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Nota di contenuto	Cover; Contents; Tables and Figures; Series Foreword; Preface; Acknowledgments; Introduction; Chapter 1. When Foods Turn Deadly; Are Food Allergies on the Rise?; Immunology-The Science; The Human Immune System; Adverse Food Reactions-"True" Allergy or Something Else?; Chapter 2. Are Foods the Problem?; Symptoms of "True" Food Allergies; Symptoms-Other Culprits; Making the Correct Diagnosis; Dubious Testing Methods; Chapter 3. Who's at Risk?; Genetics, Environment, or Something Else?; Research Efforts; Select Clinical Studies; Chapter 4. Managing Food Allergies in the Real World Living with Food Allergies and Hypersensitivities Avoidance Diets; Diet Guidelines; Less Common Allergies; Living with Nonallergic Food Hypersensitivities; Cross-Contamination; Chapter 5. It's an Emergency!; Treatment Options; Food Allergy Action Plan; Risks of Skin Exposures, Airborne Allergens, and Other Sources; Chapter 6. Living a "Normal" Life; Psychological Effects of Food Allergies; Coping Skills at Home; Managing the Supermarket; Restaurants; Traveling Tips; Schools; Chapter 7. Is There Any Hope?; Current Food Allergy Studies; Possible Treatments of the Future Food Allergy Research Resources Questions and Answers; Appendix A: Nonallergenic Food Sources for Vitamins Found in Allergenic Foods; Appendix B: Nonallergenic Food Sources for Minerals Found in Allergenic Foods; Appendix C: Nonallergenic Food Sources for

Macronutrients, Fiber, Flavonoids Found in Allergenic Foods; Appendix D: Resource List; Timeline; Glossary; A; B; C; D; E; F; G; H; I; L; M; N; O; P; R; S; T; U; V; Bibliography; Index; A; B; C; D; E; F; G; H; I; K; L; M; O; P; R; S; T; U; W

Sommario/riassunto

Most people take eating for granted - but for some, eating can be downright dangerous. Thirty thousand Americans are hospitalized each year due to an allergic food reaction and peanut allergies in American children doubled from 1997 to 2002. Between two and ten percent of children are affected by food allergies worldwide and adverse food reactions increased hospital admissions by five hundred percent in the United Kingdom during the past two decades. Asthma cases, a reliable indicator of food allergy susceptibility, increased one hundred percent during the last thirty years. While most peopl
