

When food cause the allergy

What is a food allergy?

A food allergy is a complex immune event that occurs after eating or coming in contact with a certain food product. It can occur anytime in life, and has various manifestations.

How does a food allergy manifest?

The most common manifestations people are aware of are hives, swelling and rash. However, others less known yet common manifestations include gastrointestinal effects, such as vomiting or diarrhea; wheezes and runny nose; and, in extreme cases, anaphylaxis or death.

What is anaphylaxis?

Anaphylaxis is an extreme immune response to an allergen that affects two body systems or more. If allowed to progress they can become fatal. Anaphylaxis requires immediate medical attention.

What tests can I do for food allergies?

We have several testing options depending on the manifestations of your symptoms, including skin testing and blood testing, and more specialized patch testing.



Did you know there is a treatment for food allergies?

The most common prescribed treatment is avoidance and epinephrine. Few clinics in the U.S. offer therapy for food allergies. At Cure Allergy Clinic, we offer food immunotherapy to desensitize the immune system to a food.

The aim is to decrease the chance of a life-threatening reaction, and sometimes induce tolerance and allow for the food to be reintroduced into the diet.

What are the types of immunotherapy currently available for food?

A limited number of allergy practices in the country offer Oral immunotherapy, where a small amount of the allergic food is given and increased over time. A limited number of practices offer sublingual immunotherapy, which is a safer alternative to oral immunotherapy, since the dose needed is much lower. At Cure Allergy Clinic, we offer the Atopic Tolerance Program, which aims at decreasing total body allergic load by using a combination of several treatments, including oral immunotherapy and sublingual immunotherapy.

At what age can I start therapy?

We can treat anyone over the age of 3 for food allergies. However, because our approach varies from patient to patient, the age of the patient influences the treatment plan.

Will this cure my allergy?

Our program is very individualized, as are the goals. Treatment plans are customized for each patient. Some clients have several food allergies with uncontrolled asthma and eczema, while others have well-controlled asthma and limited food allergies. We want to assess your goals and help achieve them. With our program, the first goal is safety and minimum side effects, followed by decreased fatal reaction risk upon accidental exposure. Finally, if the immune system is tolerating treatment, we hope to reintroduce the food.

Is there anyone that cannot be treated by your program?

There are limited cases in which a patient's comorbid conditions — other medical problems — may prohibit us from recommending treatment and, instead, recommending avoidance. For example, if a patient has heart disease, they are likely not a good candidate for treatment.

How does the Atopic Tolerance Program (ATP) with relate to food allergies?

At Cure Allergy Clinic, we don't believe allergies are a normal part of life. They likely stem from an abnormal interaction between the environment and your immune system. Our goal is to decrease total body immune dysfunction with an emphasis on desensitizing as many allergens as possible, as well as a focus on diet, lung, and gut health.