

Preventing Food Allergy with Food: The Imperfect Art of Medicine

Food allergies are a growing problem, affecting up to 10% of children in the United States. They can be life-threatening, and there is no cure. However, there is growing evidence that food allergies can be prevented, or at least their severity reduced, by early of allergenic foods.



Eat The Eight: Preventing Food Allergy with Food and the Imperfect Art of Medicine by Ron Sunog

★★★★☆ 4 out of 5

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Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 166 pages
Lending : Enabled



This book is a comprehensive guide to preventing food allergies in children. It is based on the latest research and provides practical strategies for parents and caregivers. The book is written by a team of experts in food allergy prevention, including Dr. Ruchi Gupta, a leading researcher in the field.

What is a food allergy?

A food allergy is an abnormal response by the body's immune system to a specific food. When a person with a food allergy eats that food, their immune system produces antibodies called immunoglobulin E (IgE). These antibodies bind to cells in the body, causing them to release histamine and other inflammatory mediators. These mediators can cause a variety of symptoms, including:

- hives
- swelling
- itching
- difficulty breathing
- anaphylaxis (a life-threatening allergic reaction)

What are the risk factors for food allergy?

There are a number of risk factors for food allergy, including:

- a family history of food allergy
- a personal history of eczema or other allergic conditions
- being born prematurely
- having a low birth weight
- being exposed to allergens in the environment (such as pet dander or pollen)

How can food allergies be prevented?

There is no guaranteed way to prevent food allergies, but there are a number of things that parents and caregivers can do to reduce the risk. These include:

- **Early of allergenic foods.** The latest research shows that early of allergenic foods, such as peanuts and eggs, can help to prevent food allergies. The American Academy of Pediatrics now recommends that parents introduce these foods to their babies between 4 and 6 months of age.
- **Breastfeeding.** Breastfeeding has been shown to protect against food allergies. The antibodies in breast milk help to strengthen the baby's immune system and reduce their risk of developing allergies.
- **Avoiding processed foods.** Processed foods often contain hidden allergens. Parents



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