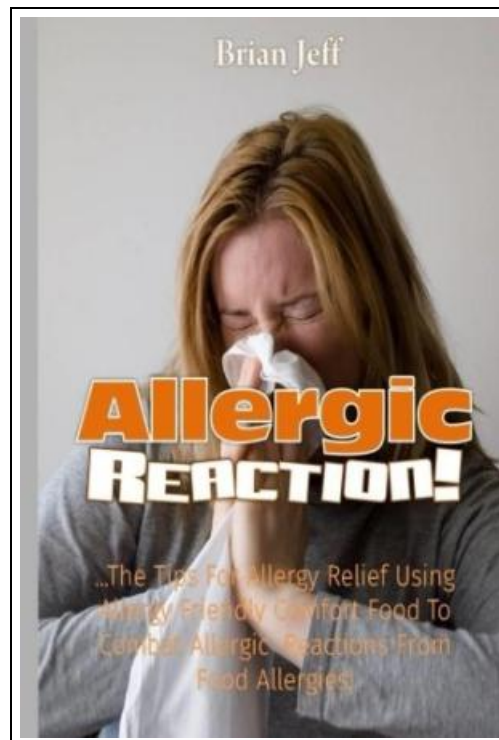


## Allergic Reaction!: The Tips for Allergy Relief, Using Allergy Friendly Comfort Food to Combat Allergic Reactions from Food Allergies!



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### **Reviews**

*The best book i at any time read. I am quite late in start reading this one, but better then never. I realized this publication from my dad and i advised this book to understand.*

*(Raina Simonis)*

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.There is no gainsaying that food and drink is one of the elements that is vital to human survival, in fact, food and drink is to the body what fuel is to the vehicle however, not everyone react to the same type of food the same way. Besides, it is a well-known fact that food items can be prepared in different ways from grilled to fried or from cooked to roasted etc. But the truth of the matter is that some types of foods or its choice of preparation might cause some form of negative reactions in some individuals system while it will not in the others. These reactions from individual is termed allergy! So, the question that might well up in your mind at this point is exactly what is food allergy or allergic reaction? Well, it is simply described as the type of effect or reaction (immunologic) that is triggered by protein content of food. The bottom line is that any food item that triggers allergic reaction in individual A does not necessarily have to do the same in individual B. Thus, it is the responsibility of each and every individual to avoid any food that triggers this reaction in his or her system. Overall, food stuffs such as peanuts, soya, shellfish, tree nuts, fish, and eggs may trigger allergic reactions in grown-ups, but this does not in any way mean that children are not also allergic to some food stuffs. Nonetheless, in actual fact, food items such as eggs, peanuts and milk will certainly not cause allergic reactions in children; at least it has not been seen so far! However,...



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