

Title:

Food Allergies

Word Count:

355

Summary:

An allergy can be described as a malfunction of the immune system, an exaggerated response to

It is believed that 11 million Americans suffer from food allergies. These allergies are as va

Keywords:

Article Body:

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Symptoms of food allergies are varied and range from a tingling of the mouth to swelling of th

There are ways to help you or your loved one manage your food allergies. First seek the help o

As with other types of allergies there is no cure for a food allergy. Some children do grow ou

Food labeling is a very important component of avoiding foods that trigger allergies. Since 20

In the case of a milk or egg allergy there are alternatives that can be used when cooking or b

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