

A Health Backgrounder On Allergies

Allergies are the result of a person's body having hypersensitivity which could be due to something that is ingested or applied to the body or even something in the air that you breath. The substance or condition that causes the allergy is called the allergen. There is almost no limit to what can be an allergen as everyone reacts differently to different substances.

Food allergies are still the most common allergy that people experience. Although any type of food can cause a reaction, often life threatening, the food that causes the most problems are nuts (especially peanuts). Probably the next most common food allergy is that caused by dairy products - usually milk or cheese but it could be anything that is made from milk.

A few people are even known to have an allergy to chocolate. Allergies to things we eat usually affect breathing, digestion and the ability to resist disease. Fish and other types of seafood can also have an adverse effect and some people put themselves at risk knowing they have a allergy but enjoy the food so much they still eat it. Reactions to these type of foods are generally seen as more serious.

The effects of food aleergies vary. Some foods just bring the individual out in rashes or cause the skin to itch. Oranges, lemons, limes and other citrus fruits often cause this type of reaction. A peanut allergy can on the other hand, be very severe and it might even result in death by just contact with a peanut so an allergy test would prove to be very helpful in case of peanuts and even other nuts for that matter as they can be among the most dangerous of all allergies.

Flowers are one of the most beautiful parts of nature but even these can also prove to be dangerous for people who are allergic to pollen formed in certain flowers and even certain kinds of weeds and grass can affect respiratory system which can cause severe damage and problems with breathing. Of course this situation can often be quickly rectified by getting away from the flowers, but until an allergy test is performed, there is no guarantee that the flowers are to blame.

Certain drugs might cause adverse reactions in the patient resulting in complications resulting in irritation, swelling of face and body, breaking out into hives etc. These are some of the well noticed symptoms, but some drugs might cause internal allergies that take some time to detect and cure. The most frequent drug related allergy is that of chemical sulfur which is a component in many drugs, so a doctor must be aware of this before any other drugs are administered.

Although a reaction to nickel is not unusual to most people, a very small number of individuals even have an allergic skin reaction to silver and gold. Metal allergies can cause many skin related symptoms including hives, rashes or the skin turning a deep red in the affected area and even swelling.

Normally, avoiding metals that cause problems is enough but if you have an allergy to any substance, there is every chance it could get worse or even incorporate new substances so taking an allergy test on a regular basis is the best form of prevention.

If you suspect you might be seriously allergic to any of these substances then it is very important to get tested so that a health professional can put in place a plan to help you overcome the problem.

About the Author

Why not consider seeing a [naturopath](#) for a natural alternative to helping your allergies? A brief stay on a [health farm](#) with qualified health professionals can put you on the right track to getting rid of your allergies.

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