

# What is a food Allergy?

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# WHAT IS A FOOD ALLERGY?



**A true food allergy** is an autoimmune reaction to food eaten. It normally takes places **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

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# HOW TO TEST FOR A FOOD ALLERGY

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 medical professional.

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.