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Nota di contenuto	Series Foreword Introduction Guide to Health Literacy Common Misconceptions about Food Allergies and Sensitivities <b>Questions and Answers</b> Incidence and Diagnosis of Food Allergies, Intolerance, and Sensitivities 1. What is a food allergy? 2. What is a food intolerance? 3. What is a food sensitivity? 4. What are the signs and symptoms of a food allergy? 5. What are the signs and symptoms of food intolerance? 6. What are the signs and symptoms of food sensitivity? 7. How are food allergies diagnosed? 8. How are food intolerances diagnosed? 9. How are food sensitivities diagnosed? 10. What causes food allergies? 11. What causes food intolerances? 12. What causes food sensitivities? 13. Is there an environmental connection among the development of food allergies, intolerances, and sensitivities? 14. Are food allergies, sensitivities, and intolerances permanent? 15. Are certain groups of individuals more susceptible to negative food reactions? 16. What is the prevalence of food allergies in the United States and in the world? 17. Are food allergies and negative

reactions to foods on the rise? Treatment of Food Allergies, Intolerances, and Sensitivities and Prevention 18. How are food allergies treated? 19. How are food intolerances treated? 20. How are food sensitivities treated? 21. What is an emergency treatment plan for severe allergic reactions? 22. What are the pros and cons of banning allergenic foods from schools or public places? Managing Nutrition and Food Reactions in the Real World 23. How does an individual stay healthy and manage their diet when one or more food groups must be eliminated from the daily diet? 24. Can an individual eat out in restaurants, at school, or in public places without fear? 25. How does an allergic individual navigate the supermarket safely? 26. Do food allergies, intolerances, and sensitivities have an impact on the emotional health of the individual and their family? 27. Are there support groups available for individuals with food allergies, sensitivities, or intolerances? 28. What resources are available to individuals with food allergies, sensitivities, and intolerances that can help them manage their daily life and meals more easily? The Past and Future: Food Allergy History, Current Research, and New Possibilities 29. How were food allergies first discovered? 30. How were food sensitivities and food intolerances first distinguished from food allergies? 31. What is the history of diagnosis methods for food allergies, intolerances, and sensitivities? 32. What is currently being done to improve food allergy testing and diagnosis methods? 33. What is current research discovering about food allergies, intolerances, and sensitivities? Case Studies Glossary Directory of Resources Index About the Author

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## Sommario/riassunto

**An easy-to-understand introduction to food allergies, sensitivities, and intolerances—unique but related conditions affecting many children and adults. The information, guidance, and resources offered make this a valuable tool for anyone struggling with negative reactions to certain foods.** While many people think that any negative reaction after eating a food indicates an allergy, that's not the case. True food allergies, along with more common food intolerances and sensitivities, can produce a wide range of symptoms, from unpleasant bloating to life-threatening anaphylactic shock. What causes these conditions, and how can they be treated or managed? Why are certain foods, like peanuts and milk, more problematic than others? Why are food allergies on the rise, and is this only a problem in the industrialized world? *Food Allergies and Sensitivities: Your Questions Answered*, a part of Greenwood's **Q&A Health Guides** series, answers these and other questions related to this fascinating topic. Each book in this series follows a reader-friendly question-and-answer format that anticipates readers' needs and concerns. Prevalent myths and misconceptions are identified and dispelled, and a collection of case studies illustrates key concepts and issues through relatable stories and insightful recommendations. The book also includes a section on health literacy, equipping teens and young adults with practical tools and strategies for finding, evaluating, and using credible sources of health information both on and off the internet—important skills that contribute to a lifetime of healthy decision-making.

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