food can cause disease, illness and health issues. He wrote about the negative effects that food could have on different people. What does this mean to us? Since the beginning of medicine, there has been a significant acknowledgment that food could be a link as the cause of health problems.



MOM TIP:

Spring brings blooming flowers and pollen! To help track which days will be better for you, sign up at Pollen.com for a free daily update with your local pollen count.

Allergic to sulfites and concerned about a possible reaction to an EpiPen?

As always, discuss your concerns with your Doctor but Mylan has stated that "the metabisulfite in the EpiPen as a preservative is different from the "sulfites" that patients have been reported to be allergic to. Patients with sulfite allergy should not avoid using EpiPen if/when needed."

HOMEMADE HAND SANITIZER

Ingredients

3 oz. Filtered Water
1 tsp. Aloe Vera Gel
10 drops Cinnamon Essential Oil
10 drops Clove Essential Oil
10 drops Rosemary Essential Oil
10 drops Eucalyptus Essential Oil
20 drops Lemon Essential Oil



Instructions

Mix ingredients in a 4-ounce spray dispenser and shake gently. Spray onto hands (3-5 sprays) and massage the spray into hands for 5-10 seconds. (Found at <http://www.prevention.com/health/healthy-living/natural-homemade-sanitizer>)

MOM TIP:



What to do with those leftover hand wipe containers...how about reusing them to store your plastic bags?

FACE SCRUBS

What can you use for an instant facial scrub? Almonds (powdered), Aspirin, Baking Soda, Chickpea Powder, Cornmeal, Coffee, Jojoba Meal, Fruit Juices, Rolled Oats/Oatmeal, Rice Bran Powder, White & Dark Brown Sugar, Sea Salt & Kosher Salt and Ground Sunflower Seeds.



How do you use them? You can try them alone or you can also use some warm water, milk (can be dairy-free), yogurt, honey, a citrus juice, vegetable oil or essential oils as a basis to mix them with. Add the ingredients you think will be best for your needs & don't be afraid to experiment. Just keep in mind to always try small amounts first to see what is safest for your skin type.

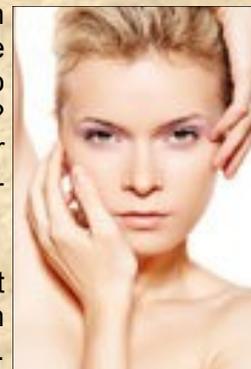
FIDO CAN BE ALLERGIC TOO!

Pets are a big part of families and they too can have allergies. Many of their symptoms are similar to humans such as scabbed skin, runny eyes or nose, vomiting and even snoring. These furry friends can be allergic to a myriad of things which can make pinpointing the allergy difficult.



USING FOOD FOR A NATURAL MAKE UP

In this age of food allergies, we have become even more vigilant with our label-reading. This also includes items that we have to use on an everyday basis so why not use the foods that are safe for you to make some of your own products? Not only are they specially made for you but you can control what ingredients are being used in them.



I do advise that you use caution not only on yourself but if you plan on trying these with young children. Children are sometimes very sensitive to scents and ingredients, even if they are natural.

LIP GLOSS

Pucker up and get ready to get rid of those dry, cracked lips caused by the winter weather.



Got beets? Mash them up and apply with a q-tip for instant red lips. This even lasts when you eat, drink, talk, kiss or blow bubbles.

Coconut Oil or Beeswax- these are two great, natural items that you can use as a plain lip balm.

Essential Oils- Make your own flavor by choosing a favorite oil to add to your lip balm.

Vitamin E capsules- Prick a hole and squeeze for a clear lip gloss. For color, simply mix a bit of your favorite eye shadow with the oil and apply with your fingertip.

(Detailed information can be seen at: <http://www.ourbestbites.com/2013/01/homemade-natural-lip-gloss/>)

FOOD, NOT JUST FOR BREAKFAST ANYMORE....

HempCrete a mixture of hemp, lime and water being used as the newest building materials for houses. The material is supposedly energy-efficient, non-toxic and resistant to mold, insects and fire. HempCrete can be used for everything from roofing to flooring to wall construction. The only catch? Industrial hemp production is banned in the United States.

Mushrooms for Packaging a company called MycoBond is working to replace all packaging foam with a new material made from agricultural byproducts and mushrooms. The process uses a growing organism and byproducts from food production (oat hulls from New York, cotton hulls from Texas and rice hulls from Arkansas) to create a strong composite material. The material is currently being used for shipping and insulating.

From Sewage to Energy In Oakland, California, a sewage treatment facility is converting post-consumer food scraps into energy via anaerobic digestion. Anaerobic digestion uses naturally occurring microorganisms to break down organic materials and produce biogas, a mixture of methane and carbon dioxide. The biogas can be combusted to produce renewable electricity, cleaned to pipeline natural gas standards or further processed into compressed natural gas (CNG) fuel. Even the leftover materials can be used as a natural fertilizer.

CHOCOLATE MUFFINS

Baking spray
1 Cup Applesauce
1 Teaspoon Oil (coconut, sunflower)
½ Cup Sugar or Raw Honey
1 Teaspoon Vanilla Extract
1 Teaspoon Almond Butter, Sunflower Butter, Pea Butter or Nut Butter of your choice
½ Cup Gluten Free Oats
2 Teaspoons Baking Powder
½ Teaspoon Baking Soda
½ Teaspoon Salt
1/8 Teaspoon Cinnamon
3 Tablespoons Chocolate Cocoa
1 Cup Enjoy Life Foods Chocolate Chips
¾ -1 Cup White Rice Flour (or) Gluten-Free Baking Mix
Preheat oven to 350°. In a muffin tray, place paper muffin cups and then lightly spray with baking spray. Put aside.

CELEBRITIES with ALLERGIES

Elisabeth Hasselbeck: Celiac Disease
Zoey Deschanel: Dairy, eggs & wheat
Serena Williams: Peanuts
Susie Essman: Celiac Disease
Sarah Vowell: Celiac Disease
Billy Bob Thornton: Wheat/dairy intolerance, Shellfish
Jennifer Esposito: Celiac Disease
Chelsea Clinton: Celiac Disease
Ray Romano: Peanuts
Joshua Jackson: Peanuts
Clay Aiken: Mint, shellfish, tree nuts, mushrooms, chocolate
Drew Barrymore: Multiple food allergies including garlic and coffee
Trace Adkins' daughter: Nuts, dairy, wheat
Kourtney Kardashian's son Mason: Peanuts
Britney Spears: Bee stings. *Son Jayden* has undisclosed food allergies
Tori Spelling: Cats
Ellen Pompeo: Dogs
Hilary Duff: Pollen
Antonio Banderas: Bees
Halle Berry: Shellfish
Jessica Alba: Cats
Steve Martin: Shellfish
Nicole Richie and her adoptive father *Lionel Richie*: Both are allergic to cats
Jessica Simpson: Cheese, tomato & wheat



In a large bowl, combine applesauce, oil, sugar, vanilla extract and your choice of "butter". If you choose not to add this in, it will not change the taste of the recipe. Put aside.

In a medium bowl, combine the rest of the ingredients except for the chocolate chips. Add into the large bowl and stir until well blended. Gently stir in chocolate chips. Spoon into the muffin cups only filling them half way. If you overfill them, they will bubble over and stick to the pan. Bake for 18-20 minutes or until a toothpick comes out clean and the muffin top is cooked.

Makes approximately 8 muffins.

ALLERGIES

A A S W G S Q H T A I K Z H W
D M E C I T C A L Y H P A N A
V E N L B O N L C P H N K N D
O Z S A L E X E E N D I O S D
C C I S L S N A P S Y I V L W
A E T W Q P N A A I T C N E W
T I I Q Z U Y N D N P I D B S
E T V L T W I G E R E E O A Y
Z C I S B T E V R S Y Y Q L A
Q H T U I Q E V A E Y L P D G
E Y I Z P R Y C N O L F A O W
F M E T P F X J M F H L R O G
Y R S R E L A H N I T A A F G
G L U T E N F R E E S W A U O
A S T H M A B K F H Z W W H K

ADVOCATE
ASTHMA
ECZEMA
GLUTENFREE
INHALER
PREVENTION

ALLERGYPLAN
BENADRYL
EPIPEN
HANDSANITIZER
ITCHY
RASH

ANAPHYLACTIC
CASEIN
FOODLABELS
HIVES
PEANUTS
SENSITIVITIES

LEMON TART



Crust:

1 Package
Josef's Gluten Free Square Cinnamon Cookies
8 Enjoy Life Foods Soft Baked Snickerdoodle Cookies

3/4 Cup Shortening of Your Choice
1/4 teaspoon Sea Salt

2 Tablespoons Raw Honey

Pie Filling:

Eggs (or) Egg Replacer = 3 eggs

3/4 Cup Raw Honey

1/4 Teaspoon Sea salt

1 1/2 Cup Hot Water

3 Ozs. Lemon Juice (or more for a stronger flavor)

Preheat the oven to 350°. To make the crust, lightly spray a 9 inch spring form pan, set aside. Using a food processor, grind the cinnamon and Snickerdoodle cookies until there are no large chunks. Use medium sized bowl, add shortening, sea salt and honey. Combine well. Gently place the crust into the bottom of the spring form pan, adding some crust upwards along the side of the pan to form a contained area for the pie filling. Place the spring form pan on a baking sheet to prevent leaking and burning in your oven. Bake until the crust is slightly browned (25-35 minutes).

Using a double boiler, combine eggs or egg replacer with remaining pie filling ingredients on medium heat. Use a wire whisk to get the best smooth consistency. When the mixture becomes thick and can stay formed like a pudding, it's done. Pour into the cooked pie crust and cool completely, covered in the refrigerator. *Have extra pie filling? Use it on top of toasted waffles, pancakes or as a simple lemon pudding treat!*

A perfect pick up and go treat that's easy to make!



Chocolate Chips (such as Enjoy Life Foods)
Surf Sweets Gummy Bears
Optional- sprinkles

BIRTHDAY PARTY CONES

Great to use as an edible birthday treat holder for party guests to fill with a selection of goodies, as a fun party craft for the kids to enjoy or simply a cheerier frozen treat!



Surf Sweets Gummy Bears

Chocolate Chips (such as Enjoy Life Foods)

Sugar Cones (such as Edward & Son's Let's Do Gluten Free)

Sprinkles

Crunchy Cereal (such as Enjoy Life Foods Crunchy Flax with Chia)

Optional- dried fruit or coconut

Line a heat-resistant surface with parchment paper (such as a cutting board). Set aside.

Prepare the gummy bears by cutting them in half or in quarters making it easier for them to stick to the cones as they dry. Also ready your other ingredients for toppings and set aside.

Melt the chocolate chips in a pot making sure to stir frequently to avoid burning or clumping. Dip the open end of the cone into the melted chocolate making sure the chocolate covers at least an inch of the sides, allowing for an area to hold the toppings. Add sprinkles then add the larger toppings, gently pushing to make sure they are intact. Set them onto parchment paper, allow to dry.

CHOCOLATE COVERED GUMMY BEARS

Line a heat-resistant surface with parchment paper (such as a cutting board). Set aside.

Melt the chocolate chips in a pot making sure to stir frequently to avoid burning or clumping. Add gummy bears of your choice and combine with the chocolate, making sure they are well coated.

Spoon onto the parchment paper and allow to dry completely. These can be dried individually or in small bunches for a larger treat.

TRACY BUSH

Phone: 336.486.1905

E-mail: nutrimom@yahoo.com

<http://allergyphoods.blogspot.com>

www.allergyphoods.com