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Food Allergies!



There isn't a day that goes by without a discussion of some sort about food. "What's for dinner?" is likely the most often asked question in our lives. Food is central to our existence and for most of us quite pleasurable. There are however those pesky food allergies that can upset the applecart for some of us. From rather benign reactions to severely traumatic and even life threatening, food allergies have been with us for thousands of years.

Lucky for us, there is a vast body of knowledge about food allergies to help us cope with them.

Pollen Count

You can check the pollen count for your location by simply going to...

<http://www.pollen.com>

Greetings!

We trust that you picked up a tip or two from our last newsletter and are now enjoying a full eight hours of peaceful blissful sleep as a consequence.

This month, we are devoting the entire issue to an examination of food allergies. They are among the most interesting of allergies, difficult to diagnose, and thought to affect 60% of us who in some way exhibit sensitivity to certain foods.

Food allergies can be precipitated from unexpected sources. Not only are they caused by the food we eat but also from alcoholic beverages, nutritional supplements, medications, soaps, cosmetics, cookware, glues, toothpaste, paper, paints, printing inks and many plastics. In one-way or another, these items commonly interact directly or indirectly with our foods. A walk through your local store quickly confirms the variety and proliferation of colorful and inviting food containers and packaging made from some of these materials.

We offer this information not to discourage you from eating your favorite foods, but rather to give you an appreciation of the complexity of food allergies. These wonderful bodies of ours are organic chemical factories that produce amino acids, enzymes, hormones, antibodies, and immune factors that work remarkably well to enable this precious life we live. Deficiencies in any one of these areas can precipitate the imbalances that enable allergies and the diseases they can cause.

While we can't cover food allergies in their entirety we hope this primer will pique your interest and give you a better understanding of the topic.

As always, we wish you good health and in keeping with this month's topic... Bon Appétit.

Sincerely,

Sharon Gwozdek

Sharon Gwozdek, RN, BSN
Editor

A Short History of Food Allergies

"What is food for one, is to others bitter poison." -- Lucretius 75 BC

It may surprise you to learn that food allergies have been around for a long, long time. They are not just a modern phenomena. The writings of Hippocrates dating back over 2,000 years speak of food allergies. They detail people's reactions to various cheeses. Lucretius, a contemporary of Hippocrates wrote... "What is food for one, is to others bitter poison." I don't think there is anyone alive today who has not made that observation. So then, what have we learned about food allergies since those early observations? In a word... Plenty!

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Food allergies have been the subject of intense research for hundreds of years.

20th Century technology is responsible for the increasing incidence of food allergies.

Food allergy reactions that are not immediate make it difficult to diagnose the offending allergen.

Food allergies have been the subject of intense research for hundreds of years. Consequently, we know much about them and what can be done to minimize their affects or avoid them altogether. While volumes have been written on the subject, this article is intended to highlight some of the more interesting aspects of food allergies. The body of knowledge is extensive. So, for those of you who wish to pursue the subject in-depth, you may wish to read *Clinical Allergy Due to Foods, Inhalants, Contaminants, Fungi, Bacteria and Other Causes*. Dr. Albert Rowe published it in 1937. His last publication, *Food Allergy: Its Manifestations and Control and the Elimination Diets – A Compendium* was co-authored by his son and published in 1972.

Food Allergies in 20th Century North America

With the advent of technology such as refrigeration, genetically modified, synthesized and irradiated foods, our food choices have become virtually unlimited. And, therein lies the problem. Prior to these advances, most families had exposure limited to about 40 different food items. Food allergies then were much less prevalent.

Cultural changes have also contributed to food sensitivity. For example, breast-feeding was discouraged with cow's milk or commercial formulas the preferred substitute. This resulted in several generations of food-allergic people. Other stressors affecting both the incidence and severity of food allergies include hormonal imbalances, infections, exposure to chemicals, metabolic diseases, emotional stress, seasons, altitude and nutritional imbalances. Heredity and race also play a part.

It is estimated that today 60% of the North American population is to some extent food-intolerant.

Food Allergy Types and Reactions

Food allergies can generally be described as either cyclic or fixed. A cyclic food allergy worsens with repeated exposure and reinstates tolerance when total avoidance is practiced for a period of time. On the other hand, a fixed or permanent food allergy is indicated when a reaction is provoked when exposed to a specific food. Meats, grains, vegetables and fruits in decreasing order tend to be fixed allergies.

Food reactions are classified as:

- Occult (Hidden): Pathology is evident but without obvious symptoms
- Immediate: Symptoms are obvious within minutes
- Delayed: Symptoms may not appear until the next day, or several days later
- Thermal: Symptoms occur after ingestion of a specific food followed by exposure to cold, heat or light.

It is easy to see that the variability of food allergy reactions that are not immediate makes it difficult to diagnose the offending allergen. A person, who feels well when he or she goes to bed but who wakes up with a migraine, is usually reacting to a food consumed at dinner.

The Allergy/Addiction Phenomenon

To add to the confusion consider the allergy/addiction phenomenon. This occurs when a person experiences symptoms from an offending food and then eats the same food again only to experience partial relief from their symptoms. Many people are surprised to learn that they are sensitive to such common foods as coffee, sugar, wheat, eggs, corn, or milk. It is not uncommon for these people to insist that their physician and tests are wrong.

The Allergenicity of Foods

Is it possible that all foods can cause reactions? Yes, they can. But some are more potent allergens than others. Protein foods are more allergenic than non-protein foods and they are more difficult to digest than fats or carbohydrates. Consequently, if digestion is incomplete, the molecule absorbed into the bloodstream is too large. At that point, the immune system recognizes the molecule as a foreign substance rather than a nutrient and immediately sets up a chain reaction to destroy the invader. Getting at the cause of incomplete digestion can benefit an allergic person. Some common causes include:

- Low stomach acid
- Insufficient pancreatic enzyme production
- Improper levels of bicarbonate in the small intestine
- Irritation of the intestinal lining
- Stomach or duodenal ulcerations
- Others

Allergenicity of foods is also affected by the following:

- Cooking will reduce allergenicity by half. Raw foods are more difficult to digest, and poorly digested foods tend to be more allergenic
- Heating foods in oils (stir-frying) slows their absorption rate and reduces reactions
- Purity of foods, those not contaminated by additives, pesticides, antibiotics, bacteria, and hormones can cause problems
- Prescription drugs can provoke reactions to normally "safe" foods.

Cross-Reactivity

A most interesting phenomenon of food allergies is called Cross-Reactivity and occurs when allergy-producing proteins are identical. This happens when bananas, watermelon, zucchini, honeydew, cucumber, and other members of the gourd family are consumed for the first time and cross-react with ragweed pollen. Cross-reactivity between foods and pollens heightens symptoms for some people. Another example is Birch pollen, which cross-reacts with potatoes, carrots, celery, hazelnuts and apples.

Concomitant and Synergistic Foods

When another allergen, such as a chemical or a particulate inhalant (pollen, dust or mold) is present a food reaction can occur. These are said to be concomitant reactions.

An example of this would be a reaction where milk, milk products, or mint are consumed while ragweed is pollinating. Yet, in the absence of pollinating ragweed a person consuming the milk products or mint exhibit no reaction at all. There are many other substances or conditions that can provoke such conditions. Here are a few examples.

The allergy/addiction phenomenon is one of the strangest manifestations of a food allergy.

A Short History of Food Allergies (continued)

Many common substances interact with foods to provoke reactions that in the absence of those substances do not occur.

Substance Or Condition	Proven concomitant foods (Identified, but not verified)	
Trees Cedar, Juniper Cottonwood Elm Oak Pecan, hickory Mesquite	Beef and yeast (baker's, brewer's, malt) Lettuce Milk and mint Egg and apple Corn, banana Cane Sugar, orange	
Grasses: All	Legumes: beans, peas, soybean, cottonseed oil Grains: wheat, corn, rye, barley, oats, rice, millet	
Weeds Ragweed, short and western Ragweed, giant Sage Amaranth family (pigweed, carelessweed) Marshelder	Egg Milk, mint Potato, tomato Pork, black pepper Wheat	
Dust	Oysters, clams, scallops	
Candida	Cheeses, mushrooms, vinegars and other fermented or molded foods	
Cystic breast disease	Coffee, chocolate, cola	
Poison ivy	Pork, black pepper	
Viral infection	Milk, mint, onion, chocolate, nuts	
<th data-bbox="500 1430 1036 1572">Substance</th> <th data-bbox="1036 1430 1572 1572">Possible Concomitant Foods (Identified but not verified)</th>	Substance	Possible Concomitant Foods (Identified but not verified)
Weeds Marshelder Chenopods (goosefoot family, such as lamb's quarter, fire-brush, Russian thistle, shadscale and winterfat)	Tea Egg, corn	
Dust	Nuts	
Influenza vaccine	Onion	

A Short History of Food Allergies (continued)

A synergistic reaction is one that occurs when two concomitant foods are eaten within the same meal. However, such reactions are absent when these foods are consumed separately.

There are many foods that when eaten together in the same meal can cause allergy symptoms.

Specific food allergies cause many common diseases.

Some proven Synergistic foods include:	Possible Synergistic foods (Identified, but not verified)
<ul style="list-style-type: none">• Corn and bananas• Beef and yeast (baker's brewer's, malt)• Cane sugar and orange• Milk and mint• Egg and apple• Pork and black pepper	<ul style="list-style-type: none">• Wheat and tea• Pork and chicken• Milk and chocolate• Coffee and cola• Coffee and chocolate

Disease Symptoms Associated with Foods

There are many disease symptoms that you are familiar with, however, you may not associate them with specific food allergies. These include:

Disease	Offending Foods
Arthritis	Sugar, wheat, pork, tomatoes, potato eggplant, tobacco
Asthma	Eggs, milk, seafood, peanuts, chocolate, corn, nuts
Bad Breath	Can be caused by allergy to any food
Bulimia	Wheat and sugar
Colitis	Milk, wheat, corn, egg, chocolate, nuts, tomatoes
Duodenal Ulcer	Milk
Eczema	Milk, fruits, chocolate, peas, beans, peaches, grains, and eggs
Headaches and Migraines	Virtually any food, eggs, wheat, milk, chocolate, corn, cinnamon, wine, pork and nuts are common offenders
Hives	Peanuts, eggs, shellfish, tomatoes, chocolate, nuts, spices, milk and food additives
Hyperactivity	Sugars, corn, artificial flavors, food coloring
Bed wetting	Milk, wheat, corn, egg, orange and chocolate

Disease	Offending Foods
Obesity Hypoglycemia	Any carbohydrate
Recurrent ear infections	Virtually any food, milk, wheat, egg, peanut, soy, orange, tomato, chicken
Recurrent upper respiratory infections	Milk, egg wheat, corn
Eye pain, conjunctivitis, restless legs, fatigue, excessive perspiration, abnormal body odor, leaning disorder and depression	Virtually any food

While we have barely scratched the surface in our discussion of food allergies, we sincerely hope that we have raised your awareness and that your newfound knowledge becomes the basis for seeking relief and your initial guide to self-care.

If you suspect that you may have a food allergy based on the information herein, we encourage you give us a call 480-634-2985.

Featured Recipe

Simple Simon Maple Cake

Cake without eggs doesn't keep very well. Solution? Make a small cake to feed up to 4 people. If you have a 6-1/2 inch skillet with an ovenproof handle, such as Corning's, you can cut this recipe in half to make just the amount of cake you will use. A small cake like this will serve three generously, or four modestly. Freeze any that won't be used the same day, but use soon – within 2 weeks – and top the thawed cake with applesauce or other fruit sauce (to moisten).



Full recipe yields 6-8 wedges and half recipe yields 3-4 wedges

INGREDIENTS:

1/2 cup + 1 Tbsp amaranth flour	1 Tsp. Cream of tartar
1/2 cup + 1 Tbsp unroasted buckwheat flour	1/2 Tsp salt
1/2 cup + 1 Tbsp quinoa flour	1/3 cup oil
1 tsp. Baking soda	2/3 cup maple syrup
	1/4 cup chopped pecans (optional)

PREPARATION:

Preheat oven to 350 degrees. Use Non-stick spray on a pie plate. Combine dry ingredients and whisk well, or sift. Combine oil and syrup in measuring cup and pour over dry ingredients. Using a rubber spatula, stir until flour disappears. Scrape batter into prepared pan. Scatter the chopped pecans over the top, if using. Bake 20 – 22 minutes or until a pick inserted in center comes out clean. Cool 10 minutes before cutting.

Surprisingly good! Serve plain as you would a coffee cake, with a cup of tea, or use as dessert.

Bon Appetit!

Check Out Our New Website!



Our new patient-centered website provides useful information about allergies, their causes and what can be done to effectively treat them. We invite you to pay us a visit. Go to.....

www.allergyenvironmental.com

Allergy & Environmental Treatment Center provides quality care to individuals suffering from a variety of debilitating symptoms associated with food, environmental and chemical allergies.

We offer state-of-the-art allergy testing and treatment. Schedule your visit with us today! Call 480-634-2985.

Allergy & Environmental Treatment Center Provides Valuable Allergy Education at 3rd Annual Health & Wellness Fair.



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

On Wednesday, March 3rd, 2010 The Deer Valley Unified School District No. 97 held its 3rd Annual Health & Wellness Fair. The fair's theme this year... "Live Healthy Today For A Better Tomorrow". Several hundred people of all ages attended.

Allergy and Environmental Treatment Center's own Sharon Gwozdek, RN, B.S.N. was on hand to answer questions and to build awareness about allergies, their causes and what can be done to combat them.

The school district's health fair is an educational and interactive event designed for outreach to provide basic preventive medicine and medical screening to employees and people in the community. A variety of vendors and exhibitors were represented and provided education on all aspects of health, wellness, fitness and lifestyle improvements. Topics included such things as chiropractic, acupuncture, fitness clubs and hospitals. Health screenings such as cholesterol testing, blood pressure and diabetes screenings were also provided.

Allergy and Environmental Treatment Center is a strong advocate of community health fairs and participates valley wide whenever schedules permit.



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Allergy & Environmental Treatment Center provides quality care to individuals suffering from a variety of debilitating symptoms associated with food, environmental and chemical allergies.

We also offer general medicine/primary care services.

We offer state-of-the-art allergy testing and treatment. Schedule your visit with us today! Call 480-634-2985.

Sincerely,
Sharon Gwozdek, R.N., B.S.N.
Allergy & Environmental Treatment Center