

## Your Health Can Help Others

In today's technology-based world, having access to our health information for emergencies is just as important as leaving the house with our wallet. Emergencies happen, information is needed and the last thing

that anyone wants to go through is to have delayed care or not receiving correct treatment or care because they are unable to

access their medical history quickly enough. Especially with food allergies, the need for instantaneous access can be the difference between an unexpected doctor's visit and a possible catastrophe. I recently found an app called Backpack Health. I am

amazed at the passion that they have for advocacy not only food allergies but for other health issues as well. They believe in our communities and embrace the power of patient engagement. This is not just your typical app, Backpack Health is also used for:

- A patient empowerment tool
- Making communication seamless by centralizing medical information
- Easing the burden of people living with rare diseases
- Improving care and advances in biomedical research

Don't believe me? Give them a try yourself! You can find them at

[BackpackHealth.com](http://BackpackHealth.com), [Facebook](#),  
[Instagram](#), [Twitter](#), [LinkedIn](#), [Google+](#) and [YouTube](#).



**Backpack**  
Health



## Stop Food Allergy Bullying!

As a parent, your first instinct is to want nothing more than your child's safety and happiness. With bullying fast becoming a new fear for those with food allergies, what can we do to keep our children away from harm's way? Share your voice, ask your child to share their voice and empower others with your story to educate others. Get more information at [NoAppetiteForBullying.com](http://NoAppetiteForBullying.com) Photo courtesy of [Food Allergy Bloggers Conference](#)

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## What the Heck is a Big Bar?!

You may have seen my tweets to Enjoy Life Foods using

**#BigBar**. I have a dream as a food allergy mother, lover of chocolate, blogger and whatever else excuse that I need to use to

plead with Enjoy Life Foods to consider producing a Big Bar. When I say big...I mean BIG. Go big or go home. To keep in the spirit of persistence and all hopes made of chocolate, I have crated MyLifeAsABigBar on [Instagram](#) and [Twitter](#). I am asking for support - if consumers ask, maybe they will give us what we want. Follow the pages, share a photo, tag [@LifeAsABigBar](#), include **#BigBar** & use the caption "This would be better with a Big Bar". Your support is appreciated but even more than that, it's a simple way to have some fun.



There is no shame in asking for help when you need it. Does having food allergies make that more difficult? Yes but now

there are options for that as well. "Mend Hunger is happy to announce that we are accepting food and money donations. We have spent some time reorganizing and we are coming back stronger, and more focused on our mission - bringing free allergy safe and gluten free food to those individuals on a medically restricted diet who are also experiencing financial difficulty. We are also so excited to be partnering with Enjoy Life Foods this holiday season. By donating their incredible products to Mend Hunger they join us on the front line of the hunger crisis in this county." [MendHunger.org](http://MendHunger.org)





## Eliminating 'Candy Bribery' in Schools

Do you feel that your child's school is not only overdoing students with candy in the classroom but also endangering those with food allergies? Parents completely understand the need to keep children motivated and to be rewarded for good class participation but is candy really the answer? "Now, Rose Hill students vie for Positive Action Tickets, which they can exchange for non-food goodies such as temporary tattoos, pencils, calendars, ink stamps, books and other childish treasures. Bowen has also started rewarding her class with "two-minute dance parties." Read the full article [here](#).



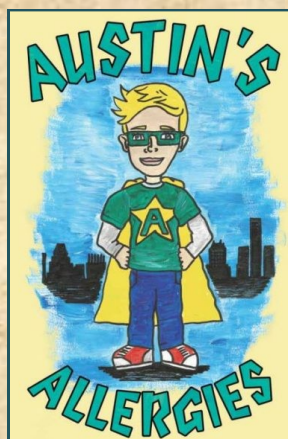
### MOM TIP:

Show your child some food allergy love - use their favorite snacks in different ways & pack them fun lunch items! Gluten free pretzels turn into edible napkin rings.



## Top 2 Books For 2018

**Austin's Allergies** Endorsed by Dr. Robert Wood, Head of Pediatric Allergy & Immunology at Johns Hopkins University "Lighthearted yet informative and inspirational... a great read for anyone touched by the world of food allergies." This story was inspired by Austin's heartfelt, true story. It illustrates how Austin's food allergies were discovered, a few simple steps that can help keep him safe, and important concepts related to cross-contamination, epinephrine, and the physical signs of an allergic reaction. Partnered with [Allergy & Asthma Network](#), a portion of all proceeds will be donated to research and education.

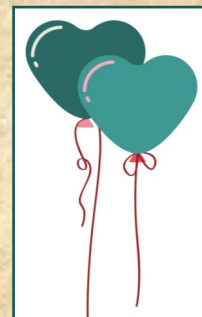


**Land of Not** A book to help kids with food allergies discover their strengths. The message of the *Land of Not*, as one veteran educator said, will "Inspire, empower and transform every child to understand their possibilities rather than define themselves by their limitations." Help raise awareness for food allergies and empower kids

by purchasing a book for an elementary school. Books purchased during this CANpaignt also include an online Teacher's Guide, hand-outs and Can Constitution to reinforce the lessons of CAN and promote an asset-based mindset. Choose your own school or allow us to select one on your behalf. Perfect for elementary classrooms (K-4), school nurses' suites, counseling offices and libraries.

## Does your current support group leave you feeling stressed instead of uplifted?

"It is NOT ok for someone to be unhappy in a support group, especially with food allergies already being so overwhelming and confusing." - It is NOT ok for a support group leader to be belligerent to others or to take action for the chance of prestige for themselves when in reality, support groups are all about the community, helping everyone and all working together. It's a group- there is no single pat on the back, there is no "I have this all planned out and it doesn't matter what you say".



- It is NOT ok to be malicious and tell outright lies about others around you to try to bring additional members to your group, thinking you are the only one in the spotlight to help these people that place their trust in you. Eventually, your group members will see through you.
- It is NOT ok to use anger or negativity as a power play within your group. If you are supposed to lead, then lead with positivity. Such is the saying "You catch more flies with honey".

Continue [reading](#) here and share with others that may need to know that they are not alone.

# LAND OF NOT

NOT THE ILLUSTRATOR: J.J. VULOPAS

NOT THE AUTHOR: BILL DUSSINGER

**/hīvz/ noun another term for urticaria**





Online Shop

Chocolate-Chocolate

All of us want to have hot cocoa but what about our food allergies? [Sillycow Farms](#) Hot Chocolates are all Certified Gluten Free, Non-GMO and Made with Only Real Ingredients!



"This may save your life"

A product called [Veta Smart Case](#) & app is the newest must-have for those with food allergies. I tried it! [Read](#) what happened when I tried it.



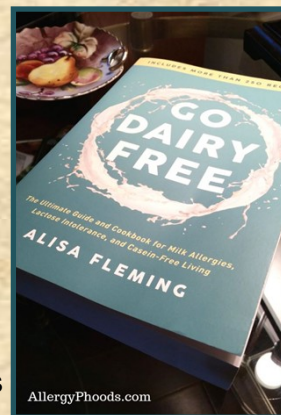
Book Review!

"living a dairy free life is not a negative thing. It's just a new thing."

[Go Dairy Free](#)

Second Edition is available now!

[Click](#) to see what I thought & order yourself a copy as a gift to yourself.



## SNACK ATTACK

Take a long-time favorite snack and revitalize it! You have heard of [Ants on a Log](#) but check out what happens when you replace the raisins with pieces of your favorite crumbled food. Pictured is [Frooze Balls](#) which contain nuts but switch it out with any allergy-friendly chewy granola bar.



AllergyPhoods.com

Define Your Asthma—Don't Let it Define You!

"By defining your asthma you don't need to suffer in silence. If your treatment for asthma isn't working for you, it might be because you have a different form of the condition." Join the [Face-book](#) group and let your asthma be a teaching tool for others.



[FreeYumm](#)  
Big 8+  
Allergen  
Free make  
perfect  
food gifts!

Everyone Gets to Eat!!

Tips on Surviving the Holiday from Tarah Jakubiak of Allergic Traveler

Many get anxiety when it comes to food allergies and the holidays. While food allergies can be daunting when it comes to gatherings, they need not be. As a child, this Allergic Traveler always went to her grand parents for the holidays. Out of 18 years of holidays (Christmases, birthdays and Thanksgivings), I can only remember getting sick once. My late aunt was the culprit. She was of the generation that did not understand food allergies. When I started eating a dish that she made and had an immediate reaction, my mother asked, "Are you sure there are no eggs in that?" Her response was "well maybe just a little." I was then rushed to the hospital."

[Continue the story here](#)



INTERNATIONAL DIETARY ALERT CARDS

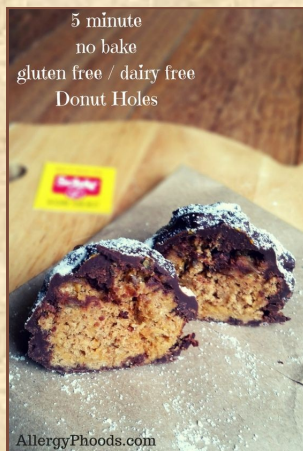
Allergic Traveler prides themselves in finding safe areas for those traveling with food allergies. They are able to do this because of their generous sponsors. If you would like to become a sponsor, please get in touch at [AllergicTraveler.net](#)





## Do You Break Out From Metal Bottles?

When my son was younger, I noticed that his upper lip would swell and he would get a rash around his mouth whenever he used his metal water bottle. For years, I assumed it was a nickel allergy. Flash forward ten years later, an orthodontist mentioned Langerhans cells. "Langerhans cells send out special agents -immune cells such as T cells and B cells -immediately after sensing any kind of danger in the skin. The immune cells capture trespassers such as bacteria and viruses and fight off injuries like cuts and scrapes." as described by [VeryWellHealth](#). Another amazing feature of our how our body protects itself!



## Got Bread? Make Doughnuts!

Donuts made from bread & dusted with coconut flour! The easiest way to serve allergy-friendly bite-size treats without baking or stressing. Everyone will be asking you for the recipe.

2 Pieces [Schar Artisan Baker 10 Grains & Seeds bread](#)

2 Teaspoons [Go Veggie](#) Vegan Classic Plain Cream Cheese

½ Tablespoon pumpkin puree

1/8 Teaspoon vanilla

1/8 Teaspoon cinnamon

1 Teaspoon raw honey Chocolate (such as [Enjoy Life Foods](#) )

½ Teaspoon oil

To get the full recipe just click [here](#)

## Why Do I Need to Go to the Food Allergy Bloggers



"it's never about competition but it's always about hugs, hand-shakes, photos, business card exchanges and engaging each other on a relaxed level." [Find out](#) why you should attend.



## Take the December Allergy Support Challenge



- D**  
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**R**
1. Eat a Red Apple Day
  2. Special Education Day
  3. Make a Gift Day
  4. Dice Day
  5. International Ninja Day
  6. Put on Your Shoes Day
  7. Cotton Candy Day
  8. Pretend to Be A Timetraveler Day
  9. Worldwide Candlelighting Day
  10. Human Rights Day
  11. International Mountain Day
  12. Cocoa Day

- Red Sneakers for Oakley**
13. Violin Day
  14. Lost & Found Day
  15. Cupcake Day
  16. Chocolate Covered Everything
  17. Clean Air Day
  18. Arabic Language Day
  19. Oatmeal Muffin Day
  20. Regifting Day
  21. Short Story Day
  22. Be a Lover of Silence Day
  23. Roots Day
  24. Egg Nog Day
  25. Pumpkin Pie Day
  26. Thank You Note Day
  27. Make a Cut Out Snowflake Day
  28. Chocolate Candy Day
  29. Tick Tock Day
  30. Bicarbonate of Soda Day
  31. Make Up Your Mind Day

While most of us are preparing for the holidays or trying to find the perfect gift for the perfect person, I wanted to share a new idea with all of you. It's a reverse holiday calendar- each day, you don't get a gift but rather, it gives you an option on how to share about food allergies. Those with food allergies sometimes feel even more stressed over the holidays, especially being surrounded by foods and anxious being invited to get together. This is my way of being able to ease some of those stresses. This is my way to give back and give someone else the reassurance that someone has their back. One idea for each day of December

**Will you take the December allergy support challenge with me? Get all of the details [HERE](#), share with others and have an empowered month of December here.**

Proudly partnered with Red Sneakers for Oakley

**Have you ever** fangirled over meeting a product owner that you have known virtually for years and years? I have! Beth Cherico of Amanda's Own Confections was at this year's Food Allergy Blogger Conference. She is just as inspiring in person as she is through her delicious goodies. See what she has at [Amanda's Own](#).



**purehaven** We adhere to a strict, six-step ingredient sourcing procedure and manufacture our products in our very own USDA Certified Organic facility in small batches so they are always fresh.

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