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Passover Perils: Dangerous Seder Dinner Foods

BOSTON (Wireless Flash Syndication) -- Passover officially begins today (Apr. 12) but if you aren't careful, you could pass out.

According to Boston-based health expert Dr. Georgianna Donadio, the various foods served at Seder can be hard to stomach -- in more ways than one.

For instance, she says too much horseradish can make "you feel like your nose is about to explode." Some people even faint from the fumes.

Also, matzoh ball soup can cause irritable bowel syndrome among people with gluten allergies and gefilte fish may contain parasitic eggs, causing more bowel problems and vomiting.

Even worse: Those people who are holding out for the traditional coconut macaroon dessert may end up with more than a sour taste in their mouth. Donadio says it can cause "mouth sores and stomach burning" if you have a nutty allergy.

Donadio says moderation is the key but warns, "there's always someone who overdoes it."

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