

# ALLERGY FACTS

**ALLERGIES DEVELOP  
BECAUSE THE  
BODY CONFUSES  
CHEMICALS FOUND  
IN CERTAIN FOODS  
AND ATTACKS THEM.**

The chemicals produced from these attacks produce the symptoms of allergies, which can range from the minor to the dangerous.





# THE BODY TENDS TO DEVELOP ALLERGIC REACTIONS TO CERTAIN FOODS DEPENDING ON OUR AGE.

Children are more susceptible to milk, eggs, peanuts and fish, whilst adults are more likely to suffer from apples, pears, and peaches, some types of vegetables such as potatoes and celery and shellfish.

The number of people admitted to hospital with allergies has increased by 700% since 1990. Doctors think this is down to us being more hygienic, stopping our bodies from having to build up defences to the right attacks. So a little bit of dirt can go a long way.

## SYMPTOMS OF ALLERGIES INCLUDE:

- Swelling of the face, around the eyes, lips, tongue or the roof of the mouth
- Feeling of narrowing in throat
- Change in voice (croaky or hoarse) and swelling in voicebox
- Feeling dizzy and lightheaded
- Abdominal pain and spasms
- Cold-like symptoms, such as sneezing, runny nose and nasal congestion
- Redness and irritation of the eyes
- Chest tightness
- Wheezing or shortness of breath

