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Allergies May Run In Families

By Charles Anderson

Allergies are not a laughing matter for anyone. They can make you feel terrible and weak. Scientists have determined that allergies might be genetic. It is not yet proven, but studies are being done to find support for this theory. Scientists believe that a child may inherit asthma or allergies in their genes.

A thorough examination of the symptoms is needed in order to determine the difference between allergies and asthma attacks. If your problems are asthma-related, you will have difficulty breathing at times and your chest seems to tighten. If you have allergies, you may present with the similar symptoms to asthma, but, additionally, you might develop rashes and have sinus problems. Hay fever is also typically caused by allergy attacks.

If both you and your significant other have asthma, you might want to watch closely your children's symptoms and behavior as they grow up. Asthma develops as early as the toddler stage. You will want to be aware of how they play as well as how easily they seem winded. Typically, a young child should not get winded very quickly (as compared to other similarly-aged children), though they commonly do much faster than older child or teen.

As for allergies, you might have to simply wait to see if your child develops allergies as well. However, if either you or your significant other has any type of food allergy, you may want to have the child tested prior to introducing them to such foods. You should pay careful attention to make sure that they do not display any signs of an allergy upon introduction to new foods. Generally, if milk allergies are present, babies will show indications of lactose intolerance during the first year. It may then be necessary to feed them a soy-based formula.

You may want to speak to your doctor about any concerns that you may have pertaining to your family and allergies. Your doctor should be able to address your concerns, inform you about alternatives and give you testing information. You may also want to ask your pediatrician to look for any signs of asthma while they are having their check-ups. They will also suggest signs that you should look for that might indicate asthma in your child. If you are a parent, it is important to keep yourself informed about both allergies and asthma.

Charles Anderson writes for several web sites, including

<http://getyd.com>

and

<http://lotib.com>

Food Allergies

By Steve Wilcott

An allergy can be described as a malfunction of the immune system, an exaggerated response to certain substances. Your body mistakenly believes that something it has touched, smelled or eaten is harmful to it and your body releases massive amounts of chemicals, such as histamine to protect itself.

It is believed that 11 million Americans suffer from food allergies. These allergies are as varied as food itself is. Some people suffer from an allergy to one food, some to many. The most common food allergies are generally eggs, milk, peanuts, tree nuts (such as walnuts), fish, shellfish, soy and wheat.

Symptoms of food allergies are varied and range from a tingling of the mouth to swelling of the tongue and throat to difficulty breathing to hives, cramps, diarrhea, vomiting and in some instances death.

There are ways to help you or your loved one manage your food allergies. First seek the help of an allergist. Your allergist will perform a patch test to determine the exact cause of allergic reactions. This will be the guideline you use as you develop a diet based around your food allergies.

As with other types of allergies there is no cure for a food allergy. Some children do grow out of some food allergies as they age although allergies to peanuts, fish, shellfish and nuts are often considered lifetime allergies. You or your loved one must simply avoid the food that causes the allergy. This can be difficult, especially when eating out in a restaurant. Depending on the severity of allergy, even slight cross contamination of food products can cause reactions.

Food labeling is a very important component of avoiding foods that trigger allergies. Since 2000 the FDA has been presenting information on allergy risks and labeling requirements to manufacturers. They seek to have manufacturers change some labels to be easier to read, using plain language like "milk" on a label instead of "caseinate".

In the case of a milk or egg allergy there are alternatives that can be used when cooking or baking. There are many online sites dedicated to supplying information, education and support to those with food allergies.

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<http://www.allergies-questions.com>

