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What My Papa Told Me About... FOOD ALLERGIES

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FOOD ALLERGIES

A Survival Guide to Overcome and Recover from a Food Allergy

Selective eating... you are to undergo such a phase when you are allergic to some kinds of food and beverages. A food allergy is the body's immunologic reaction due to the presence of food protein.

Nowadays, there are several reading materials to help you understand the things you need to know about food allergy. One such example is the book called "5 Years without Food: The Food Allergy Survival Guide: How to Overcome Your Food Allergies and Recover Good Healthy." The book discusses overview of food allergy as well as the foods which you can and cannot eat and its alternatives. Additionally, you will also learn some necessary food allergy treatment from the book. Furthermore, "a personal testimonial" from the author makes the book credible as reviewed by readers.

Aside from the information which can be derived from the book, here are some helpful additional ideas you might want to add in your collection of thoughts.

Commonly, adults are allergic to foods such as eggs, tree nuts, peanuts, shellfish and fish. Kids, on the other hand, are inflicted with allergies to peanuts, milk and eggs. If you are aware that you have food allergy, what you need to undertake is to be well-informed about the allergy you have. By doing so, you will be able to overcome and recover from such allergy.

Some types of food allergies will be discussed for further reference:

Egg Allergy

An individual afflicted with the said allergy is hypersensitive to foods containing substance from eggs – the white or the yolk.

For some time, you are restricted to consume foods containing eggs. These days, there are egg substitutes which you can use such as tapioca and starch from potatoes. Apple sauce can also be an alternative.

Nut Allergy

People who are oversensitive to tree nuts end up experiencing allergic attacks. Nut allergy should not be interchanged with peanut allergy. It is different from the latter since tree nuts are considered fruits that are dry.

Types of food prepared from soy nuts are considered to be a good alternative in the absence of tree nuts in your diet. A soy nut is not necessarily a nut; it is a soybean which undergoes the process of soaking and baking to achieve its crisp end result.

Milk Allergy

There are individuals who upon ingestion of proteins from a cow's milk develop an allergic reaction. When this happens, such individuals are considered to be allergic in milk.

To obtain optimum result from milk allergy treatment, you need to completely avoid milk allergens. In order for you to fill in nutritional gap from milk, you can choose to include soy milk or rice milk in your diet.

Seafood Allergy

If you are hypersensitive to foods such as shellfish or flaky fishes then you are most likely allergic to seafood.

The only way to avoid allergic attacks is prevention from eating shellfish and fishes which you are allergic into. Moreover, you also need to be careful on selecting pre-packaged foods for its labeling may not declare that it contains seafood ingredients such as shellfish or fish.

There is a reason for you to undergo selective eating. It will make you overcome the allergic reaction which is happening into your system. Moreover, it will help you recover and survive. To some extent, it will help you cease your food allergy. Selective eating may vary. Some food allergies are treated on a short-term; others are not treated in their lifetime.

Allergy-Friendly Book for your Child to Help You Cook the Best

Research shows that there are about five to eight percent of young children who is inflicted with food allergy. A food allergy is an immunologic reaction of the body when an individual is hypersensitive to a particular food protein.

With the growing number of children getting food allergies, more parents and caregivers are seeking help from a lot of resources such as books. Nowadays, there are several books which tackle information on food allergies in children. However, do not be overwhelmed by books which have tempting titles which says that theirs is the best allergy-friendly book for your child. It is only in rare occasions that you can find a book which contains everything you need to know about food allergy in children. Hence, it is best to evaluate the reading material that you are about to acquire by the following standards:

1. Overview of Food Allergy

The book must contain a general idea of what food allergy is all about. The definition of food allergy must be well-defined in a manner where even children can understand them. Additionally, the root cause of the food allergy in children should be explained.

The signs and symptoms of food allergy in children must be well-discussed. There are instances that the general signs and symptoms are different from those experienced by children. Moreover, the different treatment and prevention methods must be thoroughly talked about in your preferred reading material.

It is equally important to for any author to include food allergy related by-laws which may be helpful to you and your child. "Labeling law" is an example of state rule implemented for food allergy.

2. Types of Food Allergy in Children

The types of food allergy in children differ from those on adults. The common food allergies in children are:

- ? Milk – this is considered to be a common “allergen” to children especially infant.
- ? Peanut – severe allergic reaction may result with this type of allergy to children who have asthma.
- ? Egg- allergies to this type of food may cause other illness to children such as asthma and nasal allergy.
- ? Seafood – seafood allergy includes hypersensitivity to fish and shellfish.
- ? Wheat – there are children who outgrow their allergies to wheat at an early age.
- ? Peanut – this is said to be a life-threatening type of food allergy especially if left unsupervised.
- ? Soy – this is said to be the least type of food allergy to cause life-threatening situations.

3. Diagnosis, Treatment and Prevention

It is important for food allergy books to discuss apt diagnosis, treatment and prevention for children.

There are several methods to diagnose the presence of food allergy to children. Some examples are close observation to symptoms, elimination diet test, skin prick test and blood test.

Studies show that the best way to treat and prevent food allergy is to prevent consumption of allergens or triggers. For children with severe allergies in food are given emergency treatment such as wearing allergy bracelet or card information or carrying EpiPen.

4. Food Recipes

Parents are sometimes anxious that their children may not be getting the recommended amount of nutrition due to food allergy. However, there are means and ways to deal with it such as preparing food substitutes to the type of food allergy.

Recipes may also be helpful for parents or caregivers to prepare delectable meals.

Having a Hidden Allergy Can Contribute to Making You Ill

One out of two individuals suffers from hidden food allergies, and this includes around 70% of chronically ill people. If you're one of those unfortunate people, what will you do?

Persons suffering from discomfort and unnecessary pain usually exhibit classic symptoms like weight gain, bloating, food cravings, irritable bowel, abdominal pain, constipation, diarrhea, depression, chronic fatigue, bedwetting, hyperactivity, rhinitis, rashes and itches, eczema, sinus problems, asthma, mouth ulcers, ear infections, migraines, and joint pains. If these symptoms happen frequently for no reason at all, then more or less you already have a food allergy. You can overcome most food intolerance and allergies, and if you want some help, you can purchase a book written by Patrick Holford and James Braly.

Their book is all about hidden food allergies. They explained the benefits if you exclude certain foods in your diet but only for a certain time. After a couple of months, you can eat the same kinds of food safely.

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Holford is a well-known nutrition expert in Britain, and many of his books are international bestsellers. Braly on the hand is a medical researcher and is also top in his chosen field.

Both of the authors have also suffered form hidden food allergies, and that's what encouraged them to write such book. If you're constantly having the symptoms mentioned above, there is a great chance that you have intolerances and allergies. This can add to your troubles and are usually the major cause of your health problems. Unnecessary suffering is the least possible thing that any individual would want to experience.

Their book can serve as your guide as you go through a maze until you finally discover which kinds of food can make you sick or ill, and the right foods to consume instead. The book also contains remarkable scientific advances that can help you in identifying if you have a food allergy. The authors explain how people become intolerant, and they reveal underlying food allergy causes. The book teaches the reader how to get rid of the causes to reduce the potential of an allergic reaction.

One more thing that might catch your interest, the book can teach you in three months time about desensitizing yourself to certain types of food. If you can do this, you can now eat the kinds of food that you've been trying to avoid. People who have allergies for life can't use the method, but what the book offers is reduction in the symptom's severity by using drug-free and natural methods.

When you say allergies, most people would think of chemical allergies; but did you know that household products or environmental factors are nothing compared to the kinds of food that you usually eat? Yes, that's right. Food is the most common cause of your symptoms. Most individuals are unaware that they have the allergy that's why it's called hidden, and is yet to be discovered. Once you discover the types of food that your body is allergic to, you can avoid eating such foods and have other healthy choices of food items.

The book is for the entire family. It has several chapters that give useful information, score chart for your symptoms, and about gluten allergy. If you suspect any hidden food allergy, then you can purchase from your local bookstore or through online stores.

Hidden Food Allergies by Holford and Braly is quite affordable, besides, this is a good investment because you can learn a lot of things and perhaps this is also the answer to your health problems.

Allergy-free Dog Food, Is it the Best Solution?

Your pet dog is a unique companion that requires your love and attention. When your dog is suffering from any ailment or condition, you're also suffering. Sometimes, it's difficult to find out what causes such ailments, and many vets claim that it has something to do with food allergies. Around 10% of dog allergies are due to food.

Allergies related to foods can be very alarming to the owner. If you frequently see your dog excessively scratching and itching, then your pet may have a certain food allergy.

The most common food culprits are corn, wheat, and soy. There are also dogs allergic to beef and chicken. It would be best to bring your dog to a vet so that the doctor can give an accurate diagnosis and the proper way of treating your best friend.

If your dog compulsively and excessively licks his foot, or bites or chews his other body parts, this is already a sign that your pet has an allergy. Usually, pet nutritionists and vets recommend the substitution of your dog's protein source. For this special purpose, lambs are often used to introduce something that's new to his diet.

If you greatly rely on your vet, he would usually give you expensive formulas that are hypo-allergenic. But did you know that you can also figure things out by yourself? There are dog food mixes that are specially designed for those with food allergies. In the long run, these mixes can be expensive.

You can begin giving allergy-free mixes so that you can closely control your dog's diet. The mixes contain vitamins and nutrients formulated exclusively for dogs. Try to experiment and introduce other protein sources and observe the dog's reaction for a few days.

There are certain dog mixes that are chicken-based, while others have fish protein. Every now and then, change your dog's protein source and observe. If you finally found one that goes well with your dog and the allergies seem to improve, then stick to that diet.

There are things to remember when you're introducing a new food for your dog. You must do it slowly for about six days. Use the ration 4 is to 1, with 4 being the old food. Do this gradually until the sixth day, when you've totally changed your dog's diet. Stick with the food for at least a week and keep a close watch if your dog develops a certain reaction.

You can't solve the allergy problems of your dog overnight. Break your dog's food cycle by starting with a neutral food that's grain-free. After finding the right protein source for your dog, you can try re-introducing the grain back and see if there's an effect. Use your common sense; and if you choose to do things on your own, you can also save a lot of money. And remember that you should feed your dog with a well-balanced diet with the right amount of vitamins and minerals.

The process of sensitizing your pet dog to a certain food agent and the complex antibody response which takes place in your dog's intestinal tracts are not yet well understood. Despite this fact, many vets and nutritionists know the symptoms and how to correctly diagnose allergies, as well as treating them.

So you see, you can also try other alternatives in choosing your dog's food other than allergy-free foods. All it takes is patience, time, and common sense.

Food Allergy and Asthma

There have been a lot of studies about food allergy that involves patients having asthma. You can easily see the symptoms after a couple of hours after eating a certain kind of food. Asthma and eczema are associated with atopic patients with allergies in food.

Atopy has three manifestations including asthma. It is an allergy pattern unknown to most patients. It is usually associated with disorders such as hay fever and eczema. Food allergy causes delayed or immediate asthma patterns. The delayed pattern can bring about bronchitis

and/or chronic asthma. The immediate reactions are life threatening, dramatic, and sudden that is a consequence of an anaphylactic reaction to food.

Asthma basic ideas, causes, treatment:

- asthma is considered an allergy unless proven otherwise
- allergies come from food sources and airborne
- solve asthma through diet revision and improved air quality

There are three basic choices for the treatment of asthma including removing the cause, treating the symptoms, and altering the patient to tolerate such causes.

Oftentimes, asthma is known as an allergy that's airborne, and food allergy is greatly neglected. Most doctors overlook this fact and despite the improvements with drug therapies, asthma is a leading cause of death. Most of the skin tests conducted to patients with asthma are negative, and the symptoms don't appear immediately. For some, it can take hours or even days.

How does this happen? If the person eats a type of food that he or she is allergic to, the food allergens are then incorporated into the bloodstream and it triggers the immune mediators' release. These chemicals can cause different symptoms like bronchial muscle constriction; and this is an episode of an asthma attack. You will slowly feel the reduction of airflow in your bronchial tubes. You're already having a noisy and prolonged expiration. This obstructive, inflammatory phase is an important mechanism associated with chronic asthma.

Patients with food allergy are usually given antibiotics over and over again because the infection and allergic symptoms are very similar. But the truth is antibiotics can actually increase your risk of advance allergic reactions. There have been reports about patients with long-standing deterioration after prolonged or repeated antibiotic use. This is one of the reasons why many asthmatic patients are quite hesitant to undergo medication.

Here's good news to asthma sufferers, with a complete revision in your diet, you can remove the chronic symptoms. You must have a broad management plan that includes solving your food allergy, toxicity, airborne allergy, and providing appropriate medication when certain preventive efforts are unsuccessful.

There are specialized doctors that can help you with your diet plan. If your asthma is indeed caused by certain food allergies, your doctor can help you in identifying which foods you're

allergic to. Once the foods are identified, your doctor can now recommend a new diet plan that is designed to stay away from certain foods. This may take time and you need to visit your doctor periodically. But the results are quite effective according to come patients.

If you're not that sure, you can do a valuable research online and check if the there are doctors in your place that can help you with your food allergy. You can also ask your friends and co-workers if they know a reputable doctor who can help you out.

Don't start any treatment or diet without proper diagnosis and approval of your doctor to avoid any complications.

Managing Your Child's Food Allergies Effectively

Allergy is one of the most common diseases existing in society today. There are millions of people suffering from allergies and about 6 percent of the population suffering from allergy is children and infants. You have to consider that this kind of disease can affect anyone at anytime. Once your immune system overreacts to a foreign object that is usually harmless and releases histamines, allergy symptoms can occur.

You have to consider that as a parent, your baby is one of the most important persons in the world. You feed them, you give them clothes and you provide them with shelter and care. This is why you should be aware if your baby has food allergies as it can cause severe discomfort to them and in severe cases, it can cause death.

As a parent, you have to be aware of your child's health and because allergies are very common nowadays, you have to take the necessary measures in order to properly manage it and prevent your child from experiencing discomfort because of allergy attacks. Some foods are the main causes of allergies. If you are giving your child solid foods for the first time, you have to be absolutely certain that the food you are giving them will not cause an allergic reaction.

First of all, you have to know how allergy works in order for you to properly manage it and detect it as early as possible in order for you to manage it properly. When your child ate food that his or her body is allergic to, the body will first produce antibodies called IgE. After your child ingested the same food again, the IgE will tell the immune system to produce histamines to fight of the allergens. You have to consider that the allergens are usually harmless but the immune system of your child will mistake it as being harmful and attacks it. Because of the attack on the invader, the body will produce signs and symptoms of allergy after a few minutes of ingesting the food or after about two hours of ingesting the food.

The symptoms of allergy can be mild or severe. On the mild symptoms, your child will experience mild discomfort as swelling of the skin, mouth, ears and tongue. You will also see rashes on the skin that can be itchy. The child may also experience difficulty in breathing as well. In severe cases, your baby may vomit or can have diarrhea. It is very important for you to know that severe allergic reaction can be life threatening.

If a member of your family is allergic to specific kinds of food, your child may also inherit the allergy. Although there are cases where your child can eat the food with no problem at all, you will soon notice that your baby may develop the signs and symptoms after a few times of eating the same food. Here are some of the foods that your child may likely develop allergies to:

- Fish
- Peanuts
- Tree nuts
- Shellfish
- Eggs
- Milk

If your baby is showing signs and symptoms of allergy, you should immediately call your local emergency number as soon as you notice the signs and symptoms. You have to consider the fact that this situation can be life threatening and can cause severe discomfort for your child.

Always remember that early detection leads to proper management and care. The baby's pediatrician will prepare an action plan for properly managing the allergy attack and will also provide medications to treat allergies.

Your Cat and Food Allergy

Dogs and cats are affected by food allergies. Having a pet cat has its rewards and you get to have a companion when you're all alone in your house. But did you know that even if your feline companion is just 5 months old, it can already have a food allergy? However, majority of cats exhibit symptoms of an allergy between 2 to 6 years old. Those cats that have food allergies have contact allergies or concurrent inhalant.

Oftentimes, pet owners confuse a food allergy from food intolerance. The first one is the true allergy wherein symptoms of skin problems and itching are associated with cat allergies. The latter is a result of diarrhea or vomiting and doesn't create an allergic response. The one thing that is common among the two is that both conditions can be removed with a carefully planned diet that is free from allergy agents.

Among cats, the most common types of food that cause an allergic reaction are dairy products, beef, and fish. The offenders are also the common ingredient in their foods. The correlation is not considered a coincidence. There are proteins that are antigenic than other proteins. The food proteins are usually similar and the occurrence of allergic responses can be associated with exposure.

The major symptom if your cat has a food allergy is an itchy skin. It can also include excessive scratching, miliary dermatitis, and hair loss. If you purely base your evaluation from physical signs, then you can't distinguish if your cat has food allergy, or if your cat has Atopy and other allergies.

If at the beginning of winter your cat is having an allergic reaction, or if it happens all year-round, then your cat might be suffering from food allergy. If the itchy skin felt by your cat doesn't respond to steroid treatments and antihistamines, then this is another confirmation that your cat is suffering from an allergy.

Prior to obtaining a food allergy diagnosis, your cat's other health problems must be identified and treated. This includes Atopy, parasite hypersensitivities, allergies with flea bites, bacterial or yeast infections, seborrhea, and other problems. If all those problems are resolved and your cat still exhibits symptoms, then you should start with a food trial.

Your cat's food trial should consist of novel food and carbohydrate that will last for about 12 weeks. You can avail of the diet commercially, or you can also have it homemade. Don't give your cats treats during the trial period. Just make sure that it is still a well-balanced diet so that your cat won't get sick.

If you observe elimination or marked reduction of the symptoms, then you should do provocative testing, which means that you give the original food back. This is essential to prove or confirm your diagnosis. If the symptoms go back after eating the original food, then your diagnosis is confirmed. Your cat truly has food allergy.

After such confirmation, you have two choices. You can either feed your cat a homemade diet or a commercial diet. If you choose the first option, you can challenge your cat with other ingredients that doesn't cause allergic reactions. Make sure that you give the right amount of food ingredients. The second option requires you to purchase every now and then and an added cost.

Whatever you choose, it's for your cat's well-being.

Child Food Allergy: How to Effectively Manage It

As a parent, it is very important for your child to have everything. You would want everything to be the best for your child and this is why most parents work very hard in order to give their children their needs and their wants. You work hard in order to give your child the best possible

living conditions, nutritious and delicious foods, enroll them to the best schools, and you also want them to have the best toys that they can play with.

As you can see, it is quite natural for you as a parent to want the best in everything for your child in order for them to grow up healthy as well as happy. However, there comes a time where your child gets sick. Today, there are numerous cases of child food allergy that can severely affect your child's way of life.

With a child food allergy, you have to take care and closely monitor what your child eats. Because they still don't have an idea about what foods they can eat and what foods they cannot eat, it is very necessary that you should always keep an eye out for your child. However, if they are now going to school, you have to consider that their classmates may eat food that their child is allergic from. You have to realize the fact that your children just might want to taste it. And, with you at the office, working very hard for your child, you can't always keep an eye out for your child and tell them that they can't eat the food.

First of all, allergies are triggered by histamines. Although histamines are normally found in animal dander, and in pollens, it can also be found in certain foods. In fact, some people are allergic to a lot of foods that they have to know what they are eating. You also have to know how allergies work in order to fully understand how you can manage it. Allergies are triggered when your child ingests histamine. Histamines are normally considered to be harmless in the human body, however, when a person is allergic to it, the white blood cells or the immune systems overreacts and attacks the histamine. This also triggers the body to experience sneezing, runny nose, and swelling in different parts of the body. This is considered to be your body's self defense when they encounter an alien object in your body.

There are severe cases of allergies that some children experiences that can really affect their life. In some cases of allergy attacks, you may need to take your child to the hospital. This is why it is very important that you should identify what kind of food is allergic from.

Usually, child food allergy is triggered by histamines in peanuts and in shellfish. Although they may develop allergy to other kinds of food, peanuts and shellfish are the main triggers of allergies.

It is also a great way to keep track of their diet in order for you to identify the causes of allergy attacks in your child. However, it is best that you should consult their pediatrician where they will perform a series of tests that can be used to identify what kind of allergens triggers your child's allergy attacks. To do this, your pediatrician will do a series of lab examination that will include skin tests to determine the causes of the allergy.

By doing this and by knowing about what kind of food your child is allergic to, you will be able to manage the food they eat and give them a more normal life to live.

Common Food Allergy: Effectively Managing Food Allergies

It is a fact that you have to eat food everyday in order to give your body the nourishment it needs in order for it to function on its daily tasks. Obviously, food is what fuels your body to go on living. However, there are cases where food can also cause illness that you have to avoid.

Today, there are cases where people are allergic to certain kinds of food. In order to properly manage it, you have to consider that you will need to be aware of the food that you are allergic from and also to avoid food that contains certain kinds of allergens that your body will react to.

It is very important that you should know how to effectively manage your diet especially if you are allergic to certain kinds of food as allergy attacks can be very uncomfortable and can affect the normal functions in your daily life. In severe cases, allergy attacks may need you to be hospitalized as it can cause swelling in your air passages that will not allow you get any oxygen in your lungs and suffocate to death.

First of all, allergy attacks are triggered by the allergens found in allergen-containing foods. Normally, these allergens are considered to be harmless. However, once it enters the body of a person with allergic reaction to specific allergens, the immune system overreacts and tries to destroy the foreign object that made its way to the body. During this process, the body reacts by showing signs of swelling to different parts of the body, skin rashes, redness and increase in temperature, itching, shortness of breath and wheezing,

As you can see, allergic reactions of your body can be very uncomfortable and will severely affect your daily activities. This is why you have to be aware of the foods you eat and know what kind of food you are allergic from.

Usually, the most common food allergies that the body reacts to are peanuts, shellfish, milk, fish, wheat and soy. If you are not sure what food allergens you are allergic to, you have to visit your physician or an allergist. They will give you a series of tests that will enable you to identify what kind of food you are allergic from. With this kind of information, you will be able to manage your allergy effectively and prevent any future attacks.

Here are some ways you can prevent allergy attacks. Firstly and obviously, you have to avoid foods that contain food allergens that your body reacts to. This means that you should never eat food that you are allergic to and never cook food with an ingredient that contains the food allergens.

If you are out dining in a restaurant, you should inform the waiter or waitress about your food allergy and ask him or her which food contains the food allergen you are allergic from. If you really want to eat foods that contain the allergens, you have to inform the waiter or waitress to not include the ingredient (milk, peanuts, tree nuts, egg) that you are allergic from.

If you accidentally ingested the food-containing allergen, it is very important that you should immediately take anti-histamine medications. This is why you have to take anti-histamine medication wherever you go in case you accidentally ate food that contains an ingredient that you are allergic from.

These are some of the common food allergens that you should know about in order to properly manage it and minimize the risk of future allergy attacks that can lead to severe discomfort and in severe cases, death.

Dog's with a Food Allergy: Treating and Managing Your Dog's Allergy

Food allergy is one of the most common diseases in today's society. You have to consider that allergies can cause discomfort in your daily activities and you will not be able to do your daily activities properly. However, you have to consider that your dog too can experience food allergies.

You have to consider the fact your dog too can have food allergies. This is why you should also monitor your pet because allergies can cause severe discomfort in your dog and in severe cases, it can be life threatening. It is very important that you should be aware of the signs and symptoms of dog allergies as it can be hard to detect. You have to remember that your dog cannot talk and cannot tell you what they are feeling. So, it is important to remember that you should know how to detect dog allergies in order for you to manage it properly and know how to effectively treat them.

Dogs today eat a variety of processed foods and food allergy is the third most common causes of allergies in dog. As with the human allergy, the dog's immune system also overreacts to a certain kind of food that will trigger their immune system to release histamines to fight of the invader. You have to consider that the so-called invader is usually harmless to dogs and the immune system overreacts to it and mistakes it as harmful.

If your dog is suffering from an allergy attack, you will see that they have itching in several parts of the body. They will experience itching in the face, foot, limb, belly and they will also experience recurrent ear infections. You will also see that they will not be as active as usual, will refuse to eat and will vomit.

One of the main causes of food allergies is staring at you in the face. The dog foods available today that can be brought from several pet stores contains junk ingredients that can cause allergic reaction to your dogs. The proteins found in beef, chicken, chicken eggs, wheat and dairy products are the most common causes of allergies in dogs. As you can see, the ingredients mentioned are also the most common ingredients found in dog food. It is important that you should try switching your dog's diet in order to determine what kind of food that is causing the allergy.

It is also important that you should take your dog to the vet in order to perform a series of physical examination that will determine what kind of ingredient in dog foods that contains ingredients that causes the allergies. Once the allergen is identified, the vet will recommend that your dog should change diet from regular dog food that contains allergens to hypoallergenic dog

food. Although hypoallergenic dog foods can cost quite higher than regular and popular dog foods available in the market, you can be sure that your dog will always be in shape and will always live a happy life.

You can also choose homemade diets but you have to remember that the vitamins and minerals should be carefully balanced in order to provide the adequate nourishment your dog needs. Your veterinarian will be able to provide you with a diet plan for your dog.

With proper management and proper treatment, your dog will be able to live a happier life and will minimize the risk of allergy attacks.

Eczema and Food Allergy; are They Really related to Each Other

Eczema is a type of skin ailment that usually comes with itching, skin thickening and scaling. Most often, eczema appears on the knees, arms, elbows and even on the face.

When this type of skin ailment affects children, especially those who have a clear skin, parents are not able to distinguish its cause at once.

Usually, parents perceived that food allergies are the source of their child's eczema. However, there are numerous experts who find this belief to be untrue. Instead, these experts advise parents not to limit the diet of their child without consulting with a pediatrician first.

An example of eczema relating to food allergy was the case of a five month old baby who suffers from severe eczema.

According to the mother, the baby is intolerant to lactose early on, even the formulas of lactose free appear to be incompatible to her baby. Hence, she decided to shift to soy.

The soy shows a good reaction on the baby's skin. However, after sometime, the eczema appeared again.

If you are in the position of the mother, would you think that the soy caused the eczema to the baby? Would you prefer to use again the lactose free formula?

As what has been mentioned in the previous paragraph, eczema usually appears and vanishes, leaving the child with clear eczema free skin for a couple of weeks. That makes the triggering factor of eczema hard to be determined.

This is the exact thing experienced by the mother in the presented case.

Though it is true that the controversy about food allergies as a triggering factor of eczema do not die away until now, the relationship of a lactose free formula to the baby's eczema do not show a good reason.

According to the experts, the baby might catch the allergy from milk proteins, or if not from the soy proteins. They reject lactose, a sugar, to be the reason.

Shifting to lactose free formula can be her option. But experts affirmed that lactose do not include a formula that would cure the baby's eczema. If ever it does, it is certainly a coincidence.

Lactose may develop other symptoms, like or instance fussiness, diarrhea or gas.

If you have the same case, it is suggested that you visit your baby's pediatrician rather than rely on hearsay. You can cite to your baby's pediatrician that you are suspecting the baby to be allergic on soy formula including those that are milk based.

Your pediatrician will tell you whether these formulas really worsen the eczema. Hypoallergenic formula like Alomumentum or Nutramigen can be prescribed.

The pediatrician might also advise allergy testing. This is done through blood testing.

Now, if you really observe that the food or even drinks your baby had taken has worsen his eczema, then you can just simply avoid them. But clarify it with your pediatrician; he is more knowledgeable about food allergies.

Note that there are also some children who both have eczema as well food allergies. But these two do not tend to affect one another.

The best thing about this case is to know the treatments for eczema. Follow the prescription of the pediatrician; this will assure you that you are applying the right medication for your baby.

Determine properly the triggering factor. Usually, pediatricians prescribe moisturizers, or topical steroids.

Food Allergy and Anaphylaxis in an Irritating Nutshell

Published by <http://FireballBooks.com>

A person will never know if they are allergic to a certain type of food unless they have eaten the food allergen itself. It takes a certain amount of food for the reaction to take place and trigger a symptom.

Food allergy and anaphylaxis are closely related, but they have their own defining differences that will be discussed as you read on.

Plus, a person can also develop allergic reactions to foods that are closely related to the original food allergy he or she has. Say, an allergy to oysters can also lead to an allergic reaction when the person eats shrimp, crabs, or fish.

In food allergy, the individual's immune system reacts in two ways. The body may respond through the use of mast cells. These mast cells can come about at just any part of the human body but its favorite spots make itself known to the world is in the throat, lungs, eyes, skin, and especially the organs of the gastrointestinal system. The other type of response is through the body's release of immunoglobulin E antibodies that travel through the blood system. It then eventually causes the discharge of the body chemical histamine which then causes the activation of allergic reactions in the common body sites previously mentioned.

On the other hand, anaphylaxis is derived from the Greek words ana and phylaxis, which subsequently means back and protection. It is the abrupt allergic response that is much more intense than the common allergy which can be lethal to the sufferer. Chief causes of anaphylaxis include insect stings, skin contact to latex, medications, and food. Anaphylaxis may also be idiopathically caused or, in lay man's terms, unknown causes.

Like in food allergy, anaphylaxis involves the reaction of the different body sites; the only difference is the intensity of the response and only a small amount of the allergen is needed for the reaction to take place. The time span before signs and symptoms become evident ranges from within a few seconds up to a few hours after allergen exposure.

Anaphylaxis can come about following the intake of food, skin contact, or even as simple as inhalation of the food aroma. The life threatening type of anaphylaxis is called anaphylactic shock. In anaphylactic shock, only a tiny amount of the food allergen is needed to cause death to the sufferer within moments of exposure.

Individuals who are in danger of undergoing an anaphylactic reaction are those who have a history of allergy to food, asthma, and eczema. They are more likely to experience an anaphylactic response that can be fatal. Another population group who are also at risk of anaphylaxis, through the evidences of current studies that have been conducted, is teenagers who are afflicted with a certain type of food allergy. This is due to the fact that teenagers have frequent tendencies to eat out, are daring and experimental in their endeavors, and are more likely to fail to identify symptoms of anaphylactic reaction. Moreover, teenagers have tendencies to forget to carry with them essential medications which can either be caused by self-consciousness common to their age group.

Symptoms of anaphylaxis may be similar to that of food allergies. Basically, an incident of anaphylaxis initially starts with an itchy or irritating sensation, and some individuals experience a metallic after-taste. Anaphylactic symptoms may also include hot flashes or sudden warm

feeling, inflammation of the throat and oral cavity, hives, dyspnea or labored breathing, low blood pressure, diarrhea, gastric irritations, and fainting or loss of consciousness.

Furthermore, there are cases wherein the symptoms fade away for a moment but then come back within a few hours; this incidence is known as biphasic reaction.

To prevent food allergy and anaphylactic reactions, careful scrutiny of food labels, diet modifications, specific instructions in food orders in restaurants, and certain medications can be of great help in reducing the incidence of any type of reaction. Moreover, a consultation to the physician is advisable for an efficient management plan and if allergies seem to run in families because it can also be hereditarily caused.

Food Allergy and Food Intolerance: Identification and Treatment

Most medical doctors nowadays are giving much attention to food allergies and intolerance unlike before. Although there is no particular drug that can be used as treatment for food allergies, there are other alternatives that can be pursued to control your addiction to certain foods. Some doctors also prescribe vitamin supplements and other drugs that can be helpful in controlling your cravings for certain foods.

Jonathan Brostoff and Linda Gamin wrote a book which was published way back in the year 2000. It's a book all about food allergies, food intolerance, and their treatments. If you want to get invaluable advice to achieve long-lasting and dramatic health improvements, this is the best book to add to your book collection.

This book explains how food sensitivities cause misdiagnosed and chronic ailments like migraines, persistent fatigue, and sinus problems. It also features a gradual process of identifying certain food allergies, intolerances, and helps you reshape your diet to achieve better health.

Some chronic ailments like the ones mentioned above remain elusive, and doctors find it quite hard to diagnose such ailments. If all conventional tests can't provide comprehensible diagnosis, the likely culprits are food intolerance and food allergies.

You can find clear explanations about the causes, differences between allergies and intolerance, and various case studies on certain problems that the readers are quite familiar about. Most importantly, the needed solutions or treatments for such problems are also provided. Many charts and illustrations are provided, including an elimination diet divided into three stages and a gradual reintroduction food system.

If you suspect that you have a persistent condition that is linked to any dietary sensitivity, this book can provide you with the necessary information that you will need in achieving sound results. You're not only improving your health, but your life as well.

Most critics gave the book high ratings and they claim that the texts are thorough and detailed. The critics recommend the book for public health collections and for the general consumers. If you're studying about food problems and allergies, this is a must-have that you shouldn't miss. Of course the book can't please everyone, and there are those that say the book lacks adequate examination of complementary and/or alternative practices which most readers and allergy sufferers are looking for in a book.

Many consumers also gave the book high ratings. Most of them claim that it's truly a helpful book that it unlocks the door that leads to the better understanding of food intolerance and food allergy.

The good news is that the book is sold at approximately \$20, and is shipped to you in twenty four hours. If you can't afford it, you can settle for used copies, but make sure that you get it from authorized dealers.

The authors of the book are Brostoff and Gamlin, and they are an honorary professor/consulting physician and biochemist respectively. Brostoff is highly recognized as the leading authority on intolerance and food allergy internationally while Gamlin specializes about health matters, allergies, and immune system. Gamlin is also a well respected writer.

So if anyone in your family suffers from any health condition and you think that it is brought about by food allergy, or perhaps food intolerance, don't hesitate to buy the book. This is the key to discover what causes such health conditions.

Spotting the Culprit: Food Allergy Blood Test

A simple food allergy can change the way a person live his or her life for it basically makes this person a little altered than his or her allergy-free contemporaries. Allergies with certain types of food are caused by a specific chemical that is a common chemical ingredient in that same food. So, it is not surprising that an allergy to food may also cause a reaction to medications which subsequently leads to an alteration in medications, too.

As a result, medical professionals have been finding ways to detect food allergies as early as possible before the reactions take place. There are numerous testing processes that they utilize in finding out whether a patient is allergic to certain types of chemicals. One of these tests includes blood testing.

But before going further about blood testing, you should first understand what goes on inside the body during the allergic process.

There are two ways that the immune system reacts to an allergy. One approach is that the body, after the detection of allergens, generates immunoglobulin E or IgE which is a kind of antibody. IgE is then disseminated in the blood stream. The other approach is the occurrence of mast cells. Mast cells appear in the body tissues particularly in common allergy sites like the throat, nasal cavity, oral cavity, skin, lungs, and the organs of the gastrointestinal system.

There are cases that the capacity to produce immunoglobulin E to fight off a certain food allergen is inherited. Individuals who are at higher risk in being afflicted with food allergies are those who have blood relations who have suffered from asthma, eczema, and hay fever.

Furthermore, an individual must initially be in contact with the potential food allergen before his or her body produces the antibody IgE. As the individual is finally exposed to the allergen the IgE is then produced and consequently fastens itself to the mast cells. This team up will eventually cause body chemical reactions the next time the allergen is eaten by the hapless individual.

Now, this immunoglobulin E is important in the detection for allergies through blood testing. The most frequently utilized blood tests are Radioallergosorbent test (RAST) and CAP-RAST (which is basically similar to RAST but more advanced).

In blood tests, the outcome is ranked from one to six, with one the least positive and six the most. Blood tests can be utilized in individuals afflicted with a severe case of eczema since this type of testing can not be influenced by antihistamines.

Following the drawing of blood samples, it is then sent away to the laboratories for further evaluation. Blood tests can be pretty much expensive and results are not immediately available for the patient to know whether they are allergic to certain food or not.

Eventually, an allergy is diagnosed when the medical professionals detected the presence of the immunoglobulin E or IgE in the patient's blood. But the results of the blood test can not identify if there is a close connection between the existence of IgE and the allergy's intensity. There are even cases wherein the results are negative although the patient manifests symptoms of food allergy.

In case, blood tests fail there are still other tests that the medical professionals may utilize to size up your allergy. These tests may include skin prick tests, elimination diets, and food challenges.

Furthermore, feel free to ask questions to the medical professionals concerning the results to better understand your condition.

At War With Food: The Cause of Food Allergy

An allergy takes place when the immune system suddenly has an abnormal response to a certain material that is usually not detrimental to most individuals except those who have allergies. When an allergy is triggered by a substance or allergen, a person's body recognizes this as a trespasser and subsequently releases chemicals to fight off the "trespasser" causing symptoms that can range from a simple irritation to a fatal reaction that may even lead to death.

Food allergy is a reaction made by the immune system in which antibodies are produced by the body as a result of a negative effect to some foods. Though there are many individuals who claim that they have food allergies, there are only a few who really have certain allergic reactions to food. Most people confuse food allergy with food intolerance. Food intolerance and food allergy are both sensitivity reactions to food, but intolerance to certain types of food does not affect the immune system and isn't really a life threatening incident.

As of the present time, the medical world still has not found any cure for food allergies. Allergy management only involves the prevention of intake of food allergens and some diet modifications.

Looking closely, during an allergic reaction, the body's immune system releases antibodies, specifically immunoglobulin E. It subsequently causes the production of chemicals like histamine in the process of "protecting" the body. Now, these chemicals are the root cause of symptoms which may include an irritation in the eyes, skin, throat, lungs, and the gastrointestinal organs. These takes place whenever the individual is exposed to the allergen.

Although any type of food can cause allergic reactions to different types of individuals, there are eight major foods out there that are often the main culprits of an allergic reaction. These eight major allergy-causing foods are: fish, soy, milk, wheat, eggs, peanuts, tree nuts, and shellfish.

By and large, individuals afflicted with allergies react only to some allergy-causing foods. Sometimes, allergy to a certain type of food may also cause allergic reaction to foods that may be related with the allergen food. This incidence is known as cross-reaction. For instance, an allergic reaction to wheat may also cause a reaction to rye. Allergy to pollens subsequently causes an allergy to green apples, hazelnuts, almonds, and peaches. A reaction to goat's milk may also be associated with an allergy to cow's milk. And the list goes on and on.

Moreover, individuals who have been afflicted with asthma and/or eczema may also be at risk of developing a food allergy. With bad luck, they would probably have a reaction that is more severe than those people who only have food allergy to worry about. This is due to the fact that when an allergy takes place the person will be under stress which then may lead to triggering their asthma and/or eczema which will aggravate the situation.

But the intensity of the reaction will depend on some circumstances like the individual's sensitivity threshold to the food allergen, amount of eaten food, and the exposure scale the person has to the food.

Although, there is no cure to allergies, self-discipline and vigilance will help you, the allergy-sufferer, overcome these food problems. There may be some medications out there that alleviate the symptoms but a consultation to the physician will give you a better understanding to your allergy problems as well as treatment recommendations.

Cure For Food Allergy with Psychological Origin

Food allergy is one of the easiest conditions to cure when talking about psychological methods. However, it is recommended to use other methods that are widely available. It is because one treatment may be effective for one person but not to others. From the point of view of some psychologists, food allergy has something to do with emotional experiences or illnesses from years ago. However, most people are unconscious about it.

Take for instance; when you were a child, you have developed headaches or nausea from bugs that you have picked up and have associated it with the food you have eaten recently. If you experience the same thing in the days to come, it could bring back the same emotional upset and symptoms of the disease.

To eliminate food allergy in relation to psychological origins, you need to successfully send the message to your subconscious mind for breaking that association. You can get the help of a hypnotist or a knowledgeable friend about the process.

You need to dig deeper to find out the origin of your food allergy. It is necessary to determine the first incident that connects food allergy into your life. Your subconscious state definitely know what had happened that time and for sure that would be likely traumatic. But you don't need to be upset again, you were young before and as you are getting more mature, your way of thinking also changes. Take away all your negative emotions that you have felt before because of food allergy, and start to think recovery from that distressful situation.

More often it can be caused by what somebody said (it can include your parent, doctor, teacher, or another child) or something you witnessed in connection with food allergy. Whatever it is, there is something that was imprinted subconsciously and still operates presently. Thus you don't want to have such a condition. If you know the origin of food allergy, then it is easy to find the cure.

Talking to the subconscious mind and letting it do what the therapist say needs a trigger and a command. Your therapist can tell it to disconnect all the things that are associated to your food allergy in all the levels of your subconscious mind so that the condition will never bother you again.

A friend can do it for you. Take for instance; let your friend start the procedure by snapping his/her fingers or clapping his/her hands. You can close your eyes and begin to imagine eating the food that caused your food allergy. See how you feel. This may sound ridiculous for people who are not a therapist but can work for many sufferers of food allergy.

Your subconscious mind is not considered a reasonable mind but a mind which follows order. Again try to imagine eating the foods you are allergic to, extend your imagination until the food allergy symptoms appear, and then observe your feelings. If you feel the symptoms, then it shows that it is in your mind. This procedure can be done repeatedly until the results become positive.

This method provides no guarantees, however it can make a difference. Food allergies can be recurrent during an emotional upset. Just do the procedure all over again until your upsetting episode is over. Food allergies with psychological origin can be treated in this way. But still, it is advisable to consult a doctor.

Easy Guidelines on Fighting Food Allergy through Allergens-Free Diet

Some people are not aware that they have food allergy. It can be difficult to diagnose especially if allergic reactions are not apparent before. Symptoms of food allergy only appear if you exceed the tolerable amount of foods you are allergic to.

Food allergy lets your body react as if some foods are harmful. The immune system of the body then creates antibodies for fighting back food allergens which triggers the food allergy. Once the person eats the food, touches the food, or even inhales its particles, chemicals including histamine are released by the body to protect it from allergens. Allergic symptoms can affect your cardiovascular system, skin, gastrointestinal tract, or respiratory system. Food allergy symptoms are characterized by wheezing, abdominal pain, swelling, itchiness in the throat, tongue, or lips, itchy skin rashes, and runny nose.

Food allergies need to follow special diets. These diets do not contain food allergens as much as possible. It is advised to consult your doctor or dietitian especially if you want to eliminate some types of food from your original diet or begin a specialized diet. It is because you might need some adjustments on the new meal plan or replace any lost nutrients by taking nutritional supplements.

1. Milk allergy diets. You need to eliminate milk and dairy products containing milk. These are good sources of Vitamin D and calcium. So it is necessary to replace it with other kinds of food such as soy products, spinach, and broccoli, also enriched with these nutrients. The labeled ingredients of the products must be always checked. You can also use almond, rice, or soy milk, instead of cow's milk. Non-dairy goods which include some margarines, cheese, yogurt, chocolate, and ice cream.

2. Egg allergy diets. Young children, adults, and infants are more prone to egg allergies. Elimination of eggs and other products with egg contents is needed. Also check labels carefully because some egg alternatives has egg white contents.

3. Peanut allergy diets. Peanut allergies are one of the most fatal and are potentially serious among all types of food allergies. It contains food allergens most common for triggering allergic reactions. Most commercial foods such as ethnic foods, candy, and baked foods contain peanuts, especially if prepared only by one manufacturer.

4. Tree nuts allergy diets. All products with tree nuts ingredients must be totally avoided even though only one nut triggers your allergic reactions. Some shampoos and lotions also contain tree nuts. Carefully check the product labels.

5. Fish allergy diet. Fish have different species but contains similar proteins. You need to eliminate all kinds of fish from your diet, except if your allergist has already determined the specie that triggers your food allergy. It is also advisable not to visit seafood restaurants.

6. Shellfish allergy diets. Shellfish have different species but contains similar proteins. You need to eliminate all kinds of shellfish from your diet, except if your allergist has already determined the specie that triggers your food allergy.

7. Soy allergy diets. Soybeans are considered legumes which include kidney beans, navy beans, black beans, string beans, chickpeas, pinto beans, peanuts, carob, licorice, and lentils. This is widely used for processing foods, so make sure to avoid such products.

8. Wheat allergy diets. Wheat proteins are called gluten and wheat made foods are considered as American diet staples, which you need to avoid. Read the labels of the products carefully.

Never forget these diet guidelines to fight food allergies successfully. After all nothing beats caution and preparedness.

Symptoms, Diagnosis, and Treatments of Food Allergy in Cats

Food allergy does not only affect humans but also animals. It commonly affects cats and is considered among the major causes of atopy, and flea bite allergies. Cats may develop food allergies from frequently fed types of food.

Cats become sensitive with a certain food ingredient. Thus the antibodies in their intestinal tracts respond resulting to food allergy. In fact, among all types of allergies, food allergies are more prone to cats with a ten percent ratio.

Food allergies can affect female, male, and neutered cats. And it is also a misconception linking specific breeds of cats to food allergies. This condition can trigger symptoms in cats as young as five months old and as mature as twelve years old. But the majority of food allergy cases in cats occur between two and six years old. Cats having food allergies also have contact with inhalant allergies.

The major distinction of food intolerances from food allergies must be learned to correctly manage food allergy in cats. Food allergies are considered as true allergies showing characteristic symptoms such as itching as well as skin problems linked with canine and feline allergies. If vomiting or diarrhea occurs without creating allergic responses, then it is only food intolerances. Cat food intolerances are similar to humans getting stomach trouble or diarrhea because of eating fried or spicy foods. Both food allergies and food intolerances can be prevented by utilizing foods without offending agents.

Several studies revealed that some food ingredients are the major triggers of food allergies compared to others. The most common culprits in cats are beef, dairy products, and fish. As many pet owners have observed, these are the major ingredients found in cat foods. Although some proteins are slightly more antigenic, still it comes in similar forms. Thus allergic reactions depend on the amounts of exposure.

The symptoms of food allergies in cats are the same to most types of allergies. But the main symptoms are itchy skin, excessive scratching, miliary dermatitis, and hair loss. It can be difficult for pet owners to distinguish cats suffering from food allergies or atopy through physical signs. However, they must suspect of food allergy if symptoms start to manifest during the winter or all year-round and cats failed to respond to steroid and antihistamine treatments.

Diagnosing food allergies in cats is very simple provided that you can recognize symptoms of the different types of allergy. Food allergy symptoms can be similar to symptoms of bacterial or yeast infections, notoedric mange, seborrhoea, and hypersensitivity to intestinal parasites.

It is very important to perform food trials to cats. Provocative testing and elimination diets can be done. Feed the cat with novel foods that contain carbohydrates and proteins for twelve weeks without treats. One typical example is potato and duck, or potato and venison. These types of food are commercially available or can be made at home. Young growing cats have already

special nutritional needs. Homemade diets containing one carbohydrate and one protein without fatty acids and multivitamins can be fed for twelve weeks. Food trials in kitten are done through feeding a commercially balanced diet. After twelve weeks, feed the cats with previous foods they once eat, if symptoms appear, then it is food allergy. Other perform blood testing, but it is not that accurate compared to food trials.

The treatment of food allergy in cats is also simple. Feed the cats with specialized commercial diets from Purina or Hill or homemade balanced diets.

Food Allergy Management at Schools

Food allergy is a serious condition that can threaten the lives of people especially students at school. Food allergy also known as food hypersensitivity is the immune system's reaction to the types of food containing protein or other ingredients. Thus, a certified allergist is needed to diagnose food allergy.

The symptoms of food allergy may greatly vary among individuals because of different exposures to food allergens. The time of attacks and severity also depend on the reaction to the types of food that are eaten. Food allergy's most common symptoms include: skin irritations like hives, eczema, and rashes; gastrointestinal symptoms like vomiting and diarrhea; and runny nose, breath shortness, and sneezing.

If not treated properly, severe reactions can lead to anaphylaxis, a fatal condition that requires instant medical attention. This is manifested by speedy onset of concurrent reactions such as hives, itching, swollen throat, difficult breathing, low blood pressure, and unconsciousness at some instances.

However, if food allergy management is incorporated, students can be handled without too much risk. The secret to its effectiveness lies on knowing and doing the responsibilities of the concerned parties. In this manner, students with food allergies are provided with a safe and sound educational environment.

The family of students with food allergy should notify the school about their condition. They must work with the school's administration to create a plan on how to accommodate the needs of their children inside the classroom, cafeteria, post-care programs, school bus, FAAP (Food Allergy Action Plan), and sponsored activities in school. Medical instructions, documentations, and medications provided by the child's physician through the FAAP must be submitted including photos.

Medicines must be disposed upon expiration or replaced after use with proper labels. Parents should educate their children about unsafe and safe types of food, strategies to avoid unsafe types of food, allergic symptoms, reading labels of types of food, and right time to tell adult

once allergic symptoms occur. Review procedures and policies with your child, child's physician, and school staff. Never forget to give contact information in case of emergency.

The school should be knowledgeable regarding federal laws and any district or state policies. They must review the student's health records provided by their physicians and parents. They must create a school team which are composed of a school principal, nurses, teachers, school food services, counselor, and nutrition director to work effectively with both students and parents and establish a major prevention plan.

Students with food allergy must be included in all school activities. Fieldtrips and no eating rules on school busses must be thoroughly discussed with parents and administrators. School staff with direct contacts to the students knows about food allergy, recognizes its symptoms, coordinates with other staff to get rid of allergens in the meals, school projects, educational tools, or incentives of allergic students.

Proper coordination and cooperation of all school staff is needed so that FAAP becomes efficient and effective. All medications are properly secure and accessible within school premises. However, regulations stated in the federal laws must be strictly followed.

The students should never trade different types of food with other students, eat types of food without knowing its ingredients, participate actively on the FAAP, and immediately notify adults in cases of emergency.

Students can outgrow their food allergies through proper management. Making this as part of their daily activities can enhance safety as well as food enjoyment throughout their lives. Planning well and joining forces together will definitely end well.

Food Allergy Survival Guide: A Book That Truly Cares

There are lots of people who are suffering from tragic food allergies. However, some don't have any idea that they have it. Food allergy is the result of the body's basic reaction upon introducing the types of food that are difficult or cannot be digested by the system. Once these types of food are digested and penetrate into the bloodstream, some of the food nutrients or other food components are rejected by the body. The tendency of the antibodies and other related elements are to fight back. Thereafter, allergy symptoms become apparent.

Common symptoms of food allergy include swollen hands, itchy and swollen eyes, burning sensations of the lungs due to thinning of the tissue lining, and closing of the larynx or throat.

Dealing with food allergies whether the condition is mild, moderate, or severe, must be learned. It includes learning causes of allergic reactions, the best options for preventing and fighting food allergies, and integrating ways into the person's lifestyle is to avoid food allergies. The five-star book entitled Food Allergy Survival Guide is the best answer.

This book discuss all about the types of food eaten by people and provides detailed sections on how to deal with major allergens such as eggs, dairy, gluten or wheat, corn, peanuts, shellfish, fish, and yeast. Each section also include explanations regarding the types of food that must be avoided by allergic people, dealing with restaurants, preparing types of food, reading labels properly in connection with dangerous types of food, and incorporating easy and healthy alternatives.

Food Allergy Survival Guide is highly readable and comprehensive. Sufferers from food allergies will never feel alone because this helps them in widening their horizons and increasing their hopes that they could still eat the types of food they love, if they follow proper cautions. This is one of the great informative books wherein you can find common answers to common questions, real advice from experts, how to take the advantage of learning health and food issues, complete nutrition guides, and delicious recipes.

Food Allergy Survival Guide tackles some important health issues including food triggers, effective ways of conducting skin tests for determining sensitivity and allergy, how food allergies are interrelated with chronic illnesses such as arthritis, asthma, diabetes, and ADHD (Attention Deficit Hyperactivity Disorder), changes in behaviors and emotions once allergic reaction occurs, types of food that directly affects the health of the baby when breastfeeding, questions that must be asked to an allergist, using processed types of food, how to distinguish food sensitivity, food intolerance, and food allergy, how immunological process is connected to food hypersensitivity, and how to maintain eating healthy types of food through non-allergic substitutes.

Surprisingly, the best part of this book is the recipe section containing recipes completely free from major allergens. It is easy to learn cooking and baking healthier types of food retaining the flavor, texture, and richness. The types of food do not have to become boring and tasteless because you have food allergy. Nourishing and mouth watering recipes are great such as divine macaroons, banana bread, ultra fudge brownies, chocolate cake, and pound cake. More than one hundred featured recipes without using cheese from the expert Jo Stepaniak. Comprehensive nutritional analysis is provided with every recipe, so never worry.

Compared to other books on dietary health, the Food Allergy Survival Guide takes the lead. So, if you are one among the thousands of people who are suffering from food allergy, you should consider purchasing this book. Knowledge, practice, and medications are at your hand. You can deal with food allergy with a more positive and affirming outlook.

Warning Signs of Food Allergies

Published by <http://FireballBooks.com>

As you may have known already, food allergy is an unusual reaction to food that is elicited by an exposure to certain food types which then creates a response from the immune system. The reaction that the immune system eventually generates will then cause discomfiting symptoms.

Looking more closely, food allergens (the ones that causes allergic reactions) are proteins that unfortunately withstood the high temperatures of cooking as well as the acidic substances and enzymes of the gastrointestinal system. These allergens consequently live on to pass through the linings of the gastrointestinal tract, disperse into the blood circulatory system, and travel to organs of target, which results to different allergic symptoms all over the body.

Food allergy symptoms are commonly noted as irritation of the skin which may involve hives, eczema, and a simple rash. Other symptoms may also include irritations in the gastrointestinal organs like vomiting, indigestion, diarrhea, stomach aches, and nausea. Through the years, there have been numerous documented allergic reactions seen in a lot of people, the following is additional information about other allergic symptoms that even you have experienced but have failed to take notice:

- insomniac tendencies or sleeping difficulties
- moodiness
- fatigue
- heartburn
- constipation
- symptoms that resemble arthritis
- canker sores
- nocturnal enuresis or bed wetting
- inflammation of the face and lips
- rhinitis
- migraine
- wheezing

Furthermore, allergic reactions to a specific kind of food can also generate a specific symptom. Therefore there are symptoms that can pinpoint to a certain type of food allergy which can then be quite useful in figuring out what medications to administer and the formulation of a management plan. In other words, it is possible to determine the source of the allergy by evaluating the symptoms.

Simple headaches are usually symptoms of an allergic reaction to chocolates and wheat. Migraines, on the other hand, are typically caused by an allergy to cheese, nuts, citrus fruits, tomatoes, milk, eggs, and MSG or monosodium glutamate. Monosodium glutamate is a chemical used for seasonings in a lot of foods but only those which have excessive amounts can cause allergic reactions.

Eczema or atopic dermatitis, which is a swelling and drying of the skin, can be seen in allergies to citrus fruits, eggs, and tomatoes. Hives or urticaria is also a form of skin irritation which is represented by elevated skin welts that are reddish. Hives can be very itchy, this allergic reaction is common among tomatoes, eggs, shellfish, mangoes, pork meat, nuts, and strawberries.

Asthma is commonly seen in wheat and egg allergies.

There are also allergy manifestations that affect the physical energy, consciousness, and emotions of a person. These reactions can be regularly seen in allergies to wheat, soybeans, corn, and milk.

As you may have observed, many types of foods share the same symptoms most of the time. A careful assessment and physical evaluation is needed to at least determine the source of the allergy. It is not only in the symptoms that medical professionals can determine what the source of allergy is but also through blood tests, diet eliminations, and food challenges. Careful assessment of daily food intake by the patient can be of great help in pinpointing the culprit and as well as a comprehensive analysis of the symptoms observed.

Furthermore, a consultation with a reputable allergist who will be part of the medical team can assist you in fighting your allergy that may have caused you great discomfort in your daily life.

Fighting Off Food Allergy Reactions

Allergies to food are commonly dealt with by the avoidance of the allergy-causing food. When the allergen (the one that causes allergic reactions) has been recognized, the patient is then advised to eliminate it from his or her diet. This is achieved by revolutionizing the food prepared and reading carefully food labels on food products. A specific instruction when ordering food also helps avoid allergic mishaps when eating out.

All this cautiousness is due to the fact that there are individuals out there that are highly allergic in which even a tiny amount of allergens can cause major symptoms. Plus, there are also food preparations that contain some common food allergens which the average person would not usually link together.

To prevent exposure to foods that you may be allergic with, self-awareness is very important. You should know the food culprits that are causing these uncomfortable reactions. Knowledge can help you and your physician in formulating a management plan for your allergy. You should also make it a routine to scrutinize food labels when checking for possible food allergens included in the ingredients. During eat outs, do not hesitate inquiring about the ingredients of the meal you are planning to order.

Another precautionary measure, especially for those who manifest severe allergic symptoms when exposed to a food allergen, is the wearing of necklaces or bracelets provided by a medical institution to alert other people about your allergies in case of an accident, for example, to a state of unconsciousness.

Patients are also advised to constantly bring with them epinephrine self-injectibles which are prescribed by their physicians. Their physicians will instruct them how to self-administer the medication during an episode of allergic reaction.

If symptoms seem to be getting intense, emergency medics should be called to help transport the individual to the nearest hospital. Severe and sudden allergic reactions are also called anaphylactic reactions. Anaphylaxis may be fatal if not treated quickly.

Other than epinephrine injections, there are still other medications that can be prescribed by the physician to deal with allergic reactions to food. These medications would include bronchodilators, antihistamines, corticosteroids, and adrenergic agonists.

Bronchodilators relieve symptoms that are associated with difficulty of breathing. It basically dilates the bronchial air passageways of the respiratory tract that have become inflamed due to the allergic reaction which eventually helps the patient breathe normally. Highly allergy-sensitive individuals should carry with them fast-acting bronchodilators if they also experience asthmatic attacks from time to time that may be triggered by the allergic reaction.

Antihistamines alleviate symptoms like sneezing, runny nose, hives, rashes, and gastrointestinal discomforts. And corticosteroids lessen the severity of skin irritations and other inflammation caused by the allergic reaction. Antihistamines can be available in syrup or chewable tablet for easy access when a sudden allergic episode occurs.

Adrenergic agonists are utilized during emergency treatment for anaphylactic reactions. Results are immediate and highly effective. Adrenergic agonists typically alleviate symptoms of angioedema, cardiovascular collapse, bronchospasm, and hives.

In addition to medications that fight off symptoms of food allergies, there are treatments that are causing quite a stir in the medical world although there are not enough studies that have been conducted to prove that these treatments are effective.

One these revolutionary treatments includes the desensitization of the patient by administering injections of small amounts of the food allergen on a regular basis. This treatment claims that it can eventually make the patient endure the food allergen in the long run. Another is the introduction of a diluted substance that contains the food allergen underneath the tongue thirty minutes before the actual food intake. This treatment works in a way that it will defuse the symptomatic manifestations of the consumed food allergen.

Lastly, bear in mind that there is no cure to food allergies. All the aforementioned are only there to help alleviate the symptoms of allergic reactions.

Food Allergy Overview and How to Fight It

Isn't it annoying when you smell the delicious aroma of a meal only to find out that it has an ingredient to which you are allergic? Ah! The demise of every person with food allergies! It is no fun to watch other people devour food that seems so delicious but you can't take part of the experience. How many times have you encountered comments like, great food isn't? And sometimes you just can't bear to admit you are allergic and just smile as if you knew how it tasted.

Then you try to ask questions, what is food allergy? What are causing these annoying symptoms? What's happens inside the body during allergic reactions? Ah! Understanding ones own health condition will better help them accept and overcome whatever's bothering them.

To start with, food allergy is unusual reaction to certain type of food allergen. An allergen is the substance or thing that causes the allergic reactions. Exposure to the allergen sets off the alarm in the human immune system which consequently releases antibodies to fight off the invasion of the perceived foreign body that is the food allergen. It then causes the symptoms you would see when you are in a state of allergic reaction.

The aforementioned is just an overview of the whole picture. Looking more closely, allergic reactions undergo two courses of action. The initial course is the release of immunoglobulin E or IgE by the immune system into the blood stream. IgE is a food-specific antibody and a protein that is the body's immune defense against the food allergen.

Following the initial response is the attachment of the IgE to the mast cells. These mast cells are present in body tissues specially locations of the body where allergic reactions are common. These locations may include the lungs, skin, nasal and oral cavities, and the gastrointestinal system.

As for the food itself, you may have noticed that you are not just allergic to one type of food. There are instances that you experience an allergic reaction to oyster and then later you found out that you are also allergic to crabs and other seafoods. This occurrence is what medical professionals call cross-reactivity, wherein an individual can be allergic to closely related or similar types of foods.

The only way to deal with this unfortunate mishap is to try as best as you can to avoid the foods that set off allergic reactions in your body. There is no cure to food allergy but there are medications out there that can alleviate its symptoms. With the help of a medical health professional, you can be assisted in the ways you can avoid exposures to food allergens. Nutritionists may teach you alternative ingredients or foods to replace the food that will be eliminated from your diet. Also, make it a habit to check food labels for possible ingredients that you may be allergic with and do not hesitate to warn the restaurant employees, like the waiter, about your food allergy to prevent any unwanted accidents.

Individuals who are highly allergic are advised to put on medical alert necklaces or bracelets which declare your condition. As for the medications, some patients who are very vulnerable are also advised to bring with them at all times a self-injectible epinephrine, which is prescribed by the doctor, that can be of great help during sudden attacks of allergic reactions before seeking out for the assistance of an emergency team.

Other medications are antihistamines, bronchodilators, and corticosteroids. Antihistamines help improve symptoms of rhinitis, hives, rashes, and gastrointestinal problems. Corticosteroids alleviate the severity of inflammations of the skin and in other areas of the body. While bronchodilators are utilized to open up air passages of the respiratory tract that has become inflamed which would have resulted to breathing difficulties.

To understand more about your food allergies, you can consult your physician. There are also comprehensive books in the market that can be easily understood by just about anybody that has complete information about food allergies and how to fight it.

Recipes for People who are Allergy-Sensitive

A food allergy is a type of immunologic reaction due to intake of certain food protein. Recent studies show that there are about twelve millions Americans who suffer from food allergies.

Shellfish, eggs, tree nuts, fish and peanuts are considered familiar causes of food allergies to older people. The younger ones usually suffer food allergies from peanuts, milk and eggs.

Currently, the only cure for people who are allergy-sensitive is to prevent intake of foods which makes them allergic or what is termed as "allergens." To avoid food allergy attacks, it is a must to carefully prepare the food that will be consumed by allergy-sensitive people.

At this time there are more than 200 recipes which you can cook. Many of those are free from "allergens."

Egg-free Diet

Over reaction of the immune system in the body when proteins from the eggs are ingested causes egg allergy.

You need to avoid prepared foods wherein albumin, egg, and other egg substitutes are present if you have allergies with egg. There are different egg substitute which you incorporate on your cooking recipe such as:

- Puree from apricot
- Plain gelatin with warm water
- Mix of baking powder, vinegar and liquid

You need to check the appropriate amount of each item before you prepare the above-mentioned substitutes.

Peanut-free Diet

All kinds of nut as well as foods that may contain "peanut protein" should be prevented for consumption if you happen to belong to people who have peanut allergies.

These days, there are a lot of peanut-free recipes you can prepare. To name a few of peanut-free recipes are: (1) SoyNut Butter Cookies; (2) Smoothie made from Super Soy; (3) Tofu Pie made from SoyNut and Banana; (4) Ginger soup; and (5) Sauce prepared from SoyNut.

It has been discovered that "soy nut" is the best substitute for food preparation which is free from peanut. A soy nut does not belong to the "nut" family since the term is coined for soybeans that are drenched and baked for a crispier taste.

Milk-free Diet

Milk allergy is an allergic response of the immune system when an individual has consumed one or more proteins acquired from cow's milk.

If you are allergic to milk, you need not consume foods or beverages which contain milk, butter, different types of cheese, and sour creams. Some of dairy-free recipes which you may want to prepare are: (1) Potato Soup which are homemade; (2) Grilled Salmon; (3) Shrimp which is marinated then grilled; (4) Pecan snack; and (5) Spaghetti with No Red Sauce.

The complete information with regards to the recipes of some cited examples may be searched at the internet. The ingredients as well as the cooking procedures are also available through the internet. All you need to do is type in the keyword.

People who have food allergies can still taste delectable delicacies eliminating the "allergens" which triggers their allergy. The one who is preparing the food must be cautious not to include food triggers. Most importantly, there are a multitude of alternative food recipes which you can cook. The internet is a good source of recipes.

Eating should not be boring for people with food allergies. It takes a lot of creativity and resourcefulness so that you can eat the foods that you want using different food substitutes.

Your Hidden Food Allergy or Allergies are Making You Fat

Was there an instance when you ate something like an ice cream, cake, cheese, or a piece of fruit – and you felt even hungrier? Have you experienced any food urges wherein you can't satisfy such cravings except eating the same food?

If your answer to the questions above is 'yes', then you have food allergies and you're probably fat by now. Food allergy can make you fat, and that is already a proven fact.

Allergic people crave for foods that they're allergic to and this is caused by food sensitivities. Take note of drug addicts that exhibit withdrawal symptoms. The same thing also happens to people with food allergies; when they are not able to eat certain foods, they experience discomfort.

A number of obese individuals can attest to the irresistible power of their food allergy. Compulsive eaters are craving and continuously eating allergenic foods that they're addicted to every day. They have no idea that their eating habits and food cravings have something to do with a physiological need. The withdrawal symptoms should be stopped.

Specialized doctors who diagnose and treat allergies are now accepting the simultaneous phenomenon of addiction and allergy to both chemicals and food. These doctors are called clinical ecologists, and they greatly believe that almost all persistent health problems like depression, migraine, arthritis, and fatigue are all caused by chemicals and food allergies. A great number of people are affected by food allergies even in the industrialized countries.

The same kind of food can actually cause dissimilar reactions among people. The genetic predisposition of each individual is said to be the determining factor if the person is vulnerable to such condition.

When a person has edema and/or vasculitis, the body organ that is targeted are blood vessels. If you constantly eat the food to which you're allergic at. Edema or water retention is a very common condition among individuals with food allergies, and this is one factor that contributes to obesity. If you quit intake of the food that you're allergic to, you can lose an approximate of 10 pounds in just a week and without using any diuretic.

Fat persons can lose weight without undergoing any diet plan. Food sensitivities cause your body to keep hold of fats and water, and if you remove these foods, your body will not hold excess water or fat. Therefore, you can lose weight already. You can seek professional help so that you can be provided with a diet that's low in allergen. Many doctors believe that losing weight has nothing to do with the calories in your diet.

The brain's limbic portion is affected by food sensitivity probably because this is known as the control center. All your emotions, memory functions, vegetative functions, body temperature, blood pressure, sexuality, sleep, thirst, and hunger are controlled by this portion. There have been conclusive studies showing that the vital functions are greatly affected by your food allergies.

According to a neurophysiologic analysis, allergenic foods can trigger opioid enkephalin in the brain. The body produces this narcotic, and if you frequently eat allergenic foods, the narcotic will increase or rise.

Major food allergens include coffee, wheat, dairy products, corn, and eggs. Before, medical doctors ignore food allergies because there is no specific drug that can be used to treat such condition. Most of today's doctors rely on certain supplements and avoidance of such allergenic foods.



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