

Allergy A to Z

By Jane Thurnell-Read

This book is for you if:

- You know you have allergies
- You have symptoms that lead you to feel tired, in a fog, itchy or blocked up
- You know everyone else thinks you're a hypochondriac
- You are faced with clients/patients whose symptoms just don't go away
- You are curious about all the chemicals in food and the environment

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What Is Allergy?

The word 'allergy' was first coined by an Austrian paediatrician, Baron Clemens von Pirquet, in 1906 from the Greek 'allos' meaning altered or changed and 'ergon' meaning reaction. So the word 'allergy' literally means 'altered reaction'.....

At one time, if an immune system involvement could not be shown, the 'allergic' reaction was often ignored or discounted as insignificant by the medical profession, in spite of the distress to the sufferer. Now, however, many medical practitioners distinguish between allergy and sensitivity....

We probably all have tolerance levels for everything we are in contact with, but if your tolerance level for oranges, say, is twenty oranges a day, you would probably be unaware that you had a limited tolerance. However, if your tolerance for oranges is one small orange a day, every time you have a large orange you would have some sort of symptom....

Why Do People Become Allergic?

The IgE antibodies are also involved in allergic and hypersensitivity reactions, so people with these inherited efficient IgE mechanisms are more likely to suffer allergy problems than people who have inherited a less efficient system. This super-charged immune system was a plus for an asthma sufferer's distant ancestors inhabiting a world with many life-threatening parasites, but now leads to a 'trigger-happy' immune system firing off inappropriately.....

Allergy Equals Addiction

Allergy often seems to equal addiction and the reason for this is not totally clear. It has been suggested that this may be because some protein fragments formed when food is broken down are similar to endorphins, which the body produces naturally to counteract pain and produce euphoria. Then the allergy sufferer's body becomes adapted to that level of endorphin activity and so craves the allergen in order to maintain the endorphin levels. ...

What Symptoms Can Be The Result Of Allergies?

Dermatitis

The skin becomes inflamed and will be sore and possibly itchy. Contact dermatitis occurs when the skin reacts to something it is in contact with, such as *nickel*, *chromium*, *perfume*, some plants and *latex*. Sometimes the dermatitis appears in a sensitive area of the skin rather than the actual site of the initial contact. For example, a *nail polish* allergy may not show up on the robust skin around the nail, but could affect the more sensitive skin around the eyes, because it has been touched by the varnished nail. Can also be caused by reactions to commonly consumed foods....

Allergy Signs In Children

Many parents and carers wonder if a child's problems and symptoms could be the result of allergy. The more of the following signs that apply to the child, the more likely it is that his/her problems are at least in part allergy-based.

Dark Circles Or Bags Under The Eyes

These make the child look permanently tired. In Chinese medicine this area of the face is linked to the adrenal glands. The adrenal glands are one of the main organs of the body involved in stress reactions, and exposure to allergens certainly produces stress in the body. Sometimes there is also a crease seen under the eyelids....

Correlations

Symptoms Worse During Or Just After Thunderstorms

Thunderstorms tend to concentrate *pollen* particles in a narrow band of air close to ground level. There is also a significant increase in *mould* spores in the air....

Detecting Allergies

ELISA (Enzyme Linked Immunosorbant Assay) Testing

This method is carried out in a laboratory on a pinprick of blood, which can often be sent through the post. The sample is diluted and placed on a plate with various food antigens located in wells. After several procedures, the plate is checked by computer to see if food antibodies have bound to the antigens. This procedure considers IgG 1,2,3 and 4. Only looks at foods. Available by mail order....

Correcting Allergies

It is fortunate then that there are some effective and pain-free ways of eliminating allergies/intolerances. There are two methods that I particularly recommend, because I have extensive professional experience of them. This is not to say that other methods are not effective....

Allergens A to Z

Apple



Individuals allergic to apple may also be allergic to carrot as they share some of the same chemicals, even though they are not in the same botanical family. Used to make *pectin*.

Beds & Bedding

We come into close contact with a lot of different substances while we sleep. Bed may be made from wood and metal. *Mattresses* and pillows can be made from a variety of materials. Duvets/quilts are usually made from *feathers* or *polyester*. Sheets are usually made from *polyester* and/or cotton. *House dust mite* and *detergents* may also be a problem. May be a problem because it's a favourite sleeping spot during the day for a *pet*. See also *mattresses* and *pillows*.

Nickel

A metal found in cheap jewellery, jean studs, hairpins, zips (zippers), bra clasps, buckles, keys, spectacles, *coins*, *stainless steel* and *hair dyes*. Also used as a catalyst for *hydrogenating vegetable oils*. The electrical elements in kettles and water heaters also contain nickel. Hot drinks made from water boiled in a kettle will contain minute traces of nickel. May be in flour as a result of milling. Nickel is present in the body in small amounts and is thought to activate certain enzymes. Nickel allergies are often aggravated by sweating.



Urine

Urine from mice, rats, guinea-pigs and hamsters can be a problem. In pet animals the bedding becomes contaminated, and then the activity of the animal releases large amounts of urine proteins into the air. Cans, bottles and packing may be contaminated with rat urine from storage in supermarket warehouses.

Vanilla

A natural *flavouring* coming from the vanilla pod. In same botanical family as orchids. Widely used in confectionary and desserts, including foods that are not obviously vanilla flavoured such as *chocolate* products and some breakfast cereals. Also used as a perfume in personal care products and cosmetics. See also *vanillin*.

Wine

...Some people are only allergic to one type of wine (red or white). Red wine is not made from red grapes and white wine from white grapes as is popularly supposed. Red wines are made by fermenting the pips, skins and sometimes the stems (as well as the fruit). *Tannin* used in red wine to preserve it. High levels of *tyramine* in red wine. Where a person is only sensitive to white wines it is possible that they are reacting to *bentonite*, used extensively for refining white wine, but rarely for red. ...

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