



Environmental Medicine considers the total cumulative toxic load on the body, including the home and work environment, physical problems, exposure to biological substances (dusts, molds, pollens, danders, and foods), nutritional excesses or deficiencies, trauma and any psychosocial burdens.

Intradermal Skin Testing (Serial Dilution End-Point Titration Provocation/Neutralization Testing) is an accurate and quantitative skin testing technique for the diagnosis of adverse responses to biologic environmental particulate, foods, and chemicals. The advantages to this type of testing over other methods of testing are as follows:

- It aids in finding a much more potent, safe starting dose for immunotherapy for each individual allergen;
- False positives and hyper-reactive responses, which present significant difficulties with single dilution skin tests, are better recognized;
- Testing and interpretation techniques are well standardized;
- It allows for safe co-seasonal testing practice. This is in contrast to the common practice of postponing single dilution skin testing for pollens until after the season is over because of the possible danger of severe reactions from the testing;
- Diagnostic information can be enhanced during testing by the triggering of actual symptoms and signs.

Desensitization or Immunotherapy is the strongest antigen dilution that results in a negative wheal with resolution of provoked symptoms. This is the maximum tolerated intradermal dose that is the strongest dilution of 0.05ml. This not only gives a negative wheal but also relieves any signs or symptoms produced from the just previously administered doses. This treatment dose will give excellent results in days or weeks; and after several months, acts like a vaccine—turning off symptoms, often permanently.

Environmental Medicine is a specialty in which doctors assist patients in uncovering the cause and effect relationship between their environment (allergies to pollen, molds, dust, danders, foods, and chemicals) and their symptoms; i.e. fatigue, muscle and/or joint pain, headaches, sinus congestion, stomach aches and pains, foggy thinking, irritability, and undefined depression. Environmental allergies can produce symptoms in almost every organ of the body and often masquerade as other diseases.

Diagnosing includes gathering a detailed environmental history, serial dilution allergy testing, completing a food diary, and identifying symptoms from specific exposures or foods eaten, i.e. sleepiness after taking a walk in the morning, sinus congestion after eating dairy products, or headaches after shopping.



Treatment includes avoidance of the offending substances, if possible, optimal dose immunization therapy, rotary diet, implementing environmental controls in the home, and vitamin and mineral supplementation.

Environmental tips to help you feel better:

- Remove all clutter, dust, books, and chemicals from the bedroom and clean it thoroughly. Remember, you should wake up feeling refreshed, not tired!
- Begin substituting less-toxic chemicals in cleaning your home. Instead of using Comet, consider using Bon-Ami; think of using vinegar water in place of Windex.
- Begin rotating your foods. If you eat beef today, do not eat it the next day.
- Drink only bottled or filtered water.

In Good Health,

Sharon Gwozdek, R.N., B.S.N.