



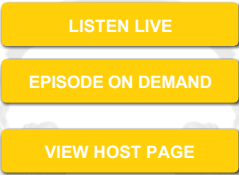
Express Yourself!
Sunday at 3 PM Pacific
January 31st 2021: Allergies and Humor

Do you know how to identify a life-threatening allergy to food or other substances? Hosts Arjin Claire and Andrea Smith take a deep dive into the real dangers of allergies. Arjin has had extreme food allergies to tree nuts, dairy, eggs, and peanuts since he was a child. He recalls an almost fatal encounter with a KIND bar as a teen and offers tips on how to recognize and avoid accidents that could be fatal by being honest and diligent. The duo take a break by offering a selection of Covid humor before Andrea discusses sinus allergies and what to do about them. An allergic reaction can happen a

[Read more](#)



Tune in
Sunday at 3 PM Pacific Time
on VoiceAmerica
Empowerment Channel



Questions? Comments?
Call In Live! Call-In
Toll Free: 1-888-346-9141
Intl: 001-480-553-5760

Featured Guests

Guest Image

Arjin Claire

Arjin Claire is a curious and enthusiastic 10th grader in the Sacramento area. He's a competitive soccer player, loves the drums, is an avid esports gamer, competes on his high school Mock Trial team and is always up for a healthy debate! He's also a reporter and Business Manager for his high school's award-winning newspaper, The Octagon. His motto to school (and life) is...never shy away from asking why. He is a reporter for innovation Nation and host on Express Yourself! Teen Radio

[Read more](#)



Andrea Smith

Andrea Smith is a senior at Santa Margarita Catholic High School. She loves to swim and everything that is ocean related. She is also extremely passionate about Model United Nations and how to live a happy and healthy lifestyle! She is a reporter for In the Spotlight and host on Express Yourself! Teen Radio.

[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

