

ALLERGIES

How to Explain an Allergy

There are so many people talking about allergies and what they are. Just what are allergies and what causes them is what many have on their mind. Some people get them and others do not, why is this? And another question is why are people with one allergy easily more inclined to have others too?

The immune system is going to be set up to protect our body from the harmful substances that try to enter. Like viruses and other forms of bacteria, which will include dirt and germs, there are going to be allergic reactions. Sometimes the immune system will not develop right or it is just too sensitive and does not react the way that it should.

In these cases, it will react to the things that are not harmful and that do not cause people any problems. These are going to be called allergens and they are going to be something that causes the allergies to happen.

When the people that are sensitive to things or have an immune system that is not developed properly it will send out chemicals like histamine. This histamine is going to cause the symptoms that are common with the allergies.

Symptoms like itching, watery eyes, runny nose and rashes and hives are going to be different for all people. However the causes are all going to be the same.

The symptoms that are displayed will depend on the part of the body that the allergen is going to have contact with. Allergens are going to be taken in by breathing, like in pollen and or dust. This will cause coughing and wheezing, stuffy or runny nose and an itchy throat.

The plant allergies are going to come in contact with the skin so this will cause a rash.

The food allergies that many have may result in nausea, vomiting, stomach pains and many more problems. Some will even have life threatening symptoms as well. The medication allergies that many deal with may also involve the entire body and there are a number of symptoms that will come along with this type of allergy.

Different Forms of Allergies

There are going to be over 60 million Americans that are going to deal with a type of allergy at some point in their life. This is going to be about one in four people. It is the 5th most chronic disease in America and the third most common chronic disease for Children.

There are many people that suffer from more than one type of allergy.

Pollen from trees, grass, and weeds are found indoors and outdoors. Other common indoor and outdoor allergies triggers are going to be mold spores, dust mites, and cockroach pollens. Some will have allergies to cat and dog dander as well.

Skin allergies are going to be a very common form of allergy. The most common will cause skin allergies and they are plants like the poison oak, ivy and sumac.

Allergic reactions are going to be caused also by the skin contacting with latex, cockroach and dust mites and also some foods. The skin allergies that are a main allergy or over seven percent of the allergy suffer.

There are a lot of food and drug allergies that you will need to look out for. There are going to be about 6% of allergy sufferers out there. Food allergies are going to be most common in children today.

Peanuts, tree nuts, milk, eggs and soy are some of the leading allergic foods. Food allergies are going to take about two hundred people out of lives each year. Penicillin is going to help many people recover from the problems of food allergies and how it can help you feel better too.

There are about 400 Americans that will lose their battle from allergies to Penicillin each year. They will die because of a reaction they have to the medication.

There is latex and insect allergies that will also claim around 4% of the allergy suffer out there today. Latex allergies will result in about ten deaths a year and nearly one hundred of those deaths are going to be the result of insect allergies.

Symptoms of Having Allergies

Do you know what the main symptoms of allergies are? Do you know what to look for when it comes to allergies? Some are just very frustrating and annoying to most. However there are some people that have symptoms of allergies that can be very life threatening and dangerous.

The most common symptoms are going to be the following:

- Breathing problems. This is one that can be very harmful for a person that has an allergy. It is really going to get someone's attention. Having a lack of oxygen can really get a person's attention for the allergy.
- Burning and itchy eyes known as Conjunctivitis. This is a big problem for most people that are dealing with allergies.
- Coughing. This is something that many people with allergies have to deal with. It is

a constant cough that will start to become painful for some.

- Diarrhea. Having diarrhea can be a very big problem for many people in their normal lifetime. It may even become life threatening for some that have it too long.
- Headache. Having a headache can be a very distractible problem. Many times it is hard to live a normal life and do the things that a person normally would do.
- Hives. Having hives is something that will be annoying and very uncomfortable. It will be painful for some and it can bring the attention of others to you when you are out in public.
- Itchy notes. Mouth, throat and skin. An itch that cannot be smoothed is one of the most annoying problems that an allergy can bring on.
- Runny nose. Having a runny nose is something that is going to mean that a person is constantly blowing their nose or sniffing.
- Skin rashes are some that are painful and itchy most of the time. However they are also very annoying and even ugly for some people depending on where they are located on the body.

Are We Too Clean Today?

It may seem that the more information society gets the cleaner we may become. This will mean that the more the food allergies will persist and more people will become allergic to so many different things.

There are going to be problems of allergies that are going to be much higher in the developed countries than in the lesser-developed areas. The numbers are going to be increased as industrializations spreads through the world.

Because of the hygiene hypothesis the more modern methods of cleaning and sanitizing can help get rid of germs. The body will take care of it through the natural immune system like it does not have enough to do each day.

With children sometimes the immune system does not develop the way that it should. Since allergies are an incorrect response of the immune system, childhood and adult allergies have become bigger problems in most.

There are studies that will show the common allergic disease like hay fever, eczema and other food allergies that are found less often in children from larger families.

There are agents that are germs that are going to be shared by brothers and sisters that are helpful to the immune system. It will help that the immune system will learn what it is supposed to do in order to protect our bodies from.

There are antibiotic uses during a baby's first year and the growing use of antibacterial cleaning products has also been linked to an increase in asthma and other types of allergies today.

The hypothesis of hygiene can explain to us that the antibacterial cleaning products and antibiotic drugs will limit our immune system's exposure to infectious diseases, parasites and other harmful bacteria.

These things will hold the immune system back with its development. This is because of the lack of dirt and germs that the immune system does not learn what it should in order to protect the body from. This is going to allow it to go after other things that are not going to be good for the body and it can cause a problem with an allergy in just about anyone.

Can Foods Make You Feel Sick?

Are you feeling strange after you eat some kinds of foods? Do you get itchy or feel funny in your hands? Are you getting hives or swelling up? If so then may be you having a food allergy. This is very common and many people go through the same problems that you may be experiencing with many different foods.

There are around twelve million Americans that will suffer from the problems of food allergies. Most of the allergic reactions that many people go through are mild but there are many that will have to seek treatment from an emergency room each year because of the reactions from the foods that they eat. There are over two hundred deaths that are going to be caused from food allergies.

Many studies are going to show that there are at least eight percent of children that have allergies to some type of food. The numbers are going to be a little bit smaller for adults and only are around four percent.

Many times children will outgrow the food allergies that they are born with. However some will take them well into their adult hood and will deal with it for a lifetime.

Having packaged foods, eating in restaurants or going to a friend's home can be a problem for some. It is hard to say what is added to the food that we do not prepare ourselves.

You might want to ask others what is this or what is in this dish? However you have to ask these questions so that you are able to enjoy a good meal and not an unexpected trip to the emergency room.

With the increased problems of peanut allergies, most of the packaged foods will have what is included in the ingredients on the label. They will say if there is peanut oil or if they are processed in a factory that has had peanuts in it.

There is no cure for food allergies and the only thing that you can do to avoid foods that cause the reactions is to be careful. You have to watch what you eat and be sure of the ingredients that are included in them. You do not want to have a reaction that you cannot

deal with and that will make you deathly sick.

Click the links below for more information on allergies :

[Asthma & Allergy Cure : Drug Free](#)

[Gluten Free Low Glycemic Cookbook For Diabetics & Allergy Sufferers.](#)

[Child Allergy Relief - 100% Safe!](#)

[Natural Treatment For Sinus Infections, Sinusitis & Allergies
Gluten Free, Wheat Free, Nut Free And Shellfish Free Foods](#)

[Learn The Basics To Managing A Gluten-free Diet. Essential For Those With A Gluten Allergy,
Wheat Allergy Or Celiac Disease.](#)