

WARNING SIGNS OF FOOD ALLERGIES & TREATMENTS



Warning Signs Of Food Allergies & Treatments

As you may have known already, a food allergy is an unusual reaction to food that is elicited by 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 targeted organs, which results in different allergic symptoms all over the body.



Food allergy symptoms are commonly noted as irritations 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, diarrhoea, 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 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 to, self-awareness is very important. You should know the food culprits that are causing these uncomfortable reactions.

Knowledge can help you and your physician or therapist 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 eating out, do not hesitate to inquire 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.



If you are looking for a holistic approach a kinesiologist or a naturopath will be a great start. You will find more information in the GHE membership area.

**This Ebook Was Written For
Global Healing Exchange**

