

Free Nut Allergies Report

**Learn All About How You Can
See the Symptoms of Nut Allergies**

Start Seeing The Symptoms

When children, all of us had foods that we really like, and many that we really believed we hated.

Often, to the adults in our young lives, these likes and dislikes make no sense whatsoever, and more often than not, they are correct to adopt this view. For instance, as a kid I loved tomato soup but hated tomatoes and tomato juice, which I admit makes no sense whatsoever!

As we grow older, most of us grow out of these likes and dislikes, simply because that is all they were – little more than a passing phase of liking or disliking something.

For a large number of people, however, the problem that they have with food is more far reaching and serious than this.

For these people, certain foodstuffs will trigger an adverse physical reaction, and while not all of these people are completely allergic to any particular foodstuff, their bodily reaction might indicate otherwise.

In the West, the most common food allergy is to peanuts, while allergic reactions to tree nuts are far less common.

Despite this, however, most people know little about peanut allergy, or any other form of adverse reaction to nuts.

They would, therefore, have very little chance of recognizing such a condition in friends or family members, and this can be a particularly serious problem for the parents of young children for whom peanut allergy can be an extremely serious and distressing problem.

This book will teach you what you need to know about such allergies, focusing primarily on peanut allergy (as this is the condition which most people are likely to be exposed to), other adverse reactions to peanut-based products, and what you can do to deal with those problems.

In the last few pages of the book, we will look at a few of the important facts

about tree nut allergies.

Peanuts are not the same as nuts...

All available statistics indicate that the food allergy most widely suffered by the greatest number of people in the West is to peanuts.

It is, therefore, important to understand what peanuts are, and more importantly, what they are not.

A peanut is distinct from tree based nuts, in that it is a legume rather than a true nut. It is a close relative of the soy bean, kidney bean, garden pea and lentil.

Such plants carry nitrogen fixing bacteria on their roots, and, as a result, they add extra nitrogen to the soil in which they grow. This enriches the soil, and it is for this reason that such plants are extremely popular with farmers as crops.

A tree nut, on the other hand, is generally the dried fruit of that tree, and while tree nut allergy is every bit as severe as peanut allergy, it is far less common.

Because they are entirely different, it is possible that people can be allergic to peanuts while they are perfectly okay with tree nuts, and vice versa. However, for some reason that is not yet fully understood, there does seem to be some correlation between peanut and tree nut allergies. While there appears to be no particular reason why a peanut allergy sufferer should be more susceptible to having the same problem with tree nuts than anyone else, a high percentage of peanut allergy sufferers also suffer adverse effects when they consume tree nuts.

It has also been established that children who suffer a peanut allergy are more likely to suffer other food allergies, including tree nuts, in adulthood. There does, therefore, appear to be some connection between the two, probably because of a general weakening of a food allergy sufferer's immune system.

Some alarming peanut statistics...

In the USA alone, it is believed that up to 1.5 million people may be allergic to peanuts. While the USA is a major producer and consumer of peanut based foodstuffs, this picture is broadly mirrored in other major Western civilizations.

According to the Asthma and Allergy Foundation of America, an allergic reaction to peanut consumption is the largest food related cause of death in the USA.

In numerical terms, based on statistics produced by the Food Allergy & Anaphylaxis Network, around 100 people will die every year in the USA as a result of an adverse reaction to peanuts.

This is out of a total of approximately 150 people who die every year from an allergic reaction to foods, so peanut allergy is clearly the most serious food allergy in the USA. The same advisory group believes that an adverse reaction to peanuts is responsible for 15,000 emergency room visits every year as well.

While approximately 0.5% of adults and children have a peanut allergy in the USA, approximately 25% of children who are afflicted by this condition will grow out of it in their teens or early adulthood.

What is it?

An allergy to peanuts is a condition which afflicts the immune system of the body, where your body will suffer from a wide range of symptoms following exposure to some of the proteins in peanuts.

Peanut allergy is the most prevalent food allergy in the USA, and for many people, even the minutest amount of peanut-based material in their food can trigger a dangerous and sometimes fatal allergic reaction.

In fact, peanut allergy is the most common food allergy in almost every Western country, although it is extremely rare in the people of Asian and Oriental societies, places where peanuts form a far more important part of the indigenous diet.

Because of its prevalence in the West, however, it is essential to appreciate that it only needs the tiniest exposure to peanut-based proteins to trigger a severe allergic reaction in some people.

For instance, those who are most sensitive to peanut-based proteins can suffer a serious reaction to as little as 2 mg of such protein. As a peanut contains around 200 mg protein, this means that such a person will react to anything that contains as little as 1% of a peanut!

An otherwise healthy young woman in her early 20s with a severe peanut allergy and asthma simply dipped her chip (french fry) into a sauce in a restaurant, and died in the ambulance on the way to hospital as a direct result of doing so.

How serious is it?

An allergic reaction to peanut protein is likely to be the most deadly allergic reaction, as it accounts for four out of every five life threatening occurrences of anaphylactic shock in both the UK and the USA.

While it is relatively rare that the peanut allergen will kill you (15,000 people visit emergency rooms as a result of their peanut allergy, but only 100 die every year, so the numbers are on your side!), it is nevertheless extremely dangerous and the effects of peanut allergy can be extremely unpleasant.

**Thank you for reading this Free Report
on Nut Allergies**