

Phood for Life™

SPRING 2015

Save More Money!

I am grateful to be paired up with these allergy-friendly companies to offer some money-saving promotional codes to help your family too! Eat healthier, breathe easier & prove that having allergies can be delicious as well as money-saving.



PureRoom offers at-home allergy products as well as hotel accommodations that allow you to vacation with your allergies more comfortably.

Use NUTRIPURE20 at :
takepurehome.com on any PURE product for your home or call 716-206-1200

Save BIG!!

Promo-Code:
nutrimom15

Save 15% on your
ENTIRE order!

Shop now:



Anyone who follows me knows by now that I have used **Winona Pure Oil** & I love it! This is the only spray oil that is JUST oil (no soy, chemicals, additives or propellants).

Save **15% off** using promo code nutrimom15

(all lower case) here:

<http://winonapure.com/shop/>

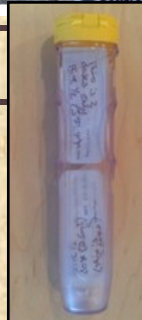
Allergy-A-WEAR-ness

I came across these adorable **Talk For Me Tees** & I had to share! Inspired by little Mazzy Mae who has a peanut allergy, they understand personally how tricky it is to manage a food allergy. Knowing that they needed something she could wear that would alert people of her allergy, they decided to design a t-shirt for her. But they went one step further to help the millions of others dealing with a food allergy. The shirts are a conversation starter, a gentle reminder for forgetful loved ones, a heads up for well meaning strangers and are super fun for the little ones to wear. Readers can use coupon code **nutrimom** at checkout for a **20% discount** on their order.



Mom Shout Out!

I love this idea of how to repurpose your empty **EpiPen** holder! This mom keeps all of her child's allergy information inside-



NEW!!

WINONA Pure

Newest Product- Pure Coconut Oil!! Are you as excited as we are!?

*Available online ONLY at this point

NUTRIMOM- What is it?!

According to the **Urban Dictionary** *nutrimom*:

A mom that strictly enforces her healthy eating habits on everyone around her including the children of friends and neighbors.

Before allowing her child to go to a friends house, she makes sure that the household is organic. Though nutrimoms are common in many parts of the country, there is a hyper concentration in the Park Cities area of Dallas, Texas. "That nutrimom complained so the school cafeteria stopped serving tater tots."



Will the REAL GF Jules Please Stand Up

Because I share products that our family loves and trusts, I wanted to share the story of Jules Shephard (aka GF Jules) and what happened. I received an email from the company that took over **GF Jules** & I fell victim to them!! Nutri-Family fully supports Jules Shephard so if you do too **please** note that the REAL GF Jules products can only be found here- <https://gfjules.com/>

(If you are unsure of what happened, please visit Gluten Dude's video ([HERE](#)) for Jules's story. To add even more confusion, the company that did this to her has recently changed their name to "Freedom Delivered" so double-check those emails!



Gluten Free Muffins & Bread Bites- Oh My!



Sharing some easy recipes using GFJules products to give all of you some additional gluten free options while being able to nosh on some tasty items. For the recipes, simply click [HERE](#)

Allergy-Friendly Mini Monte

[Ians French toast sticks](#) (defrosted and cut in half)

Your choice of hummus

Ham, cut into bite-sized squares

Avocado, sliced

Swiss cheese, cut into bite-sized squares (can use dairy free, such as [Daiya](#))

Sunflower oil (I used [Winona Pure](#))

Confectioners' sugar



A slightly less sweet, protein-packed update of a Monte Cristo~

Defrost the French toast sticks in the refrigerator the night before. Preheat the oven to 350°. Line a baking sheet with aluminum foil and lightly coat with oil. Spread some hummus on one side of each French toast stick. Assemble the sandwiches in layers as follows: French toast stick (hummus side up), Swiss cheese, ham, avocado, Swiss cheese, French toast stick (hummus side down) and skewer with a toothpick. Lightly spray with a bit of oil and bake until lightly crispy (about 10 minutes). Dust with Confectioners' sugar.

Chemurgy and Allergens Blog brings awareness of products for everyday use such as paints, clothes, plastics and cleaning products that can be made from many allergens (nuts, milk, egg, soy and corn). Some maybe more dangerous than others & these products are not always labelled. Many feel that non food items made from allergens are a real concern for the allergic. Most of these products have not been tested for allergic proteins. Visit them at:

chemurgy.blogspot.com

[http://](http://www.avoidingmilkprotein.com/)

www.avoidingmilkprotein.com/community.htm

Chemurgy And Allergens

Allergy-Friendly Dates, Not

Just A Food (Food allergy dating app)

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

Approach Your Products

Have you wondered how food allergies can become a part of your favorite products safely? Click [HERE](#) for some tips that I mentioned in a recent article for Food Safety Magazine & shared by [SnackSafely](#) (thanks guys, I appreciate the love!)



MOM TIP:

SnackSafely.com

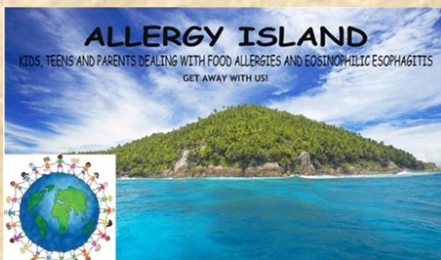
"Food Allergies Can Be Passed to Others Via Blood Transfusions"



Sharing EOE Support

I recently found this support page on Facebook & I could not resist sharing their information with all of you! "My name is Jack and I'm TEN. I have a large amount of food allergies and I suffer from Eosinophilic Esophagitis. I want to build a community that we all can come together. Sail away with me...share...have fun :) We're all in this together! My family and I have learned so much and feel that everyone can benefit from our stories and experiences! I have the help of my mom and an allergist overseeing this project! We can't wait to make a difference! ALLERGIES WONT STOP US! A community for kids, teens, parents and all to chat about their food allergies. Also, Eosinophilic Esophagitis, now increasing in the allergy community"

Allergy Island- <https://www.facebook.com/pages/Allergy-Island-Food-Allergies->

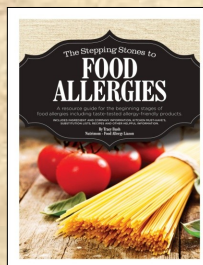


Have YOU entered the EpiPen Selfie contest? (Details [here](#))



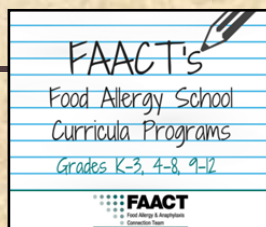
What Do I Cook Now?

Please remember that I offer several ways to find allergy-friendly recipes- my [ebook](#) "The Stepping Stones to Food Allergies", my [blog page](#) and my [Facebook](#) page.



Easy School Teaching Aids

The Food Allergy & Anaphylaxis Team



Connection (FAACT) just released a wonderful [school curriculum](#) to help school staff and students understand food allergies. This teacher-designed PowerPoint program includes lesson plans, activities, ways to introduce students to food allergies and it's FREE! Please visit [FAACT](#) for more details for all of the great resources that they provide.

A New Year, a New FAB Conference

Last year, I literally had a FABulous time at the Food Allergy Bloggers Conference! This conference is not just for bloggers- I met all types of people here (doctors, allergy-friendly product sponsors, parents, even some people who follow me!). What can you do to be a part of it this year?

Sponsor Me- I would love to go again and share so why not utilize my skills to help your company in the process? I have options for every budget so please contact me for details on what we can do to both be a part of this awesome event. For a recap of last year's event, click [HERE](#).

Be A Sponsor- The Conference would love to have your company be active at this event too! Contact [Jenny](#) now and make sure you don't miss a unique opportunity to show your consumers that you care about them.

Send Swag- There are many options to help out so please discuss specifics with Jenny. Swag is always, ALWAYS appreciated!



Allergy & Asthma Network

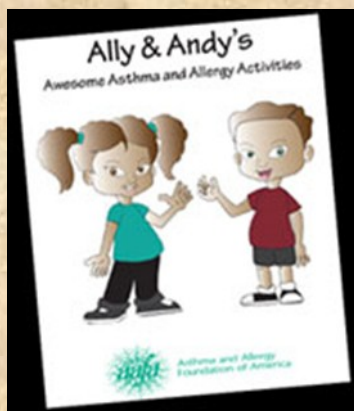
(formerly AANMA) has a [new website](#) with even more items to help you & your family. Our family loves all of the information, support, tips and education that they continue to bring to all of us. One of my personal favorites is their

[Discount Prescription Discount Card](#)



Be InterACTIVE with your Allergies!

With younger children, it can sometimes be a challenge on discussing allergies whether it be at home, in school or among others that are unsure about your family's allergy needs. I found this adorable, free downloadable [activity book](#) on [Asthma & Allergy Foundation of America](#).



Latex Allergies Beware!

Fig tree leaves give off a sap that includes latex in its chemical makeup.



Heat & Asthma

Seniors are at more of a risk during the hot, humid weather. This can trigger an asthma attack or flare-up. Symptoms include trouble breathing, wheezing and coughing.



4 Ways to Welcome Spring Allergies

Are you looking for additional ways to treat your allergies? Sharing a few options but, as always, please make sure you read labels and check with your physician to see what is safe for your allergies.

1. **Methol rub on your feet.** Yes- not only does this help your sinus issues but it has been a drug-free method to control my son's asthma (as seen in my [Winter 2013](#) issue)



2. **Soup is good for the soul** (and allergies)! Studies prove time and time again that chicken soup offers anti-inflammatory help. Need a quick recipe? Sharing [here](#)



3. **Honey & tea**- With pollen affecting your sinuses, the key items that are needed to help are hydrating and soothing. Honey is a great way to soothe but pairing it with your favorite tea will also perk up your hydration level.



4. **Plants**- don't forget that plants are a great way to help allergies as well as make your bathroom look warm & cozy. Try using eucalyptus, mums, peace lilies, golden pothos, philodendron, Areca palm, Lady palm, bamboo palm and Dracaena.



Learn to Love Leftovers

Menus seem to repeat, schedules seem to become more and more hectic so what do you do with leftovers? Sharing some great ideas using [Glutino](#) products ([here](#)).



Scrub & Cook

Do you rinse or wash your vegetables before you cook them? If the answer is no, you may want to rethink your decisions. Studies have shown that unwashed veggies "may leave traces of E.coli or listeria, which could be transferred to other foods." - Joellen Feirtag, Ph.D.

You Can Help Your Community Too!

Many local food pantries don't offer a variety or even have the resources to offer allergy-friendly options for the families in their local community that need some help getting enough food for their homes. [Food Equality Initiative \(FEI\)](#)'s mission is to increase health and end hunger for low-income individuals with Celiac disease and food allergies by providing safe, healthy food, nutrition education and advocacy. Please reach out to them on their [contact page](#) and see what you can start to do today to help others feel better tomorrow.



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