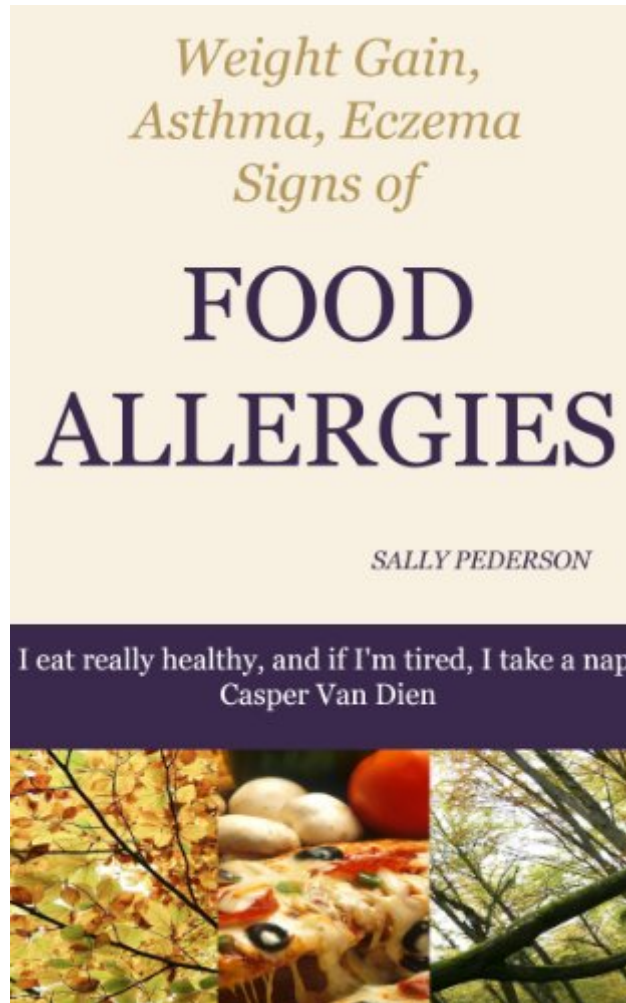


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# Weight Gain, Asthma, Eczema - Signs Of Food Allergies



## Synopsis

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**

## Book Information

File Size: 316 KB

Print Length: 74 pages

Publication Date: April 8, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00CA5F31Y

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,107,881 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #324

inÂ Books > Health, Fitness & Dieting > Nutrition > Food Allergies #477 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #818 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies

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