



# Phood for Life

WINTER 2014

## THE STEPPING STONES TO FOOD ALLERGIES IS NOW AVAILABLE!

A resource guide with a complete list of taste-tested allergy - friendly products including their ingredients and company information, kitchen must-have's, substitution lists, recipes and other resource information. Kindle and PDF available at [www.AllergyPhoods.com](http://www.AllergyPhoods.com) and on Amazon.

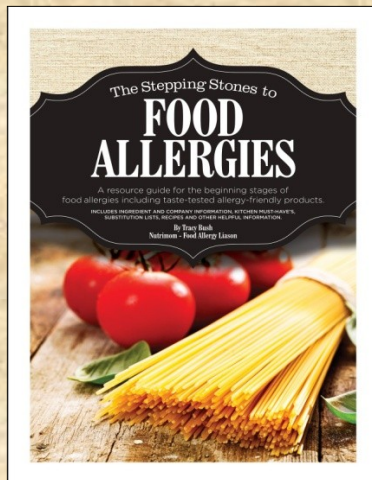
### What People Are Already Saying -

"There are few food allergy books on the market today that are as comprehensive and complete as *The Stepping Stones to Food Allergies* by Tracy Bush" - Debbie Adler of Sweet Debbie's Organic Cupcakes.

"*The Stepping Stones to Food Allergies*" is a must-have resource for living with food allergies" - Brothers-All-Natural Fruit Crisps

### Special Thank You's

to the wonderful companies who helped to spread the word about my book: Allergy Friendly Recipe Exchange, Brothers-All-Natural, Crispy Green, Debbie Adler of Sweet Debbie's Organic Cupcakes, Ener-G Foods, Gerbs Gourmet Seeds, Glutino, Kyle Dine of Anaphylaxis Canada, No Nuts Mom Group, Robinhood Integrative Health, Sunbutter Sunflower Seed Spread, The Eczema Company, Vermont Nut Free Chocolates & Winona Pure Oils.



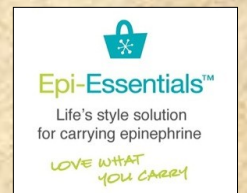
## GREAT NEWS - MYLAN EXTENDS THEIR ZERO COPAY OFFER!



Now through December 31, 2014 - See details at <https://activatemysavings.com/epipen/>

### Epi-Essentials

Who says you can't have your allergy medications and still be stylish? Epi-Essentials carries medical charm zipper pulls, instantly visible allergy action cards, room for asthma inhalers and mini-liquid antihistamine containers that let you put your best foot forward everyday safely and always in style. <http://www.epi-essentials.com/>



## ASTHMA IN THE WINTER

Many of us know that asthma and food allergies often go hand-in-hand. Here are a few things that may help keep your asthma in check during these frigid temps:

- **Wash your hands** This may sound so simple but it's true. Just as hand washing helps to keep other germs away this will also reduce your chances of a flare-up.
- **Crack those windows** I know it's chilly but just air out your cleaning area for a few minutes. Let the dust settle so that it doesn't decide to settle inside of your lungs instead.
- **Stay active** What better way to combat asthma than to keep your lungs fit and trim? Strengthening your lungs will give you the upper hand with your asthma. Just make sure to pick an indoor area and discuss the correct exercise with your doctor.

### MOM TIP:

Tired of eating "corn hairs"? Simply clean the ears with a toothbrush to remove the silky strands.





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# MEAL PLANNING DO'S AND DON'TS

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*Tips on how to take away the sometimes overwhelming view of dinnertime & how to simplify eating in a healthy manner.*

## Don't Freak Out

Dinnertime should be a relaxing time of day when everyone gathers to unwind, shares and enjoys time together. Remind everyone that it is important to have even a small amount of family time to stay connected in each other's lives. The way that you act will be directly reflected onto how other family members act as well. If you are stressed, chances are that everyone else will also feel stressed. Learn to keep a calmer attitude, give yourself five minutes before starting dinner to mentally unwind and know that your well being is just as important as everyone else's.



## Be Patient with Yourself

Just as with anything in life, there will be good days and bad days (and even some terrible days). It is important to understand that you are only human and that you can only do the best that you can do for that day. You can always try to be better the following day. *I will caution that this is very difficult for perfectionists.* Not every meal will be perfect but I guarantee that the only person that will notice is you. Often times when family's gather for dinner, they are just ready to eat and share their day.

## Ask For Help

Even if it's for the small, simple things like asking your husband to unpack groceries or having the kids get out all of the ingredients needed for the meal - don't be afraid to ask for help. Anything that will help

move things along to get dinner started will not only decrease the burden of one person preparing everything but it will also bring the family closer together while helping out. One person cannot do it alone and this is a good thing. Imagine if you did have to do it all alone, who would choose that on purpose?



## Keep it Simple

Be aware that mistakes are bound to happen, no matter how well prepared you think you are. Try not to dwell on them and try not to beat yourself up about whatever happens. Sometimes the best meal is when you stop over thinking and you keep it simple. Dinner does not have to be an extravagant seven course meal- just keep it healthy, easy and family-friendly. This could include a "clean out the fridge" night, "breakfast for dinner" night or ask for suggestions while planning meals for the week.

## Utilize Healthy Pre-Made Products

Although it's always best to make a homemade meal, in this day and age it's simply not always possible. Luckily, there are healthy pre-made options out there to use for the nights when we need to have a healthy dinner in less time. Choose reputable companies that do not use hormones, artificial dyes or preservatives to keep your meals their healthiest. You want to choose foods that would be as close to home cooking as possible and minimally processed. Thankfully, we all have choices available to help us out on the nights that we need it most.



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## JUST IN CASE YOU MISSED IT...

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I was honored to have written two guest blogs since the Fall issue of my newsletter— one for Sunbutter Sunflower Seed Spread and the other for My Kids Food Allergies (created by Kathy Penrod, author of Tumptin's Sneeze). Didn't catch them? Simply view them on the links below.



### "It's the Great Sunbutter, Charlie Brown!"

<http://www.sunbutter.com/blog/a-halloween-sunbutter-explanation-its-the-great-sunbutter-charlie-brown/>

### "How the Grinch Saved Thanksgiving"

<http://www.mykidsfoodallergies.com/grinch-saved-thanksgiving/>





# JUST HEARD THE FUNNIEST THING - NOT!

*I asked everyone what type of comments they often hear about food allergies and the responses that I got make me realize that I still have so much work to do to help educate others.*

## #1 Comment that came up several times -

- "It's white bread. There's no wheat in that."
- "It is made with white flour. There is no wheat in that luckily."
- "You're allergic to gluten and wheat? Well, our bread is safe. It's white bread."

## Scary! But it doesn't stop there-

"Could it be that my home may be dirty and that is why my child has food allergies."

"Because I was diagnosed at 23: "How come you could eat it before?"

"But it's just a plain strawberry, nothing else. How could just a plain strawberry hurt you?"

"Oh, he's allergic to milk, so, you give him lactose free milk, right?" Ummm NO!

"He can't have...I feel SO bad for him"

"Try to be holistic about it; she will manage" - This from my mom of all people after my daughter developed hives at dinner on 2 separate occasions and we

aren't sure what caused it.



"My son is allergic to wheat, gluten, soy and milk. His allergy is severe stomach pain and hive-like sores on his body.

But the school would give him something and then complains about him being in the bathroom!"

"Milk is listed at the bottom of the ingredients, so that's ok for her, right?"

"She can have butter though. Yogurt is ok to substitute. Cool whip is dairy free."

"So, he can't have nuts?!? I guess he eats a lot of candy then."

"It's ok, I made sure there was only almond flour in it."

"Don't worry. I double-checked the ingredients" - this particular item had peanut oil in the ingredients, umm, thanks?!?"

"You must give him small amounts of peanut butter to help him outgrow his allergy."

"She has eggs allergies but she can have corn bread, right?" Me; No thanks.

Unless it is gluten free, dairy free, nuts free and eggs free she can not have it. " but it is CORN."

- It says "may contain" that doesn't mean it has nuts in it!



# CROCKPOT PULLED PORK

- 1 tablespoon ground coriander
- 1-2 tablespoons ground cumin
- 2 tablespoons raw honey
- 1 tablespoon dried oregano
- 4 tablespoons paprika
- 2 tablespoons sea salt
- 1 (6-8 pound) bone-in pork shoulder
- 2 cups tomato sauce (can also replace with under ripe mango)
- 2 tablespoons apple cider vinegar

Mix all spice rub ingredients in small bowl. Massage spice rub into meat. Wrap tightly in double layer of plastic wrap; refrigerate for at least 3 hours. (For stronger flavor, the roast can be refrigerated for up to 3 days.)

Unwrap roast and place it in slow cooker. Add ¼ cup water, tomato sauce and vinegar. Turn slow cooker to low and cook for 8-10 hours (or high for about 4 hours), until meat is fork-tender.

Transfer roast to cutting board; discard liquid in liner. "Pull" by tearing meat into thin shreds with two forks or your fingers. Discard fat.

Makes great leftover snacks or lunches. Roll it up in a large romaine lettuce leaf or eat with a gluten free chip or cracker. Serving size varies



## MOM TIP:

Be careful about using cookware that may harbor previous food allergens in their nooks & crannies. Choose pots and pans that don't have an inside attachment area





## HOLY GUACAMOLE!

Guacamole can be used to substitute many different things, what have you tried?

### Use it to

- replace salad dressing
- replace mayonnaise in salads, sandwiches & wraps
- satisfy a cheese craving
- as a dipping sauce
- to create a creamy rice or quinoa side dish
- make it into a cold soup

Are you still buying guacamole rather than making it because you think it's too difficult? Think again and try this very simple recipe.

### Easy Guacamole

- 2 ripe avocados
- 2 tablespoons minced onion
- 2 tablespoons garlic powder
- 1/2 teaspoon sea salt
- 2 tablespoons olive or sunflower oil
- 2-3 tablespoons lemon juice



In a food processor, combine all of the ingredients and mix until there are no visible chunks. Keep in the refrigerator.

## And Still, More Great News! Auvi-Q also Extends their \$0 Copay Offer



### What is Auvi-Q?

This is a smaller, more compact dose of epinephrine that is about the size of a small calculator. It has voice-activated features that explain how to use the item and it alerts you when it is safe to remove the needle to ensure the correct dose of epinephrine.

Want to learn more? For more details and information on what they do and their \$0 copay offer, please visit them at <https://www.auvi-q.com/sign-up>.

## WILL YOUR CHILD BE SECURE?

I'm not sure about everyone else but one of my worst fears as a food allergy mother is what would happen to my children if something should happen to me. I wanted to share some information about this great organization because it's always better to be prepared for an unplanned circumstance.



*A Special Needs Plan* offers education, action, and support for families in order to secure and protect their loved one's future. *A Special Needs Plan* is passionate about helping to alleviate the anxiety surrounding special needs planning and to transform that feeling of anxiety into a sense of empowerment, so that families are able to provide for their loved one with special needs, while at the same time provide for the whole family. Recently, they launched an education website at [www.specialneedsknowledge.org](http://www.specialneedsknowledge.org) with videos, on-line mini seminars, articles and more in order to educate families about specific special needs issues focused in finance, law, tax, government benefits, and more.

They are on a Million Family Mission and encourage families to download their free guidebook, "The Family Advocate" to learn more about what special needs planning is, why do it, the misconceptions, the mistakes to avoid, and even the questions to ask professionals when you seek that help to make sure they are qualified to handle such planning.



Looking For A New Resource? Anaphylaxis HQ™ is a free online resource guide for ALL things Anaphylaxis!

This guide is a fast growing resource of high quality products and services that directly impact the food allergic and anaphylactic community. The resource referral materials are coming to hospitals and clinics nationwide in 2014 in an effort to get more families connected, educated, and prepared to manage this life threatening medical condition with the hopes of reducing the amount of anaphylactic reactions and deaths. View them at <http://www.anaphylaxishq.com>

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