



STATISTICS AND FYI

Allergies Inflammatory conditions resulting from an allergen (or antigen) producing an adverse immune reaction involving the antibody immunoglobulin E (IgE). Hypersensitivity disorders mediated by IgE include:

- Atopic Diseases
 - Allergic rhinitis
 - Allergic Conjunctivitis
 - Atopic Dermatitis – ie. Eczema
 - And Allergic Asthma
- Urticaria – ie. Hives
- Digestive Allergy
- And Systemic Anaphylaxis

***Merck Research Laboratories, 2000**

“A simple explanation of food allergy is that it is an inappropriate response by the immune system that results in symptoms. Our immune systems keep us free from disease by recognizing a “foreign invader” when it enters the body and by releasing in response a battery of defensive chemicals (called “inflammatory mediators”) into local tissue and into the circulatory system. All the food we eat comes from foreign sources – plants and animals- that we consume as nourishment. Normally our immune systems see this material as “foreign but safe” due to a complex process of tolerance that occurs when food is processed through the digestive system. When something goes wrong during this processing, a person becomes “sensitized” to the food, and thereafter the immune system perceives it as foreign and a threat. Whenever that food enters the body again, the immune system treats it as if it could cause disease. The systems that we experience as a result of this defensive action are called allergies. “

*** Dealing with Food Allergies in Babies and Children by Janic Vickerstaff Joneja, PhD, RD**

Peanut allergies

- Approx 1.5 million Americans have a peanut allergy.
- 20% of children out grow a peanut allergy by school age.

Tree nut allergy

- Tree nut is often persistent, with studies showing that only about 1-2 in 20 children outgrow the allergy early in childhood.

Seed allergy

Egg Allergy

- 1 in 50 American children are affected by this allergen; most tolerate the food by 5 years of age.
- The white part of the egg is the major allergenic portion

WWW.MODISHMONKEYS.COM

Organic Baby Boutique specializing in products to help ease the lives of children suffering from Eczema, Asthma, and Allergies

Cows Milk

- Is estimated to affect about 1 in 50 children
- Milk allergy is typically outgrown by age 5 years.

Shellfish

- Only about 2 – 5% of children will outgrow these allergies.
- Shellfish allergens are similar to allergens in dust mites and cockroaches, presumably because they share ancient ancestry.

Soy

- Soy is a legume link peanut and peas.
- Allergy occurs in about 1 in 200 children but is usually outgrown.

Wheat

- About 1 in 250 children has a wheat allergy.
- About 20% of children with wheat allergy have other grain allergies.
- Most children outgrow wheat allergies by 5 years of age.
- Buckwheat has been associated with severe reactions.

****Understanding and managing your child's food allergies by Scott H. Sicherer, M.D.***

Statistics Canada said in its 2005/2006 Census at School that about one third of elementary school students across Canada reported having allergies of one sort or another. Laurie Harada, a representative from Anaphylaxis Canada, says peanut allergies alone have been on the rise in the industrialized world. Currently, about one in 50 Canadian children have a peanut allergy, not all of them lethal.

<http://www.cbc.ca/news/background/foodsafety/allergies-school.html>

Country/Region	Extrapolated Prevalence	Population Estimated Used
Allergies in North America (Extrapolated Statistics)		
USA	53,980,772	293,655,405 ¹
Canada	5,975,712	32,507,874 ²

Footnotes:

1. US Census Bureau, Population Estimates, 2004
2. US Census Bureau, International Data Base, 2004

<http://www.cureresearch.com/a/allergies/stats-country.htm>

WWW.MODISHMONKEYS.COM

Organic Baby Boutique specializing in products to help ease the lives of children suffering from Eczema, Asthma, and Allergies

Foods commonly associated with specific allergies

Allergy Symptom	Associated Foods
Headaches	Wheat, chocolate
Migraine Headaches	Alcoholic beverages, cheese, chocolate, nuts, wheat, citrus fruits, tomatoes, MSG, nitrates, eggs, and milk
Eczema	Citrus fruits, tomatoes, and eggs
Hay Fever	Milk, wheat, nuts, chocolate, cola drinks, and sulfites
Hives	Strawberries, tomatoes, eggs, chocolate, shellfish, mangoes, pork, and nuts
Childhood Allergies	Milk, wheat, eggs, artificial coloring/flavors, salicylates, peanuts, rye, beef, and fish
Asthma	Wheat and eggs
Cerebral Symptoms	Corn, wheat, and soybeans

<http://www.naturalways.com/alergy1.htm>

[WWW.MODISHMONKEYS.COM](http://www.modishmonkeys.com)

Organic Baby Boutique specializing in products to help ease the lives of children suffering from Eczema, Asthma, and Allergies