



Weight Gain, Asthma, Eczema - Signs of Food Allergies

Sally Pederson

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There is nothing more frustrating than smelling the aroma of a meal cooking and then discovering that it contains one ingredient that you are allergic to. This is what happens to people when they have allergy to certain food products. Nothing could be worse than having to sit on the sidelines and watch everyone indulge themselves. There are even times when people will comment about how amazing the food tastes but, you can only smile and nod because you cannot eat it. Food has allergen that is a part of it and when there is a reaction to the allergen then the condition is termed as food allergy. The immune system in humans is triggered when the allergen enters the body. There will be antibodies released to fight off the allergen that is intruding and could cause harm. At this point you start experiencing the symptoms of a reaction to the food. **BONUS: 4 Chapters on Cat & Dog Food Allergies**

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