

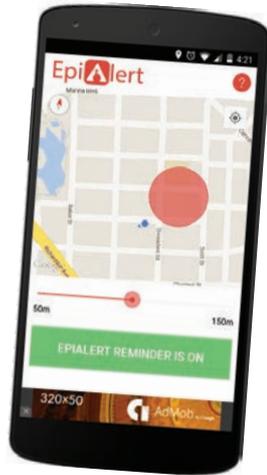
ALLERGY SHOTS

APPY ANSWERS

When technology meets allergic life, peace of mind and new friends follow.
—Courtney Born

Forget-Me-Not

Always make sure epinephrine is close at hand with the new **EpiAlert App** (Android and iOS). Simply set your home base using the app and once you leave the chosen area, a pop-up notification will remind you to check that you're carrying your epinephrine auto-injector. An affordable \$5 at signup.myeialert.com; a portion of the proceeds goes to allergy research.



Sensitive Socializers

Bring your appetite along to the newly updated "custom eater" community at **Freedible.com**. Whether dealing with allergies, celiac disease or intolerances, this free online platform is a virtual meeting place where bloggers, brands and home cooks interact and share their favorite recipes, reviews, tips and questions.



Site owners
Arianne
Schreer
and Alexis
Pizzurro.

Meet Market

Safely navigate food land mines on the dating battlefield with **AllergicAttraction.com**. The new website is free to join, and was created to provide a fun, stress-free way for young adults with food allergies to form relationships, and perhaps even find their allergy-aware soul mate.

Mindful Monitor

The Veta **Smart Case** isn't your ordinary EpiPen holder. The high-tech case uses sensors and Bluetooth connection to signal your phone with the location and temperature of your auto-injector. If misplaced, the case can emit a pinging noise and light up. If you pull open the cap, the Smart Case sends an alert to the mobile devices of your emergency contacts (also easy to deactivate). \$59 on preorder at www.aterica.com.



Shine On

Get set to spring clean with the variety pack of **Natural Flower Power All-Purpose Cleaners**. The Lavender, Lemongrass and Citrus & Spice sprays use pure antibacterial, antifungal, hypoallergenic and biodegradable ingredients. \$19.99/3 (32 oz) bottles at www.naturalflowerpower.com.



Don't bark up the wrong tree with wasteful paper towels. Full Circle's Pulp Friction **Cleaning Cloths** are reusable, machine-washable and made of natural wood fiber. Super absorbent for spills yet soft enough for glass, the set includes three brilliant colors: Leaf, Aqua and Violet. \$4.95 at www.fullcirclehome.com.