

Punk Rawk Labs

Have you been on an endless search for dairy free cheeses that actually taste better than real cheese? These cashew-based cheeses may be the answer to your dreams (they were for me!) Multiple flavors including Nacho Cheese- [here](#) is the lowdown on why you need to try [Punk Rawk Labs](#).



Pin Me!



Tons of easy recipes can be found on my [Pinterest](#) page.

Winona Pure Oil

Have you looked at your spray oil ingredients lately? If there is anything other than pure oil, you need to try Winona Pure Oil. Watch my [video](#) to see how it has changed our life.



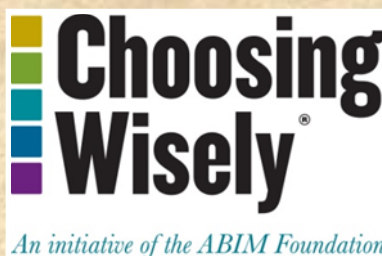
Auvi-Q Delivers!

Have you heard - not only can you get [Auvi-Q](#) auto injectors again but they get shipped directly to your home. [This](#) is what happened with our ordering experience.



Big News!

I am excited & honored to be a Patient Champion Activist for the Consumer Reports [Choosing Wisely Program](#). Stay tuned for future updates.

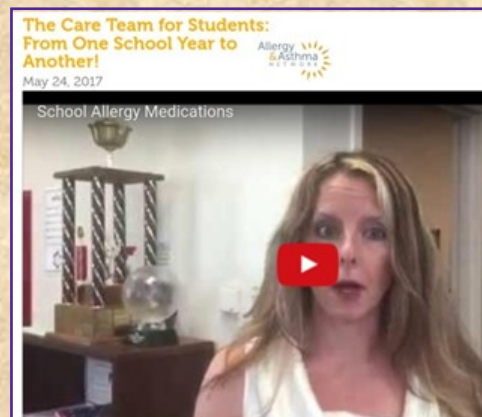


Back to School

Many of us wait until the fall to complete school forms, visit the doctor and get our refills. This causes tons of additional stress for parents and children with allergies. Don't wait, do it now- see how easy it is and how to limit back to school stress courtesy of the Allergy & Asthma Network and my family. Click [here](#).



Join is in August! [The Allergy Chef](#) and I have partnered with [Optimal Health Chiropractic](#) for a FREE event! Open to the public- first 20 people get a gift bag in exchange for school supply donations and watch the live cooking demo. Details [here](#).



Peanut/Nut Free Ice Cream

No peanuts or tree nuts. [Rich's Ice Cream](#) products are in schools and on mobile ice cream vending trucks all over the country and the Caribbean Islands.



Pets & food Allergies

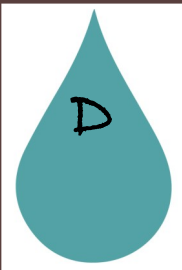
Food allergies don't exclude pets! Just like humans, animals can have side effects and symptoms from their diet. See if [any of these](#) match up with your pet.



myfoodallergyteam

Sometimes you just need a little allergy support but you don't want to chat with the usual crowd. [My Food Allergy Team](#) is the newest online support group and social network that helps you right from your own home, any hour of the day.

MOM TIP:



Initial water bottles with a marker to avoid second-guessing and possible cross-contamination.

Turn Stale Bagels into THIS!

[Recipe here](#)

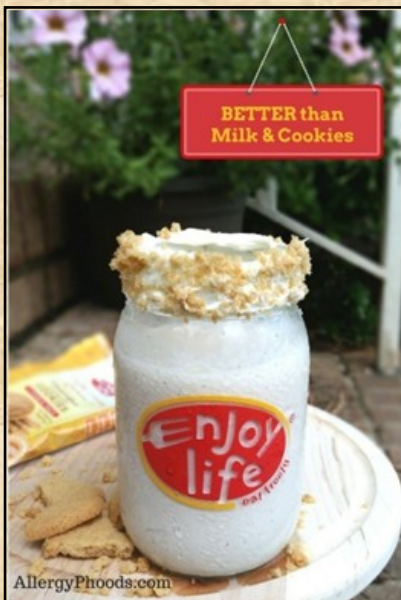


Allergy Super Heroes

Empowering children with food allergies can be safe & fun. [Allergy Super Heroes](#) offers a variety of gear that will keep your child as well as caregivers strong with allergy knowledge.



What Do You Do With a Mason Jar?



[Make this now!](#)

Friendly Foods That Turn Deadly

Silent factors that may present another set of allergic reactions that are not typically included in the discussion of foods to avoid. Read my full article in August on [SmartLifebites](#), a healthy lifestyle resource powered by [Crispy Green](#).



Food Crimes



Who knew that food was a target for trouble other than allergies! [Read](#) about the interesting crimes that revolved around food.

Truly Allergy-Friendly Peanuts!

Peanuts are not just for eating or avoiding! [Ther-moPeanut](#) may actually be a lifesaving peanut for your family.



Stalk Talk

Did you know that these powerful stalks not only contain multiple vitamins, folate and chromium but also enhances the process of transporting glucose from your bloodstream to your cells? Here is some more foodie facts:

Thick vs. Thin Thinner stalks may not be any tastier. The key to a tasty side dish is keeping them fresh for ultimate tenderness and flavor.

Storage Think of these as edible flower bunches. Snip off that pesky band, give the stems a good trim and keep them standing upright in water until ready to prepare.

Purple Pigments Freaked out because your purple stalks turned green? Heating them changes the pigment of the asparagus. The good news is that purple stalks are the sweetest and most tender choice.

Pale By Comparison Same spear, different color- white asparagus is harvested so that they don't form chlorophyll like the others do. The taste is the same but these do require peeling before eating.



Myth: My child's asthma has been great all summer; school doesn't need their albuterol

Truth: Asthma is episodic; symptoms can occur anytime

~ Dr. Dave Stukus, M.D.

Quercetin A plant pigment that is used to treat multiple conditions such as inflammation, asthma, hay fever, chronic fatigue and more. It has antioxidants and anti-inflammatory effects and Quercetin can be found naturally in plants and foods. Eating quercetin rich foods may be beneficial or you can also request a prescribed pill form from a doctor.



"Long, silky, irregular [in length] eyelashes are a hallmark of allergies"

<http://www.12news.com/news/local/valley/what-your-eyelashes-may-say-about-your-allergies/421585916>

AARP Shares 10 Allergy Facts

<http://www.aarp.org/health/conditions-treatments/info-2017/allergy-medication-triggers-treatments.html>



Arachibutyrophobia

Fear of peanut butter sticking to the roof of the mouth

Summer Evenings & Recycling

Visit to see how I transformed an empty Barney Butter jar into a romantic, eco-friendly evening item.



Companies love suggestions and comments from their consumers so tell them. Allergy-friendly products only continue to get better. For us, we hope to see an Enjoy Life Foods **#BIGBAR** in the future.



Needing help is never something to be ashamed of but the hardest part is asking for it. Whether you are the person in need or someone who is lending a helping hand, know that there is a vast community waiting to show you the way and hold your hand while doing so. Nothing nourishes more than helping others stay well.



The next time you ask: What can I do to make this better? Consider these options:

- Contact organizations such as [Mend Hunger](#) to see how you can get involved
 - Watch for coupons for allergy-friendly products so you can stock up and donate
 - Talk to your local food stores who host food drives to suggest foods that are needed
 - Place a call to your food bank and discuss what their pantry is in need of
 - Visit churches and schools to see what families in your area may also require
 - Do you get food store freebies? Save them and donate them
 - Enter giveaways and contests that include allergy-friendly foods and donate the prizes
 - Get other people involved
- Read the full article [here](#).



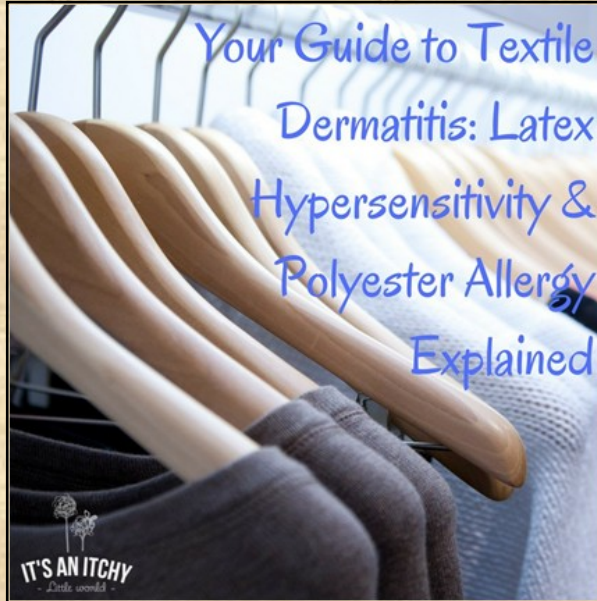
Food allergy support;

this is a vast, never-ending place where people from all over the world meet. This is a family that you never knew existed and that you didn't think would ever be a part of your life.

Tracy Bush Nutrimom- Food Allergy Liason AllergyPhoods.com

Got Itchiness?

It could literally be the clothing on your back! It's not all in your head- [read](#) how It's an Itchy Little World explains what to look for to make you more comfortable.



MOM TIP:

Travel with your own soaps & toiletries. Many hotel & resort soaps contain nuts and other allergens.

Is YOUR Floor Making You Sick?

Allergies and asthma can have multiple triggers inside the home as well as outside. The answer to your questions could be right under you. "The suggestion that carpet causes indoor air quality problems is a significant issue for the carpet industry to address," Find out facts vs. myths and see if it's one of your allergy triggers as discussed in this article posted on [American Latex Allergy Association \(ALAA\)](#).



No Bake Bon Bons

1 [Rule Breaker](#) product of your choice

1 Tablespoon [SunButter®](#)

¼ Cup [Enjoy Life Foods](#) chocolate chips

½ Teaspoon [coconut](#) oil

*Optional: cut up fruit for the middle or toppings (shredded coconut, Kosher salt, chocolate chips, etc.)

Prep Time: 3 Minutes
No Bake Time: 10 Minutes

1. In a medium sized bowl, mash up your choice of one Rule Breaker product
2. Mix with SunButter
3. Form the mixture into bite-sized bon bon balls
4. If you are adding fruit in the middle, make an indent and insert the fruit, then reform the bon bon to cover completely
5. Melt the chocolate with the oil
6. Cover the molded bon bon and top with additional ingredients
7. Allow to cool, letting the chocolate firm

Makes 4 Bon Bons

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