

Food Allergies

An Educational guide

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What is a Food Allergy?

A true food allergy is an autoimmune reaction to food eaten. It normally takes place within minutes of eating the particular food.

Take for example shellfish, peanuts or wheat. In this instance, the person will experience an array of symptoms such as: hives, a rash around the mouth, itchy skin, difficulty breathing and even anaphylactic shock. Symptoms can be mild or severe, even life threatening.

Your immune system triggers the release of an antibody known as **immunoglobulin E** (IgE) to try get rid of the food. The next time you eat even a small amount of that particular food, your body also releases a chemical called **histamine**. This is what causes symptoms like itching, sneezing, hives etc

HOW TO TEST FOR A FOOD ALLEGY

It would be advised to see a trained Allergist and immunologist to help you with getting to the root of your food allergies. They can assist with testing, diagnosing and managing your allergy.

Speak to your health care provider who can refer you. Food Allergies are important to get tested for because of the impact it has on quality of life, with many people needing to carry an epipen for emergencies.

An untreated food allergy can lead to death, so it is important to speak to a trained professional in the medical world.

As a health coach I do not treat, cure or diagnose food allergies, this information is merely to point out the difference between a true food allergy versus a food intolerance.

Thank you!

I hope you found this interesting and useful. If you need further assistance in transitioning to a gluten free lifestyle, then don't hesitate to contact me. My coaching services are centered around people who have gut issues, gluten intolerance, Celiac Disease and food sensitivities.



Do You Need More Help?

Book an appointment

As a health coach, I help people who have been diagnosed with either condition. I have personally been on this journey and know how hard it is to navigate. Please contact me if you would like to benefit from health coaching

