



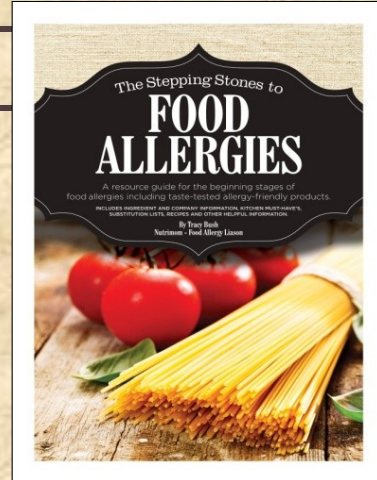
Phood for Life

Spring 2014

"The Stepping Stones to Food Allergies"

My book "[The Stepping Stones to Food Allergies](#)" has been across the United States and back! It has been featured on several radio stations in CA, CO and FL such as WSRQ with Dr. Terri Dees on in Florida and KNews with Cliff Young of *Out to Eat*.

I am also very proud to share the great announcement that my book has been included on the Food Allergy Bloggers Conference [Wine & Sign Author's List!](#)



Special thanks to the wonderful companies that also mentioned my book. Virtual hugs going out to [Epi-Essentials](#), [Wellshire Farms](#), [The Eczema Company](#), [Brothers-All-Natural](#), [SunButter](#), [Vegetarian Mama](#), [\(AANMA\) Allergy & Asthma Network Mothers of Asthmatics](#), [The Frugalista Mom's Allergy Friendly Home](#), [Smart Allergy-Friendly Education](#) and [Healing ADHD & Asperger's Without Hurting Jennifer Giustra-Kozek, LPC](#) for mentioning my book.

Have You Heard the Sweet News About SunButter?

Or should I say, the not so sweet news? [SunButter](#) has announced a brand new product [SunButter Natural No Sugar Added](#) - just sunflower seed and salt. As always, SunButter is still free of peanut, tree nut, dairy, egg and gluten. Want to give it a try? Zoom over to [SunButter.com](#) to get your jar.



Do You Know the FAACT's About Food Allergies?

I am excited to say that there is a great new support system out there for the food allergy world – [Food Allergy & Anaphylaxis Connection Team \(FAACT\)](#). FAACT has resources for food allergy education, advocacy and connections with other parents and adults affected by food allergies and life-threatening anaphylaxis. Please visit them at [www.foodallergyawareness.org](#)



Mother, May I? An Allergy-Friendly Mother's Day Made Easy

Who says Mother's Day has to be hectic and stressful just because of food allergies? Relax, enjoy and give your mother some extra time and all will be appreciated. Need some simple tips?

- ∞ Have fun together. Yes, it's that simple. Daily schedules often make us forget how to just have fun. Get away from your usual routine and watch how easy it is to have fun as a family together.
- ∞ Plan a safe meal for all. Food allergies effect the entire family so planning together will help ease that stress for mom. ∞ Decide on a menu, help get it started in the kitchen and show mom how much she has already taught you.
- ∞ Tell mom you love her. Mom's need this in all shapes and forms, all of the time. It could be as simple as a love note with her breakfast or homemade coupons for some extra time. Plus, love is 100% allergy-friendly!



Chocolate Avocado Crunch Pie

1 Pie shell of your choice
2 Ripe avocados
1/2 Cup coconut oil (can use another oil)
10 Oz. chocolate chips (such as [Enjoy Life Foods](#))
1 Cup milk of your choice (I used [Taste the Dream Coconut, Almond & Chia](#) milk)
1/2 Cup pure maple syrup
1/4 Teaspoon sea salt
1 Teaspoon vanilla extract
Sunflower seeds of your choice
(I used [SuperSeedz Cinnamon & Sugar](#))

Bake prepared shell crust as directed.



While the pie shell is baking, puree avocados until no lumps remain. Set aside.

In a medium pot on medium-low heat, melt the coconut oil and chocolate chips. Once melted, add

in the dairy free milk, maple syrup and sea salt, stirring frequently to prevent burning or overcooking. Cook until bubbling.

Remove from heat and add the vanilla. Carefully and slowly, add the pureed avocado and mix gently with an electric beater or whisk, beating until no green lumps remain. Pour the mixture into the prepared pie shell and refrigerate until set (about 4 hours).

Need Some thing to Read? I've Got You Covered! I am now a featured author for [PediatricSafety.net](#). I will be sharing my thoughts as a food allergy mom on how to handle many of the struggles that we all face. In case you missed them, please check out my first two articles "[When is Your Mommy Voice Right?](#)" and "[Summer Camp For a Kid With Food Allergies? Absolutely!](#)"



MOM TIP

Mosquitoes bugging you? Cut a lime in half, then poke with fresh cloves and watch them disappear.



Popcorn Stuffed Chicken

[Winona Pure Baking Spray](#)

2 Chicken pieces
1/2 Cup chopped spinach
1/4 - 1/2 Cup quinoa (cooked)
1/2 Cup White Cheddar
[Gaslamp Popcorn](#)
(chopped in a food processor)
Grilled tomatoes, diced



Preheat oven to 350°. Spray a casserole dish with baking spray and set aside.

Rinse the chicken and cut them in the center area, leaving the side long enough to pull over after being stuffed. Place into the dish.

In a medium bowl, combine the remaining ingredients. Spoon the mixture into the chicken and place toothpicks into the flaps to keep chicken in place. Spray the chicken lightly with the baking spray. Cook until done in the middle making sure to baste it a few times to keep it moist.

Makes 2 servings

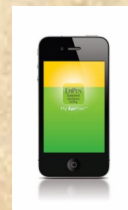


Come On, Get Appy

Are you app-happy? [Mylan Specialty](#) has announced their new My EpiPlan app to help us learn, track

& train. This is a free app that can be downloaded by clicking [HERE](#). You can update and share your important allergy information, refresh your knowledge on how to administer an EpiPen or you can enjoy the great articles that are available.

Don't forget about the [EpiPen \\$0 Copay](#) offer—it has been extended to December 31, 2014. Beat the fall rush and refill your EpiPens now to have an easier, less stressful new school year.



Unsure of how your school is equipped for anaphylactic reactions? The [EpiPen4Schools](#) program is also still available through December 31, 2015. Help your school officials become proactive about food allergies and share this with them.

How Do You Support Food Allergies?

I come across so many wonderful products & companies that I like to share to make sure everyone knows about them too. I recently found [Blue Bear Aware](#) allergy products. They have cool apparel, auto injector carriers, labels and tons more fun items to help. My favorite? **Zipzicles**, a way to make homemade pop-sicles with the healthy, allergy-friendly ingredients that you get



to choose.

Get Your Game On!

With this wacky weather, chances are you are in need of some new indoor activities for the family. Why not

use your favorite snacks to play board games? After all, even if you lose, you win.

~ Need more of a food rather than just a snack for those games? Pair it with cute and easy finger sandwiches, like the **Keeley McGuire** shared at <http://www.keeleymcguire.com/2012/09/lunch-made-easy-momables-monday-apple.html>



APPLE SANDWICHES!

Gluten Fact:

The first written account of gluten sensitivity came from ancient Egypt (information obtained from [Glutino](#)).

glu·ten
'gloo·tn/ A mixture of two proteins, it causes illness in people with celiac disease. Present in cereal grains, especially wheat that is responsible for the elastic texture of dough.

Team Nate-the-Great also has car magnets that you may purchase to help support their Team. Contact Heather at: <https://www.facebook.com/pages/Team-Nate-the-Great-FARE/1376752355882846?ref=hl> to get yours.



Do you envy your friends and neighbors who always seem to have goodies sent to their homes? No need—[Tasterie](#) offers convenient, allergy-friendly packages sent directly to you full of items that do not contain your allergens. (I love this idea!) Get them for yourself, as a gift or even if you don't have food allergies, what better way to show others what great tasting foods are available & safe for all.

Honey, How Are Your Allergies?

I'm sure you have heard the buzz about the possibility of local honey helping to lessen your pollen allergies. A study done by the University of Connecticut was unable to prove that this is actually something that works. So what other options are there for those pollen-laden days to keep you feeling a bit better?

- ~ [AANMA](#) (Allergy & Asthma Network Mothers of Asthmatics) has great online information. They can be found at <http://www.aanma.org/>
- ~ [AAFA](#) (Asthma and Allergy Foundation of America) is also chock full of helpful tips.
- ~ Check sites to see how your area's pollen levels are and get emails to give you a heads-up for what is to come. One such site is [pollen.com](#)
- ~ Quercetin* is a flavanoid, which acts like an antihistamine and anti-inflammatory. This has been a big discussion topic in the allergy world as a possible natural allergy treatment.
- ~ Mentholate. Simply apply a menthol gel to the bottoms of your feet after a shower and cover with socks.
- ~ [Zarbee's](#)* has products that can help with allergies, cough and cold. They are free of drugs, alcohol, dyes and gluten.

** If you are interested, I recommend discussing this with our physician to see if it's safe for you.*

Spring Ahead- Foods That Will Keep You Energized

Protein Protein is absolutely necessary to get your brain going, especially in the morning. Protein can be in the forms of nuts (or seeds, if allergic), beans, eggs, yogurt, meats and fish with high contents of omega-3 fatty acids. Not able to use dairy-based yogurt? Try almond yogurt, coconut yogurt or Chia Pods.

Plants Veggies that are high in iron will help to boost energy and keep you from "slumping". Try adding spinach, collard greens, kale or artichokes to your meal and watch your body become happier.

Carbs The right sources of carbs can offer your body the extra fuel it needs. Stay away from foods, such as potatoes and go for heartier carbs such as brown rice, sweet potatoes and fresh fruits.

Honey This natural sweetener also acts as a time-released muscle fuel during exercise and helps replenish muscles post-workout.



MOM TIP

Don't throw away all of those leftovers cracker crumbs - keep them to use for a fast breading.



9 MONTHS LATER, MY FAMILY
FINALLY UNDERSTANDS



GLUTEN FREE

When All Else Fails
- LAUGH!

Food allergies are not a joke but please remember that laughter is important to your health too.

(photo courtesy
quickmeme.com)

Allergies - Which Plants Are Better to Plant?

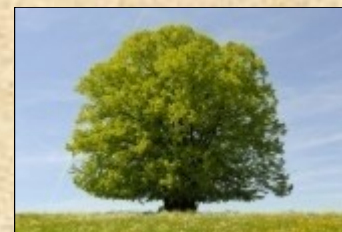
Pollen often goes hand-in-hand with allergies so what can you do to enjoy your garden but also keep your allergies at bay?

Choose to use annuals- by utilizing plants that are not sticking around and taking root, chances are better that you will not be effected by pollens that will not continue to be there year after year.

Deep blooms- the deeper the pollen base, the less likely it is to blow around in your yard and cause allergies to kick up.

Trees and shrubs- another option to add color but select the varieties that have berries or fruit rather than flowers. Male trees contain flowers and pods and make more pollen.

Talk to your local nursery- if you are unsure of which flowers or plants to buy, ask questions. Many times your local nursery can give you more than enough information on what you can use successfully.



Simple SunButter Muffins

1 Cup white rice flour
Egg replacer = 1 egg
2 Tablespoons raw honey
2 Tablespoons baking spray
2 Teaspoons gf baking powder
½ teaspoon sea salt
1 ½ Cups dairy free milk of your choice
2 Teaspoons [SunButter Natural No Sugar Added](#)
Enjoy Life Foods chocolate chips and 8 [Mega Chunks](#)



Preheat oven to 450°. Line a muffin pan with baking cups and set aside.

In a large bowl, combine all of the ingredients except the Mega Chunks. Spoon the batter into the muffin cups, filling half way. Top with one Mega Chunk. Bake approximately 22-25 minutes or until a toothpick comes out clean. Makes 8 muffins

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