



Contact: Susie Lomelino
slomelino@calisepartners.com
214.269.2092

For Immediate Release

2015 iaedp Symposium Reveals the Real Scoop on Food Allergies and Intolerances

Pekin, IL (Feb. 20, 2015) – Food allergy myths can blur the understanding of the real differences between food allergies and intolerances, critical knowledge for patients with eating disorders. At the 2015 iaedp Symposium held on March 19 – 22 in Phoenix, Megan A. Kniskern, MS, RD, CEDRD and Miriam K. Anand, MD, FACA AI, FA AAAI review evidence-based approaches to diagnosing and managing food allergies and intolerances when treating eating disorders.

Kniskern, Director of Nutrition and Culinary Services at Rosewood Centers for Eating Disorders and A New Journey, teaches undergraduate and graduate courses at Arizona State University. An allergy and immunology specialist who treats and manages asthma and other disorders or diseases that affect the body's immune system, Dr. Anand is a Diplomat with the American Board of Internal Medicine and the American Board of Allergy and Immunology.

Food allergies occur when the immune system recognizes and reacts to food being consumed. Food intolerance can trigger the immune system to react to food in different ways, ranging from potentially life-threatening scenarios involving anaphylaxis to an immune response to gluten, found in wheat and other grains. Both food allergies and intolerance are concerning reactions to food with varying degrees of severity and damage being done to the body.

“The most noted eating disorders professionals from around the country and internationally will be in attendance to both present and learn about new research and treatments in our field.” said Bonnie Harken, Managing Director of The iaedp Foundation.

The presentation by Kniskern and Dr. Anand will be held on Friday, March 20 and is one of the over 40 workshops and feature presentations at this year's iaedp Symposium for eating disorder

professionals. For registration information about the 2015 iaedp Symposium in Phoenix at the Pointe Hilton Tapatio Cliffs Resort, go to iaedp.com.

###