

Discovering Allergies



In our busy society, everyone enjoys taking time to indulge in a relaxing walk in the park, lay indolently by the beach, or savor a scrumptious meal. However, for many Americans these tasks can't be done so effortlessly. Main cause...allergies!

There are many different kinds of allergies: foods, chemicals, animal danders, indoor dust mites, molds, grasses, trees and weeds. The Tampa Bay area is especially susceptible to allergy problems. Our tropical environment serves as a breeding ground for mold, and dust mites in the air conditioning systems are widespread, not to mention our year-around grass season.

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If allergies go undiagnosed, the immune system is challenged and one becomes more prone to other diseases (i.e. ear infections, sinusitis, asthma, irritable bowel syndrome, rheumatoid arthritis, psoriasis, eczema, skin rashes and hives).

There is a safe, accurate, and convenient way to diagnose allergies. The ImmunoCAP® test (PharmaciaDiagnostics) uses the latest technology to diagnose allergies. A single blood sample is all that’s needed to test for a number

of allergens, from foods to airborne inhalants. Many allergists consider this blood test to have numerous advantages when compared to the older scratch testing method. Dr. Leonard A. Rubinstein, a

distinguished Ears, Nose, and Throat specialist in Sarasota, Florida, who has spent over twenty years treating allergies states, “Scratch tests are based on non-standardized extracts and can lead to erroneous interpretation because of their subjective nature.”

While some allergy reactions can be controlled by medications, it is best to identify the specific allergens and avoid them or get desensitization against the allergies. This treatment can be accomplished through injections or through administration of drops of the desensitizing solution under the tongue. This new mode of therapy has been found to be equally effective in select patients.

Because Dr. Rubinstein does not believe in treating food allergies through injections, a rotation elimination diet is tailored specifically to the patient’s blood test results and reaction history. “This diet, when followed correctly, can dramatically correct a patient’s symptoms,” says Dr. Rubinstein. With this diet, patients are able to ascertain which foods may produce symptoms and provides the needed incentive for the long-term elimination or rotation of offending foods.



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