

How To Win Your War Against Allergies

HOW TO WIN YOUR WAR AGAINST **ALLERGIES**

SELECTED TIPS - 54 PAGES!



54 Pages!

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A Survival Guide To Overcome And Recover From A Food Allergy

Everyone of us love to eat a variety of food items ranging from fried, grilled, toasted, deep fried, etc. Is your mouth watering when I talk about food items? Hmm...however, for some people, certain food items would create allergy and they should avoid eating such food items. What is food allergy? It is the immunologic effect that is caused by the existence of food proteins.

A simple search in any of the famous search engines will give you a list of books and materials that details about food allergy. I recently came across a book titled "5 Years without Food: The Food Allergy Survival Guide: How to Overcome Your Food Allergies and Recover Good Healthy." An interesting book that explains what is food allergy and food items that would cause allergy. If you are allergic towards a certain food item, it doesn't mean you will have to forfeit the nutrients that you would have got, am I rite? You also get to understand the food items that can be taken as a supplement or as an alternative. It also explains few treatments related to food allergy. Don't forget to read the book.

Apart from the tips given in the book, I too have listed a few, which would benefit readers who are prone to food allergy.

In general, food items such as shellfish, fish, soya, eggs, peanuts, tree nuts may create allergy in adults. Does it mean kids are not allergic towards food items? Definitely not...Milk, eggs, peanuts are known to create allergies in children. It is always a good idea to be knowledgeable about the food items that are allergic to you.

A key to food items and allergies:

Allergic towards egg: A person who is allergic towards egg is said to be hypersensitive towards nutritional substances derived from eggs such as yolk or the white of egg, albumin, Globulin, eggnog, etc. This may result in overreaction of the immune system.

It is advisable to stay away from food items made with egg if you are allergic towards egg. However, you need not worry about not eating egg. Many substitutes for egg are available in the

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market today, which includes potato starch, tapioca, etc., and you may use them without any trouble. You can even use apple sauce as an alternative to egg.

Allergic towards tree nuts: What is tree nut allergy? Hypersensitive towards tree nuts is said to be called as tree nut allergy. Don't confuse yourself with tree nuts and peanuts allergy. Both are different. Dry fruits are believed to be tree nuts where as peanuts are legumes. Children are prone to nut allergies than adults.

You can use soy nuts as an alternative to tree nuts. If you are of the opinion that soy nut is a nut, I would like to clarify a point here. It is not a nut, but actually soybean that goes through the procedure of soaking, which is then baked to get the crispy soy nut.

Allergy towards milk substances: Are you allergic towards proteins that are present in cow's milk? If yes, you are allergic towards milk substances.

You may use rice milk or soy milk as a substitute to cow's milk. This way you get the nutrients that you would have got from taking cow's milk.

Allergic towards seafood: Allergy created by the intake of food items such as scaly fishes, crustaceans or shellfishes is termed as allergic towards seafood.

The best way is to stay away from sea foods. If you use a lot of canned food items, ensure that they don't contain ingredients that are made of seafood.

Be picky about the food items that you eat. This may help you surmount the allergic reaction. Certain allergies can be cured in a short period of time; however, you can't treat certain food allergies in your entire life span.

Understanding Common Allergies And Their Symptoms

If you have these sudden attacks of itchiness, asthma, sneezing, coughing, rashes and red spots all over your body, chances are, you are allergic to something. Common allergies and their symptoms can manifest anytime and anywhere so if you have allergic reactions to some types of foods, smell, pollen and others, you need to be very careful and avoid your allergy triggers. Note that some common allergies and their symptoms can cause some complications in your body. Once medical complications happen, danger comes in. To help you understand common allergies and their symptoms, read on.

Types Of Allergies And Their Triggers

Common allergies and their symptoms can be broadly categorized into outdoor and indoor allergy triggers. Both outdoor and indoor allergies can make your life really miserable so be aware of the things that could trigger your allergic reactions. For instance, the most common allergies and their symptoms may be caused by different kinds of pollen. Pollen may come from trees, weeds, grasses and shrubs.

Technically, pollen is a harmless powdery substance that is emitted by the male plants into the air to pollinate the female plants. In other words, pollen is necessary to make plants grow and bear fruits. Unfortunately, there are people who are allergic to this stuff. Since it is made up of very tiny particles and can be inhaled by a person, a person who is allergic to this stuff may suffer from different forms of allergies and symptoms.

In most cases, people who are allergic to pollen will suffer from asthma, allergic rhinitis and others. The weather also contributes much to the degree of the sufferings of those people who are allergic to pollen. According to experts, humidity will amplify the allergic reactions of the person. Since the pollen could become trapped in the moisture, it will stay longer in the air and cause more sufferings to people who are allergic to it. During humid conditions the impact of common allergies and their symptoms could magnify, causing the sufferer to feel extremely uncomfortable.

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On the other hand, while the outdoor allergens may be seasonal, indoor allergens can be an all year round bother. People who are living in windowless apartments and those who are living in polluted areas are especially prone to common allergies and symptoms. Molds and mites are usually the culprit. Since the air in the windowless apartment is recycled, allergens are trapped inside the apartment thus the sufferer may experience an all year round coughing and sneezing.

Food Allergies Can Greatly Diminish Appetite

As much as most people like to eat, it can be depressing to learn they have developed food allergies. Despite how good a particular food may taste it is not worth the potential swelling, itching and the potential for death to consume a food product knowing it can ignite a reaction. While different people may suffer food allergies from different foods, some of the most common are peanuts and shell fish. Most will learn of an allergy the first time they are exposed to it, but allergies develop later in life and may come as a surprise.

When a person consumes a particular food and has an allergic reaction, their best plan is to eliminate that item from their diet. The symptoms of food allergies are very similar other type of allergies and may include runny nose, watering eye as well as a skin rash and hives. Other reactions can include a headache due to sinus infections and pain in the ears as well as diminished hearing.

In some individuals, food allergies can also cause an anaphylactic reaction, which causes a sudden lowering of blood pressure as well as difficulty breathing and in severe cases can lead to death.

Finding The Cause Before It Kills

In most cases, the cause of food allergies can be easy to determine by maintaining a food diary and recording any adverse reactions related to specific foods. Once the list has been narrowed down, any food that causes an allergic reaction should not be eaten. To extract the exact cause of food allergies, the doctor may recommend and skin prick test to determine the cause of allergies before they cause serious health problems.

Many foods contain a multitude of ingredients and it could simply be one of the ingredient causing food allergies and if the product can be found without that ingredient, it will not continue to be a problem. Reading labels in the store can help identify any such ingredients, but can be a problem if eating out in restaurants and establishing the identity of all ingredients may not be possible.

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The circumstances may be more difficult for children who do not always remember they have food allergies for certain edibles. If they ingest a food that causes a reaction, depending on the level of reaction, they will need to get help quickly to prevent permanent problems. In cases where a child has severe food allergies a medical alert bracelet may be needed to reduce the accidental ingestion of a problem food.

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 sea foods. This occurrence is what medical

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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.

Understanding And Preventing Mold Allergies

Allergies are a common ailment among many folks today, and the substances that people are allergic to can vary greatly. For those who are suffering from mold allergies, it may be difficult to cope with the symptoms. The reason that mold allergies can be such a challenge is that there is not a set season for mold to appear, and some sufferers can experience symptoms year-round. The good news is that these types of allergies are relatively rare; when you consider the number of molds that we might be exposed to every day. It is also possible to effectively treat mold allergy symptoms, so you that you do not have to suffer unnecessarily with the sniffing and sneezing that can arise with exposure to the dreaded substance.

Symptoms

The symptoms of mold allergies are similar to those of other allergic reactions, and can include nasal congestion, runny nose, watery eyes, and a skin rash. If you experience these symptoms while raking leaves or mowing grass, you might be suffering from mold allergies. Likewise, if you notice these symptoms when you enter a musty basement or other moist area, mold may indeed be the culprit. To determine if your allergies really are caused by mold spores, you can have an allergy test done at your doctor's office. There are two types of tests that are done; a skin test or a blood sample. Either test can give your doctor a good idea about the substances that you might be allergic to so that he can treat your allergies in the most effective way.

Treatment and Prevention

Treatment for any type of allergy generally includes over the counter medications like decongestants and antihistamines. For more severe symptoms, your doctor can prescribe similar medications in stronger doses. You can also opt for steroidal nasal sprays to keep nasal passages clear, or inhaled medications if you also suffer from asthma. Many of these medications are safe to take over a longer period of time, making them a good option for mold allergy sufferers who might experience symptoms year round.

While there are numerous treatments for allergies that can be very helpful, another good way of reducing symptoms is by prevention. This usually entails an avoidance of the allergy triggers –

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which in this case would be mold spores. Prevention of mold allergies might include avoiding food that has a greater chance of harboring mold, like cheese and mushrooms, or staying away from damp areas like basements. It is also a good idea to change your furnace filter frequently to prevent mold from developing. With a combination of prevention and treatment options, you can successfully keep your mold allergy symptoms at bay.

Tying Together Allergies And Frequent Urination

People know the common effects of allergies: runny nose, sneezing, itchy eyes or hives. However, there can be a number of different ways your body reacts to an allergic reaction that range from headaches to gastric problems. Having allergies and frequent urination is a symptom many people have not realized exists. It mostly depends on your allergic trigger and your body's sensitivity to it.

Here are a number of a couple of reasons why allergies and frequent urination could occur:

1. Medications - Allergies and frequent urination could be tied to the medicines you are taking. There are many medicines, not just allergy medications that have side effects, one being frequent urination. You could be having an allergic reaction to the medication. Before you stop taking the medication, visit your doctor and rule out any other causes such as a urinary tract infection. If your medicine is a problem, the only way to fix the problem would be to find another prescription that does not cause the same problem but does the same job as the previous medicine.

2. Wheat allergies - Wheat allergies are one of the rarest forms of food allergies, but do exist. When a person is allergic to wheat, they are allergic to the protein in wheat called gluten. A person's body overreacts to the gluten producing a large number of antibodies causing an array of symptoms such as cramps, diarrhea and asthma. Wheat allergies and frequent urination have been linked. The only way to help this allergy is by eliminating wheat from your diet. With society becoming more health conscious and offering wheat alternatives, this could be a problem, but your body will thank you for it.

One of the ways to track to see if allergies and frequent urination are related is to keep a food journal. Keep a log of everything you eat and drink in a day. You may find that after you have a particular type of food you are visiting the bathroom more often. This could happen especially with foods and beverages that are acidic such as sodas, coffee and salsa. A detailed journal is important to take with you when visiting your doctor and seeing if allergies and frequent urination are related.

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Allergies and frequent urination could be a problem if it is affecting your work or personal life. If you notice you are urinating more frequently, visit your doctor.

However, the tie between allergies and frequent urination is not concrete. There are also people who have abnormal reactions to different products, which can cause frequent urination. There is no real rhyme or reason as to why except your body is having an adverse chemical reaction. If you are suffering from frequent urination consult a doctor because there could be a more serious problem such an enlarged prostate, as prostate cancer or a urinary tract infection.

With Allergies Skin Rash Degree Can Vary

Allergic reactions can come in many forms. There is the sneezing with the itchy, watery eyes. Someone can have trouble breathing where their asthma is triggered by a substance in the air. There are many different ways someone can suffer from an allergy. Skin rashes are not rare when it comes to allergic reactions. They can come from all sorts of triggers from food to clothing to laundry detergent. Even going for a stroll in the park, you can walk into something that will give you an allergic skin rash. The key is knowing the difference and taking care of the problem as soon as it happens.

There are different types of skin rashes that can occur from allergies.

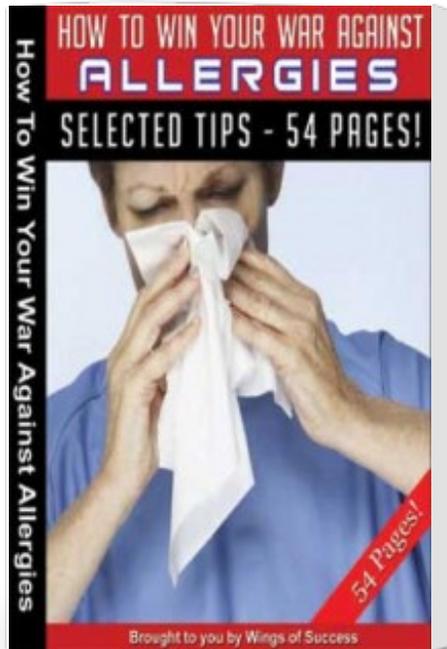
Atopic dermatitis: Another name for this is eczema. This allergic skin rash has certain characteristics such as dry, itchy skin. It can be aggravated by clothing, laundry detergent, soaps or stress. Many times it is found in families that have a history of asthma or hay fever. The first way to treat eczema is through proper skin care. Avoid soaps with scents or creams in them. Avoid certain clothing such as wool that can aggravate it. Use warm water when bathing and avoid body lotions with extra ingredients.

Contact dermatitis: This is a skin rash that is caused by coming in contact with a substance that causes a rash on the skin. Another way to get contact dermatitis is by doing that something irritates the skin. Contact dermatitis most commonly happens when a person comes in contact with poison ivy, poison oak or fake jewelry, to name a few, but these are not the only things that can cause it. Contact dermatitis only affects the parts of the skin that were touched. Treatments usually come in the form of topical creams or lotions.

Allergic drug rash: Allergic skin rashes can be caused by having a reaction to medicine. People might have an allergic reaction to drugs and a skin rash will break out. Unfortunately, there is no specific way to test that the skin rash is from an allergy to the medicine. The doctor might recommend the patient stop taking the drugs to see the rash's course of action.

Hives: Anyone who has had hives knows this is terrible allergy. It's a skin rash that can happen on any part of the body. Hives can be caused through other means though and not just an

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