



Food for Life

FALL 2013

Washington D.C. Taken Over By Anaphylaxis

On October 5, 2013 Washington, D.C. was unknowingly overtaken with a slew of anaphylaxis experts. While the government was shut down, the thoughts and hopes of how to improve the lines of communication for the importance of preventing and treating allergic reactions was bubbling over with excitement. Tucked away in the NEA (National Education Association) building were more than fifty people that were gathered to not only share their ideas but to try to come up with solutions. After all, isn't that what is keeping us from having more control of anaphylaxis and reactions is a solution?

Great Information! I have to first say thank you to Allergy & Asthma Network Mothers of Asthmatics (AANMA) for not only inviting me to be a part of this great event but also for hosting it. It was an honor to be in the presence of so many people. I also want to send out a thank you to Mylan Specialty for sponsoring this. For those of you who may not be familiar with AANMA, their site contains tons of information for asthma, allergies and other related conditions and offers many varieties of advocacy and education. They have great tips, memberships, pod casts and even a birthday club. I highly recommend this site to anyone who is need of guidance and support in conjunction with their usual support system.

The Big Question- I guess you are all wondering who, what, where when and why, isn't that what all stories are made up of? We were lucky enough to have several guest speakers including one call-in speaker that consisted of Sue Lockwood & Dr. Sandra

Gawchik- American Latex Allergy Association, Jennie Young - National Education Association (NEA), Dr. John Lee & Dr. Michael Pistiner - AllergyHome, Kimberly Turner - Allergy & Asthma Network Mothers of Asthmatics (AANMA), Dr. Matthew Greenhawt (via telephone), Dr. Stanley Fineman - Atlanta Allergy & Asthma

Clinic, Dr. Ruchi Gupta, Tia Campbell - Virginia Department of Education, Lisa Albert - Elizabethtown High School, Jon Terry - Allergy Advocacy Association and Dr. Jacqueline Eghrari-Sabet - Family Allergy & Asthma Care. We were also given a copy of Dr. Alan Wanderer's book "**Anaphylaxis- A Medical Thriller**" and even had the chance to chat and get an autograph. I was also overjoyed to see some of my blogger buddies there as well, especially since I had no idea who else was going. (Who likes surprises- I do! I do!) Lisa Rutter - No Nuts Mom Group, Elizabeth DiBurro - EBL Food Allergies, Lindsey Steffensen - Frugal Food Allergies and Libby Ilson - The Allergic Kid. With so much to cover, I can truly say that AANMA did a wonderful job providing us with a binder full of all of the slides that were presented as well as even more helpful information. Most of the discussions reminded us of some very important tips but Dr. Michael Pistiner summed it up the best-
ACT
Avoid
Communicate
Teach

With so many different avenues that reactions could occur, it is important to find the triggers. Make sure communication is clear and open and be prepared since an allergic reaction can happen at a moment's notice. We all need to come together so that we can come up with a better plan that will be more effective in not only treating anaphylaxis but to possibly avoid it. Being proactive should not just be limited to other allergic friends and family- information should, no **needs** to be shared with all types of people. Why? Because an allergic reaction can happen to anyone at any time. The more information that is used as common knowledge, the more others will begin to see that allergies are not so unfamiliar but actually turning into today's daily challenges. Each



Lisa Rutter & Me



Dr. Michael Pistiner
AllergyHome



Dr. Sandra Gawchik
&
Sue Lockwood



Elizabeth DiBurro,
Dr. John Lee &
Lindsey Steffensen

Washington DC Continued...

year, food allergies increase but there is an upside to this- each year, so does the research to help us understand it. There are numerous ways to help spread knowledge about anaphylaxis, it all depends on what is the best avenue for you. Whether it be starting a local support group, communicating with school staff, sharing various websites and pages, donations; it is gladly a never-ending funnel of what can I share next. I can tell you that each

time I attend a summit or a webinar, it leaves me with new hopes and goals on how to increase my awareness as well as with others. The important thing to remember is that no gesture is too small- if your lifestyle allows for a small amount of help, that's still help that would not have been previously given out to those who need to know. Not everybody is expected to join every group or set up every local school board with all of the best pointers on what we need. It's all about multiple people helping and paying it forward so that we can lean on each other. A bridge is not a bridge

without multiple pieces- with all of the necessary items to secure it, it becomes a safe and useful item for everyone. It doesn't matter if you are a piece of the bridge or a builder, just as long as the bridge is made. As best stated by Isaac Newton "*We build too many walls and not enough bridges.*"



Dr. Ruchi Gupta

Looking for a fast and easy Halloween treat? Keep it simple but still make them happy- <http://allergyphoods.blogspot.com/2012/10/creepy-eyed-monsters-ghoulish-cupcakes.html>



\$0 CO-PAY EPIPENS



Present your card along with a valid prescription for EpiPen® (epinephrine) 2-Pak® or EpiPen Jr® (epinephrine) 2-Pak®. Maximum benefit of \$100 per EpiPen 2-Pak®

where applicable. This offer may be used on up to three EpiPen 2-Paks per prescription. This offer can be used an unlimited number of times until 12/31/2013. Visit <https://activatemysavings.com/epipen/> for details. (Photo courtesy of EpiPen.com)

Label With Love Started by a Michigan Mom as a way to help manage her kids' severe, multiple food allergies, latex free Allergy Bands can be used for packages & containers which include common food allergens. They are brightly colored, clearly printed with the food allergen and can be used by those families with several allergens to indicate if any of the ingredients they are allergic to are contained within the package. For more information, visit www.AllergyBands.com.

ARTICHOKE PATE'

- 14 Ounces of artichokes (plain, no vinegar)
- 1/4 Cup of water
- 1/4 Cup of walnut oil*
- 1 Cup of ground walnuts**
- 2 Tablespoons of marjoram
- 1/2 Teaspoon sea salt
- 3 Tablespoons mayonnaise alternative (such as Vegemise)
- 3 Tablespoons + apple cider vinegar



Using a food processor, blend all of the ingredients except for apple cider vinegar. Once the mixture is smooth, begin to add in the apple cider vinegar starting with a smaller amount. Add additional apple cider vinegar to suit your taste. Keep refrigerated.

Makes approximately 2 cups

* Can replace with oil of your choice

** Can replace with seeds or hemp nuts



MOM TIP: Does your family share the same tube of toothpaste? It's better to have separate ones as touching the toothbrush onto the paste and passing it along may also pass on an allergen.



**KNOCK, KNOCK,
WHO'S THERE?
WINONA.
WINONA WHO?**

Winona Pure Oils, that who! In my recent struggle to use less soy, I was happy to find an oil-only spray in my local supermarket. Winona Pure Oils contains no soy, additives or propellants, just oil. They offer sunflower, olive, balsamic & olive and even four varieties of butter flavored oils. And to top it off, the can is 100% recyclable. Visit them at <http://www.winonapure.com> & tell them Nutrimom told you to stop by.



WAIT, THERE'S A HALLOWEEN FAIRY?!

Lisa Rutter, Founder of **No Nuts Moms Group** & Co-Leader of **FACES** of Michigan explains their family tradition- "When my son was diagnosed with a peanut and tree nut allergy, there were so many changes that we needed to make in our lives. Halloween was one of those changes and it was scary to think about. I have great childhood memories of dressing up and trick or treating and I want my children to have great memories as well. So we decided to start our own Halloween Tradition called The Halloween Fairy. My boys love it and this year will be our third year doing it. My boys still get dressed up and go door to door, but we don't eat the candy or keep it. My husband takes it to work and leaves it out for his co-workers to enjoy. When my boys arrive home after Trick or Treating, they drop their unsafe candy bags and head for the stairs to see what the Halloween Fairy has left them. The Halloween

Fairy is a special fairy that only visits the homes of the food allergic. While your children are trick or treating, the fairy leaves a special Halloween bucket full of safe candy and non-food items. When the kids get home, they could care less about the unsafe candy that they just collected. It is so much fun and I also really enjoy putting the Halloween Fairy buckets together for my children. They are so excited and smiling, so it is the best feeling. Whatever you and your family decide to do for Halloween, I am sure it will be special and they will have very fond memories for years to come." To find out more, visit Lisa at: <http://nonutsmomsgroup.weebly.com/> and let her know that Nutrimom sent you.



SHOW US YOUR EPIPENS



Snap a photo of you with two of your EpiPen Auto-injectors and upload it following the instructions. For every photo submission, Mylan Specialty will donate \$25 to leading allergy non-profit groups up to a total of \$25,000.

Go to <https://www.25yearsofepipen.com/> for details.

MAKE UP FOR A CAUSE

I have teamed up with local Mary Kay consultant Nicole Sherrill to help raise funds and awareness for the **FARE Food Allergy Walk of Winston-Salem**. Although the Walk was in September, donations can still be accepted. Nicole stepped up and is offering to donate 25% of profits of sales.

Simply visit www.marykay.com/nsherrill88 and make sure you enter the promo code: **FOOD** Or contact her at (336) 314-1100.

MARY KAY®

PETER, PETER, PUMPKIN EATER

What if Peter had been allergic to pumpkin? A pumpkin is not a vegetable; it's a fruit (actually, it's a berry, go figure). Pumpkins belong to the family Cucurbitaceae, which includes cucumbers, melons, squash, and gourds. Within this family is the genus Cucurbita which includes gourds, winter and summer squash, and all varieties of pumpkin. So if Peter had been allergic, he very well may have also avoided some of those other great foods as well.



TRUE OR FALSE?

- You can't be allergic to organic food

You might think that food grown organically would be free of allergens, but this is a misconception. Organic foods may be free of harmful pesticides, but they aren't free of the proteins that cause allergic reactions. (as seen on: <http://www.mnn.com/health/allergies/photos/10-common-allergy-myths/you-cant-be-allergic-to-organic-food>)



PRETZEL HUMMUS CHICKEN

2-3 Pieces of chicken
1/2 Cup Crushed gluten free pretzels
1/2 Cup cornmeal
1/3 Cup flavored hummus



Preheat the oven to 350°. Wash the chicken pieces and dry them.

In a medium bowl, combine the crushed pretzels and cornmeal, combining well. Using your hands, spread the hummus onto the chicken and then coat with the pretzel cornmeal mixture. You may need to coat a few times to get a thorough texture.

Please the chicken in a shallow baking dish and bake until there is no pink meat and the juices run clear.

NATURAL SPIDER KILLER

Autumn chills seem to bring in the bugs seeking warmth. Check out this recipe

1 cup vinegar
1 cup pepper
1 teaspoon oil and dish soap



Place all ingredients in a spray bottle and spray around doors and windows.

MUSHROOM RADISH BRUSCHETTA

1 (9 ounce) baguette
3 Teaspoons oil
1 Cup radishes (cleaned and pureed)
1 Cup mushrooms (cleaned and pureed)
1 Teaspoon garlic powder
1/2 Teaspoon basil
Coconut oil
1 Small tomato
Ground coriander
Sea salt



Preheat the oven to 450°. Slice the baguette into individual pieces and set aside.

Using a large frying pan, place on medium heat and add the oil. Add the radishes, mushrooms, garlic powder and basil. Sauté, stirring frequently.

Place the slices of bread on a baking sheet and spread a small amount of coconut oil on each slice. Top with the cooked mixture followed by olives and tomatoes. Sprinkle with coriander and sea salt. Bake until crispy. *Makes approximately 12 servings*



Haven't looked at *Living Without Magazine* yet? For your convenience, subscriptions and great deals are just a simple click away on my website at www.AllergyPhoods.com

MOM TIP:

Need to scrub your hands to remove goop? Ann, a subscriber suggests keeping used coffee grinds in the kitchen. Not only does it help odors but they can be used as a hand-washing agent and then tossed into the garden.



AUVI-Q \$0 CO-PAY OFFER!

With the savings offer, most patients will pay \$0 out of pocket for their Auvi-Q prescriptions. Restrictions may apply, please see: <http://www.auvi-q.com/support-and-savings> for the details. Offer is valid through December 31, 2013. (Photo courtesy of Auvi-Q.com)



Still pulling out that pesky poison ivy? Here are some natural treatments that I tried when I had it <http://allergyphoods.blogspot.com/2013/08/yet-another-funky-food-experiment.html>

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