

Paris Holistic Health



May
2013
Newsletter

Food Allergies



May is National Allergy and Asthma Month. As someone who has suffered from allergies all her life, I would like to take this opportunity to raise your awareness about food allergies. According to the American College of Allergies, Asthma & Immunology, as many as 50 million people have food allergies and I believe that the frequency of food allergies is on the rise.

When I was a little girl, I always had a stuffy nose and frequently had ear and throat infections. I lived on antihistamines and took antibiotics several times a year. As I became an adult, my allergies got worse and I experienced itchy ears and itchy, watery eyes. It wasn't until I developed asthma that I actually visited an allergist who did the skin testing to determine my specific allergens. Unfortunately, the skin testing didn't include food allergens. I became curious about whether I was allergic to foods after a lecture on food allergies. From this lecture, I became convinced that food allergies predisposed me and many other people to being hypersensitive to environmental allergens (trees, grass, ragweed, dust, etc).

With food allergies, there are eight foods that cause 90 percent of the allergic responses in people. These foods are wheat, milk, eggs, peanuts, soy, tree nuts, fish, and shellfish. So what

is happening when we eat our allergens? Our body's immune system has become sensitized to proteins in these foods and when we eat them our bodies release immune chemicals like histamine that cause the allergic response. The response can be mild (itching, rash, hives and swelling), severe (difficulty breathing, wheezing, and loss of consciousness), or even life-threatening. Other symptoms that can be associated with food allergies include eczema, vomiting, abdominal cramps, and diarrhea.

The best way to deal with food allergies is to avoid the foods that cause the allergic response. To do this you will have to learn how to read ingredient labels. New food labeling regulations help to alert you for potential allergens but you are safest if you read the labels and decide for yourself if there are any risky food ingredients. The Food Allergy and Anaphylaxis Network has a free hand out on how to read food labels (<http://www.foodallergy.org/section/helpful-information>).

If you want to learn more about health and herbs that can support your health, Paris Holistic Health is here to help. Call today, 443-243-4728, to schedule your complimentary session. Get to know the herbalist and decide if holistic health is an approach that will work for you. Best of all, this first meeting is absolutely FREE!

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