



# Food for Life

WINTER 2013

## ALLERGIES VS. COLDS- ARE YOU UNSURE WHICH IS HAPPENING TO YOU?

### Winter Allergies

- \* Nasal secretions are watery, clear
- \* Itchy eyes and throat
- \* Symptoms persist for weeks

### Colds

- \* Nasal secretions are discolored
- \* Chills and body aches
- \* Symptoms are usually gone in a week

## DID YOU KNOW?

- Winter babies are more prone to food allergies
- A person can actually lose tolerance to their own pet when going away for a few days, then returning
- The fumes from artificial snow may cause an asthma attack
- Stress can actually cause hypersensitivity, thus increasing a chance of an allergic reaction
- Hand sanitizer alone does not remove allergic food particles
- A person cannot tell how severe his or her next food-allergic reaction will be based on the severity of previous reactions
- The average age when a child is assumed to be able to self-carry an Epipen is 8 years of age
- People can be allergic to vibrations, sunlight, underwear (yes!), sex and water
- Alcohol consumption could heighten an allergic response and severe reactions are often associated with asthma.
- Allergies rank 5th for chronic diseases in the U.S.



## HERBAL TEAS A POSSIBLE TRIGGER?

With the chilly air and cooler weather, our health has a higher chance of being compromised. Fortunately, there are several hot teas that are both tasty and have self-healing properties that can be used to get back into the swing of things. Although many herbal teas contain anti-oxidants and are a natural anti-inflammatory, caution should be used if you have a specific allergy.

**Cinnamon-** Cinnamon is derived from the bark of trees from the Cinnamomum family.

**Chamomile-** Chamomile is part of the Asteraceae plant family, which includes ragweed and chrysanthemum.

**Clove-** Cloves come from the evergreen clove tree.

**Ginger-** Ginger comes from the root of a plant in the Zingiberaceae family, which is a flowering plant.

**Lemongrass-** Lemongrass is in the Cymbopogon family which is (you guessed it) a grass.

**Licorice-** Licorice is the root of the Glycyrrhiza glabra plant and is considered a legume.



## MOM TIP:

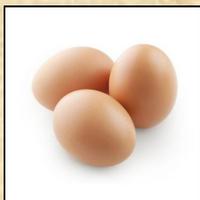
Has coughing been a problem in this cold season? After a hot shower, rub menthol onto the bottom of your feet and cover with socks.

Although this has yet to be proven, I can say that this is family-tested by my family and works every time.

## THE NAME GAME

Many of us look for specific words while reading labels such as egg, dairy and peanuts. What you *don't* know may hurt you. These are some alternative items that you may want to avoid:

**Egg:** Albumin, binder, coagulant, emulsifier, globulin & ovaglobulin, lecithin, livetin, lysozyme, ovalbumin, ovomucin, ovomucoid, ovovitellin, vitallin and simplese (fat substitute made with egg white and milk protein)



**Milk:** Caramel color/flavoring, high protein flavor, lactalbumin/lactalbumin phosphate, lactoglobulin, lactose, natural flavoring, solids and simplese.



**Wheat:** Flour-bleached, unbleached, white, whole wheat, all-purpose, enriched, graham, durum, high gluten, high protein, cornstarch, farina, semolina, hydrolyzed vegetable protein, modified food starch, miso, MSG (monosodium glutamate), vegetable starch/gum, spelt, kamut, triticale and malt.



**Soy:** Bulking agent, carob, hydrolyzed vegetable protein (HVP), hydrolyzed soy protein, lecithin, artificial & natural flavoring, bulking agent, miso, MSG (monosodium glutamate), protein, starch, TVP (textured vegetable protein) and vegetable broth/gum/starch.

**Peanuts & Tree Nuts:** Arachis oil, extract, flavoring, ground-nut and oriental sauce.



*(This information as well as additional information on labels and foods that may contain these allergens can be seen at <http://edis.ifas.ufl.edu/fy723>)*



### MOM TIP

Leftover cracker crumbs and cereal bits? Don't throw them away- keep them for grinding into a crust or to use for a breading or topping.

## CONCOMITANT/ SYNERGISTIC FOODS WHAT ARE THEY?

For some people, allergic reactions can become more severe when another allergen, such as pollen, is present. When this happens, a food that might not normally cause a reaction can cause problems if the air is filled with certain pollens that cause reactions.

### Concomitant/Synergistic Foods

<u>INHALANTS</u>	<u>FOODS</u>
Ragweed	Milk, melons, banana, lettuce, mint
Sage, Mugwort	Celery, coriander, potato, tomato
Grasses	Legumes, grains, apple, carrot, celery
Marigold	Milk
Cedar, Juniper	Beef, yeast
Elm	Milk, mint
Oak	Egg, chestnut, apple
Pecan, Hickory	Corn, banana, apple
Birch	Hazelnut, carrot, celery, potato, orange, Apple Family - i.e. Peaches, plums, nectarines
Dust	Peanut, snails, oysters, clams, scallops
Pigweed	Pork, black pepper
Poison Ivy	Wheat
Latex	Banana, avocado, kiwi, chestnut, potato, Cinnamon, plantain, tomato, walnut
Mesquite	Cane sugar, orange
Cottonwood	Lettuce
Candida	Cheeses, mushrooms, vinegar, fermented or moldy foods
Grass	Legumes (peas, beans, soy)

### Synergistic Foods

Synergistic foods are those that when combined or eaten together may cause allergic reactions - even though when eaten separately they cause mild or no reactions.

Wheat & Banana	Cane Sugar & Orange
Egg & Apple	Corn & Banana
Milk & Mint	Pork & Black Pepper
Beef & Yeast (Baker's, brewer's malt)	



## AVOCADO SALSA WITH MANGO

- 1 Avocado (peeled, pitted & diced)
- 1 Mango (peeled, seeded & diced)
- Juice of 1 Lime
- 2 Tablespoons Onion (chopped very fine)
- 1/2 Teaspoon Garlic Powder
- 1 Habanera Pepper (deseeded & chopped fine)
- 1 Teaspoon Olive Oil
- 1 Teaspoon Fresh Cilantro (chopped fine)
- 2 Teaspoons Sea Salt

In a medium bowl, combine all of the ingredients and gently mix.

Makes approximately 2 Cups

## ALLERGIES & ECZEMA

Food allergies are very often paired up with eczema. Many times, newborns show signs of food allergies from the eczema that appears. Not all eczema is food-related but if you are uncomfortable with your child's diagnosis, continue to research until you find an option that is suitable for your family.

There are two great resources for helping end your eczema crisis and they are just a click or phone call away.



**The Eczema Company** has a full line of products that range from clothing, skin-care, gift sets and much more. This company knows first hand about eczema. To view their complete line of items, please

visit their website at:

<http://www.eczemacompany.com/>.

**Ad Rescue Wear** designs products to bring comfort and ease to your child's struggle with eczema. They carry Wet Wrap Therapy items that will make the itchiest child sleep peacefully. For more information, visit their website at:

<https://adrescuewear.com/>



## BISON MEAT BALLS

- 1 Pound Bison
- 1 Teaspoon Salt
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Minced Onion
- 1 Teaspoon Basil
- ½ - 1 Cup of Pureed Green Beans
- 1/2 Cup Cooked Quinoa
- 2½ Teaspoon Parsley
- 1/4 Teaspoon Thyme
- Oil, if frying
- Optional-* if you can, add seed cream or ground seeds to add additional protein



Preheat oven to 350°. In a large bowl, add all ingredients (except for oil) and mix well. Form the meat mixture into individual balls.

*If you are frying-* Heat a large frying pan on medium heat and add the oil. Fry, covered and cook thoroughly, gently rolling to keep from burning. *For the oven-* use a muffin tin and place formed balls inside. They will steam themselves. **Make sure you place aluminum foil or a baking tray under the tin to prevent oil splatters and fires.** Flip them once and cook just a little longer. Remove from the tin and let them sit on a plate covered with coffee filters (they absorb and won't stick to the paper). Approximate cooking time is 20 - 25 minutes for meatballs.

Makes approximately 12 Meatballs

**al·ler·gy:** *noun* \ 'a-lər-jē\; *plural* al·ler·gies

### Definition of ALLERGY

- 1:** altered bodily reactivity (as hypersensitivity) to an antigen in response to a first exposure <a bee venom *allergy* so severe that a second sting may be fatal>
- 2:** exaggerated or pathological immunological reaction (as by sneezing, difficult breathing, itching, or skin rashes)



## STUDY REVEALS THE HOLIDAYS ARE WORSE FOR ALLERGIES!

A recent study commissioned by Mylan Specialty L.P. states that more than half of children with life-threatening allergies experience anaphylaxis during the Holiday season. Although many parents of allergic children know the do's and don'ts of keeping their child safe, the Holidays prove to be a time of year when we can all be caught off-guard and not thinking as clearly as we normally do. I had the honor of getting some additional information from Todd A. Mahr, MD (chair of the Section of Allergy and Immunology of the American Academy of Pediatrics) to see what his personal experiences were.

***As a Doctor and a parent of a child with life-threatening allergies, have you ever found yourself unprepared?***

Not unprepared, but had an accidental reaction occur on a few occasions. They were usually due to cross contamination.

***What is your family's routine to stay prepared?***

We have gotten in the habit of always asking before we leave the house, do you have your EpiPen Auto-Injector?

***What do you find to be most difficult about the Holidays and allergies?***

Two things really, one is the fact that it is usually a "buffet" of treats or snacks or the meal, which increases the risk of cross contamination from shared utensils, etc. Second is the increase in "others", meaning you tend to have people around you outside of your typical comfort group. This can be friends and relatives who do not know much or understand about the food allergy.

***Has your child ever experienced an allergic mishap during the Holidays? If so, what was the outcome?***

Yes, we had a meal once at a relative's house and were assured that an item was free of the allergen. However, Sam found the taste to be different, and did not ingest much more than a taste. When we checked an ingredient used it did contain wheat. Luckily we did not need to use the EpiPen Auto-Injector, but we did have it available. Lesson learned for us as parents.

***Does dealing with allergies seem to get harder or easier each year for you and your family?***

Easier as Sam gets older. When he was young we had to do everything. Now, we are aware, but have placed more responsibility on him.

***What is one additional bit of advice that you would give to other parents of children with allergies?***

You can live a fairly normal life, you just have to learn to be prepared, always ask questions, and be your child's advocate.

This is just a reminder that nobody can ever be too cautious, all we can do is try to do our best each and every day. It is always better to have everything that you need than not have it at all. To view the complete survey information log onto : <http://investor.mylan.com/releasedetail.cfm?ReleaseID=727516>

TRACY BUSH Phone: 336.486.1905

E-mail: [nutrimom@yahoo.com](mailto:nutrimom@yahoo.com)

<http://allergyphoods.blogspot.com> [www.allergyphoods.com](http://www.allergyphoods.com)