

# The Lifestyle and Culinary Medicine Newsletter

*we're so glad you're here!*

## THIS MONTH'S FOCUS

# Asthma and Allergy Awareness Month



May is Asthma and Allergy Awareness Month, a time to focus on respiratory and immune health.

Managing asthma and allergies is a community effort and extends beyond medication—it is shaped by our environments and the people around us. Achieving long-term control requires a collaborative support community, including family, healthcare providers, schools, employers, and policymakers.

About 106 million people in the United States have asthma and/or allergies, 28 million have asthma, 22 million with food allergies and 82 million with nasal allergies.

There is no outright cure for asthma and allergies, but by working with your primary care physician or asthma and allergy specialist to optimize your lifestyle and medication regimen, you can better control troublesome symptoms. Sending wishes for a month filled with all the good things, To your health and happiness!

With care,

*Dr. Lateef.*





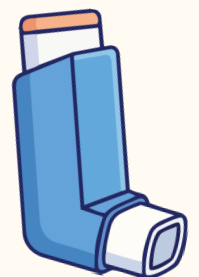
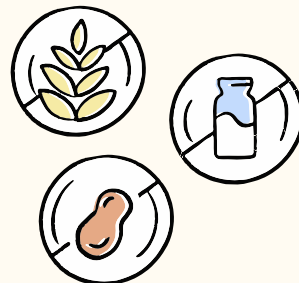
**Asthma** is a long-term disease that makes it hard to breathe. Asthma causes the airway to narrow, squeeze and get clogged. Common signs and symptoms of asthma include: cough, shortness of breath, and wheezing. Waking up at night frequently due to symptoms can indicate that one's asthma is not optimally controlled. It can be treated with medicines that reduce inflammation and dilate the airway. Limiting exposure to triggers and irritants can also help significantly (be sure to see the tips at the end of this newsletter!).

This sequence of events is caused by **type 2 immune response**. A type 2 immune response typically happens when your body senses certain kinds of infections or allergens and sends out specific type 2 immune cells to fight a battle against the intruders by creating inflammation.

In some people, the immune cells cause inflammation even when there's no infection. By doing so, they end up damaging the body itself. This is an overactive immune response called type 2 inflammation. Type 2 inflammation can be a chronic condition, which means it always exists in the body, even when no symptoms are present.

**Type 2 inflammation is the underlying cause of multiple related conditions, such as:**

- Asthma (eosinophilic/allergic phenotype)
- Atopic dermatitis (eczema)
- Chronic rhinosinusitis with nasal polyps
- Eosinophilic esophagitis
- Allergic rhinitis
- Food allergies
- Prurigo nodularis
- COPD with eosinophilic phenotype



# ALLERGIC RHINITIS (HAY FEVER)

An allergic reaction that causes inflammation in your nose and sinuses.



## COMMON SYMPTOMS

- Runny or stuffy nose
- Sneezing
- Itchy, watery eyes
- Itchy nose, throat or ears

## COMMON TRIGGERS

- Pollen (trees, grass, weeds)
- Dust mites
- Pet dander (skin flakes, saliva, urine)
- Mold

## WHAT CAN HELP?

Avoid triggers, try nasal saline rinses, and use medications if needed. Talk to your healthcare provider.



**Allergies:** About 106 million people in the U.S. have allergies, and this includes seasonal allergies, eczema and food allergies. Seasonal allergies are caused by an allergic reaction to pollen from grasses, trees, and molds.

**Allergic Rhinitis** is caused by pollen, mold, animal dander, and dust mites. It presents with runny nose, itchy eyes and nose, sneezing and post nasal drip. There is no cure for allergies. Symptoms are treated by avoiding triggers, medications and immune system treatments. Climate change is one reason for longer and intense allergy seasons.

**Food Allergies:** According to recent data, food allergies affect 18 million adults and 4 million children in the United States. This means 1 in 17 kids have food allergies.

The most common food allergies in children are milk, eggs, and peanuts. Feeding these foods early to babies cuts down the chance of developing food allergies. Some kids can outgrow their allergies while others do not.

The most common food allergies in adults are shellfish, peanuts, and tree nuts. Many adults develop food allergies without a prior history of allergies.

There is no cure for food allergies. The treatment includes avoidance of allergens, medications and being prepared to treat a severe allergic reaction with epinephrine.

# FOOD ALLERGIES

Your immune system reacts to a food (even a tiny amount) and can cause serious symptoms.



## COMMON FOOD ALLERGENS



Note: Other foods can also cause allergies.

## SYMPTOMS CAN INCLUDE



## WHAT CAN HELP?

- ✓ Read food labels carefully.
- ✓ Avoid the food(s) you are allergic to.
- ✓ Carry prescribed epinephrine (EpiPen®) if you are at risk for a severe reaction.
- ✓ Make sure family, friends and caregivers know what to do in an emergency.



## SEVERE REACTION? CALL 911 RIGHT AWAY.

Signs can include trouble breathing, swelling of lips or tongue, dizziness, or fainting.

Food allergies are common, but you are not alone. With the right plan, you can stay safe and healthy.

## 4 different ways to minimize pollen exposure

If you are heading outside, these simple habits can act as a "barrier" between you and seasonal irritants:

1. The "Post-Walk Reset": Pollen clings to fabric and hair. As soon as you return from your walk, change your clothes and consider a quick shower. This prevents you from "tracking" the outdoors into your living space.
2. Wear Eye Protection: Large, wrap-around sunglasses aren't just for style—they provide a physical shield that prevents wind-blown pollen from making direct contact with your eyes.
3. Check the Daily Forecast: Before heading out, check a local air quality or pollen index. If the count is "Extreme," it might be the perfect day to move your routine indoors with some yoga or bodyweight exercises.
4. Cover Your Hair: Wearing a hat or headband can keep pollen from settling into your hair, which is one of the most common ways people accidentally bring allergens to their pillow at night.

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# Vegetable Stir-fry with Teriyaki Sauce

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This is a great base recipe that can be varied endlessly to suit your taste preferences or whatever veggies you have on hand. If you prep the vegetables and whole grains to serve ahead of time, you can have this on the table in minutes.

## Ingredients:

1 red bell pepper, thinly sliced  
1 small white onion, sauté sliced  
¼ head green or red cabbage, thinly sliced  
1 head broccoli, cut into florets (about 1-inch in size)  
2 large carrots, julienned  
¼ pound (110 grams) snap peas, cut on a bias into ½-inch pieces  
4 scallions, finely sliced  
3 cloves garlic, minced  
1 tablespoon (15 milliliters) minced fresh ginger  
2 tablespoons (30 milliliters) high heat cooking oil, such as sesame, grapeseed, peanut, or canola oil.

## Teriyaki Sauce:

Vegetable/Other Ingredients

¼ cup (60 milliliters) low-sodium tamari or soy sauce  
1 tablespoon (15 milliliters) rice vinegar  
2 tablespoons (30 milliliters) sugar or date paste  
¾ cup + 2 tablespoons (180 milliliters + 30 milliliters) water  
1 heaping teaspoon (5 milliliters or more) chili garlic sauce or 3 to 4 whole Thai bird chilies, optional (for spicy version)  
½ teaspoons (7.5 milliliters) cornstarch



## INSTRUCTIONS:

1. Whisk together tamari/soy sauce, rice vinegar, sugar, ¾ cup (180 milliliters) of water, and chili sauce/chilies (optional) for the teriyaki sauce and set aside.
2. Add cornstarch to a very small dish and add 2 tablespoons (30 milliliters) of cold water; stir until dissolved and set aside.
3. Prep all vegetables and set near your burner. Heat a wok or large sauté pan over high heat. Working in batches, add some of the oil and a single layer of vegetables to the pan and cook, stirring/tossing frequently, until a bit softened but still crisp to the bite (2 to 3 minutes per batch). Set aside until all vegetables are cooked.
4. Whisk teriyaki sauce ingredients, making sure to stir in the sugar that has settled on the bottom of the bowl and pour into the empty hot pan; cook, stirring, until boiling. Stir cornstarch mixture in the small dish and then drizzle into sauce mixture in the hot pan while stirring. The sauce bubble and thicken within a few seconds. Remove from heat and toss all cooked vegetables in the pan with the sauce. Serve immediately with brown rice or quinoa.
5. Add proteins, like roasted tofu, beans, baked salmon, stir fry shrimp or grilled chicken.

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## Movement Tip

### THE GOLDEN HOUR SHIFT

Movement is medicine, but seasonal transitions can sometimes make it a challenge. By shifting your outdoor activity to later in the day and practicing a quick 'post-walk reset,' you can enjoy the fresh air while keeping the sniffles at bay.

Timing is everything when it comes to air quality. Pollen counts are typically at their highest between 5:00 AM and 10:00 AM, as plants release their pollen with the rising sun.

To avoid this, shift your outdoor movement—whether it's a brisk walk, a jog, or light stretching—to the late afternoon or evening.



### Book Suggestion:

#### The ALLERGY-FRIENDLY COOKBOOK

By Elizabeth Pecoraro



In this book, Elizabeth Pecoraro, a registered dietitian, teaches families with allergies to cook simple, healthy, delicious meals that are completely free of the top nine allergens: peanuts, tree nuts, egg, milk, wheat, soy, fish, shellfish and sesame.

Each recipe has substitution options, cooking tips and resources for allergy-friendly manufacturers.

### Happy with your care?

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