



Wellness Weekly



Food Allergies

Millions of people across America, despite their age, are affected by an allergy. Food allergies are among one of the top allergens of the population.

When one has a food allergy, they could be experiencing symptoms that are due to a reaction caused by a variety of foods that were consumed.

Inside:

Food Allergies • P1

Symptoms of Food Allergies • P2

Common Food Allergies • P3

Benefits of Allergy Testing • P4



Food Allergies (Cont'd.)

When it comes to food allergies, it's not only about the foods that you put in your mouth, chewed, and swallowed. One must consider the ingredients that are added to the packaged foods or baked goods that they eat. Many allergy triggering ingredients such as dairy, eggs, and gluten, are in many common foods.

Symptoms of Food Allergies

Many food allergy symptoms often go unnoticed. Although food allergies are generally determined by genetics, it is difficult to determine if a child will inherit the same allergies. Food allergies range in intensities. For some, the reaction can be very mild where they do not recognize it as being an allergy and can continue out with their daily activity. For others, it can be very severe.

Anaphylaxis is the most severe form of a food allergy. The body becomes very hypersensitive to the food ingested and the following can immediately occur:

Impaired breathing

- A sudden drop in blood pressure
- Swelling of the throat
- Restricted airways

Anaphylaxis sends the body into a shock and can be very fatal if not treated with epinephrine in time.

Symptoms of Food Allergies (Cont'd.)

There are many other less severe symptoms of food allergies such as stomach cramps, hives, wheezing, and swelling of the tongue. Many people also experience symptoms that may seem not very related to food allergies. This is one of the reasons food allergies often go unnoticed. Such symptoms are:

- Headaches
- Dizziness
- Gas/Bloating
- Weight gain/loss
- Mind fogginess
- Mood swings
- Fatigue
- Acne

Common Food Allergies

- Eggs
- Milk
- Cheese
- Peanuts
- Tree nuts
- Wheat
- Shellfish
- Gluten
- Soy



Benefits of Food Allergy Testing

The primary benefit of food allergy testing is being able to understand which foods may be triggering symptoms within one's body. Once the food allergies have been diagnosed, the best course of action would be to avoid eating said food.

If you suspect that you or someone you know may have a food allergy, it would be best to seek a medical professional to get food allergy testing. At Natural Medical Solutions Wellness Center, our food allergy panel tests a variety of foods from each major food group.

Follow us on:



Natural Medical Solutions
Wellness Center



@natmedsol



Natural Medical Solutions
Wellness Center

Visit us at:

1130 Upper Hembree Road
Roswell, GA 30076

(770) 674-6311

natmedsol.com