Are You Allergic to What You Love?

Common Food Additives May Be Why You Have Food Allergies!

1. Causes of food allergies:
   - Environment
   - Chemical Exposure
     - food additives
   - Genetics, gender, hormones etc.

2. Food Allergy Symptoms:
   - Hives/itchiness of mouth
   - Face/body swelling
   - abdominal pain
   - trouble breathing/ anaphylaxis

3. 6-8% children and 2-4% adults in USA and Europe have specific (IgE) antibody mediated food allergies

4. Normal T cell (immune cell):
   - Instruct antibodies to be released
   - help fight off & defend against pathogens

5. Under allergenic conditions, T cell + tBHQ food additive:
   - Instruct A LOT of IgE antibody release
   - trigger food allergies

6. Current research:
   - Studying common food additives found in olive oil (3-hydroxytyrosol) and cereal (BHT) and their role in egg white elicited food allergy

7. Future:
   - Prevent, treat, & possibly cure food allergies
   - Monitor acceptable amounts of daily food additives

Eggs: Common cause of food hypersensitivity in children

Food allergies are rising!

Food allergies are rising!