

## Treating Food Allergies

Do you develop an unexplainable itchy rash after eating shellfish or certain varieties of fish? How about after eating eggs or after gulping down a warm glass of milk? Have you ever experienced that unusual tingling in your mouth after eating a particular food? If you ever experienced these symptoms, you might be suffering from food allergy. What is a food allergy? A food allergy is the body's natural response upon eating certain foods, which his or her body labeled as potentially harmful. Some of the most common food allergens (that which bring about or initiate an allergic reaction) include milk, eggs, fish, shellfish, peanuts, tree nuts, wheat and soy. Among the first signs of an allergic reaction are coughing and sneezing, a runny nose and red, itchy eyes. Some experience the sudden appearance of an itchy skin rash or hives and a tingling sensation in the mouth, lips and throat. Other more serious signs of an allergic reaction include dizziness, abdominal pain and diarrhea, vomiting and wheezing. Some people may even experience sudden behavioral changes such as anger, depression and/or lethargy in response to the allergic reaction. An allergic reaction can be manifested in different ways and in varying intensities in different people. Some allergies may show obvious symptoms while others may not. Some people may react immediately once exposed to the allergen while in other people, it may take several hours for the symptoms to be manifested. A food allergy should not be taken lightly. Severe allergic reactions are known to result in swelling, shock and death. How does a food allergy develop? The human body is protected at all times by the immune system. It is the immune system's primary responsibility to be on a constant lookout for potentially harmful substances or organisms, which may jeopardize the health of an individual. When a person accidentally ate something, which is harmful to the body, the immune system produces special proteins called IgE antibodies. This prompts the allergy cells (called mast cells) to release certain chemicals in the bloodstream to fortify the body's defenses. One of these chemicals is histamine. Upon its release, histamine acts on the person's eyes, nose, throat, lungs, skin and/or gastrointestinal tract, triggering the manifestation of the symptoms of the allergic reaction. In the case of food allergies, the most common culprit is the abnormal permeability of the gastrointestinal tract. When this happens, inappropriately large food molecules may be transported into the bloodstream. Since they are abnormally sized, these food molecules might be seen as "intruders" and are therefore attacked by the antibodies. A food allergy can develop at any age. Some may have it from birth while others develop it as they grow older or as the body is predisposed to the allergens. How can food allergies be cured? Probably the best way to treat food allergies is to avoid the eating anything which may trigger an allergic reaction for a period of time (preferably for 2 to 6 months). After this period, the foods can then be gradually reintroduced into your diet. For best results, the foods should be reintroduced on a rotating basis, which means that you consume them only every 4 days or more. This will allow you to eat foods you are allergic to without suffering from the usual symptoms. There are still some other ways to fight food allergies. Others have tried administering traditional allergy shots, homeopathic treatments, herbal decoctions, high doses of vitamin C and several other treatments with varying degrees of success. Remember that food allergies tend to run in the family. So, if ever one member of your family has a history of this condition, do take the necessary precautions.

## About the Author

Raw vegan recipe includes sunflower or pumpkin seeds, carrot, dried tomatoes, miso, onion, alfalfa sprouts, and two avocados.

Source: <http://www.productsherbal.com>