

5 Dangerous Myths About Your Child's Food Allergies

(And What To Do About Them)



Introduction

Every three minutes, a food allergy reaction sends someone to the emergency room.¹

Regarding your child's health, safety and well-being, taking allergies seriously is vital. However, there are various dangerous **myths** you can't afford to believe when it comes to effectively (and naturally) managing their symptoms.

Today, allergies are getting worse. They're becoming more common as they affect 1 in 13 children and they're more severe than ever.² According to the CDC, the prevalence of food allergies in children increased by **50 percent** between 1997 and 2011.³

That's why this eBook exists.

As a **Board Certified Pediatric Food Allergist** for the last 12+ years, I've worked with countless parents concerned about their child's symptoms. With a clinical and academic background, I've discovered what works, what doesn't and how to help your child thrive **without** putting your entire life on pause.

Most importantly, I'm the mother of 2 kiddos that have life-threatening food allergies. I understand this life. This gives me a unique understanding of the emotional distress of raising kids predisposed to allergic reactions. I know what it's like to be constantly worried about your child and the impact that can have on your family's quality of life.

From inconveniences like missing school or work, to always being sick, allergies leading to ear, sinus and asthma or spending unnecessary time and money at an allergist's office – it's time to finally take care of this issue.

1. Food Allergy Facts and Statistics for the U.S. – FARE Food Allergy Facts and Stats

2. Food Allergies – Centers for Disease Control and Prevention (CDC)

3. Trends in Allergic Conditions Among Children: United States, 1997–2011 – CDC

Myth #1: Food allergies aren't *that* serious

Food allergies are not to be taken lightly.

The first myth is that they're a normal part of life and shouldn't be something to be overly concerned about. Unfortunately, while many cases stay mild, some may worsen over time.

Children with a food allergy are **two to four times** as likely to have other allergic conditions, such as asthma or eczema.⁴ As we mentioned earlier, the prevalence of food allergies and the severity of their symptoms have both **increased** dramatically.

From environmental factors to exposure to new ingredients, parents have to deal with food allergies and their uncomfortable symptoms.

Whether seasonal or chronic, allergies can affect your family's quality of life. Not to mention your concern as a parent knowing your child is potentially exposed to dangerous ingredients when they're at school, on playdates or on sleepovers.

The first step is to take them seriously and look for solutions **before** they become a major challenge. Of course, you're already on your way there by reading this eBook.

Actionable Insight #1: Take allergies seriously. Even if they're not creating severe symptoms, they can get worse and affect both you and your child's quality of life. There are many unnecessary stories of dangerous reactions to allergies that weren't properly addressed.

4. Food Allergy Among U.S. Children: Trends in Prevalence and Hospitalizations – CDC

Myth #2: Allergy-inducing ingredients are always on labels



Every allergy-inducing ingredient must be on food labels, right?

Wrong. The Food Allergen Labeling and Consumer Protection Act put into law that **only** nine of the most common allergens have to be on labels.⁵ These include milk, egg, wheat, soy, peanut, tree nuts, fish, shellfish and sesame.

Which means the following allergy-inducing ingredients are **left off** labels, including:

The fact that other allergens don't have to be on labels is a major problem.

For several years, allergens left off labels have been the **highest** source of problems submitted to the FDA's Reportable Food Registry. On average, unlabeled allergies represent nearly 40% of the reports.⁶

5. Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA) – U.S. Food & Drug Administration (FDA)

6. Reportable Food Registry for Industry – FDA

Remember, many more potential allergens can appear in surprising places and negatively impact your child. We'll cover it later, but ingredients can pop up in more than food, drink or even medication.



Actionable Insight #2: Be diligent about reading food packaging labels slowly and asking questions about ingredients when it comes to food that isn't prepared by you. This includes school cafeterias, snacks, playdates, etc.

Myth #3: Foods that cause mild reactions lead to mild allergies



A mild allergic reaction is no big deal, right? Not true.

Unfortunately, symptoms that are left unaddressed can get worse and result in a full-blown outbreak. Therefore, it's important to recognize **any** reaction in your child's body is saying something isn't quite right.

If a food allergic reaction occurs, you will use your epinephrine auto-injector and call 911 as instructed by your Board Certified Allergist, for further management of the allergic reactions. Afterwards, it is important to record all the symptoms, duration, and the exact foods, drinks, medication, etc. consumed that led to the reactions even if it is considered "mild." The more details you're equipped with, the easier an allergy can be diagnosed, treated and potentially solved.

Here's why this is important:

While the severity of symptoms is experienced across a broad spectrum, it's difficult to predict how a child's body will react in the future.

In our clinical and academic work, there have been many cases of a child experiencing a mild reaction to an ingredient and then experiencing anaphylaxis the following time. Therefore, it's important to treat every case with urgency **ahead** of time.



Actionable Insight #3: If your child experiences any type of allergic reaction, make sure to record as many details as possible before, during and after the experience. Ensure even mild allergies are taken seriously.

Myth #4: Allergenic foods should be avoided until your child is old enough

For decades, conventional wisdom said to keep children away from any potentially reactive allergens until they were at least 1 to 3 years old. The idea was that parents needed to wait until their child's immune system had developed enough strength to handle common allergens.

Today's emerging research tells a different story. In fact, many studies reveal that waiting to introduce potential allergens can unnecessarily **increase the chances** of children developing food allergies.

Instead, it's recommended to start introducing allergens to your child between 3 to 6 months of age. A 2015 study on peanut allergies concluded that the introduction of peanuts **significantly decreased** the frequency and severity of immune responses for high-risk children.⁷



7. Randomized trial of peanut consumption in infants at risk for peanut allergy - National Library of Medicine (PubMed)

Another 2018 study showcased that early introduction reduced the risk of peanut allergy from **17% to 3%** at 5 years.⁸

Of course, there are specific guidelines and precautions to take to ensure you're introducing these foods to your infant properly. While those are beyond the scope of this eBook, it's worth dispelling this myth to help your child overcome allergies before they become a problem.

Actionable Insight #4: Develop a plan to expose your young child to potential allergens in a safe and effective manner to decrease their risk of developing food allergies as they grow. Use a trusted expert to help advise you.



8. Benefits of early peanut introduction – National Library of Medicine (PubMed Central)

Myth #5: Avoiding foods your child is allergic to is easy

As a parent, you already have a lot on your plate. When you add in the concerns that come with helping your child overcome allergies – it adds a layer of complexity to your parenting.

Many people mistakenly believe that avoiding allergy-inducing foods is an easy task.

But that's **not** true. Instead, you must:

- **Be constantly vigilant.** It takes time and energy to always be on the lookout for your child's safety.
- **Communicate with others.** Talking to school administrators, parents, overnight camp administrators, etc.
- **Stay ahead of symptoms.** Choosing and sticking to a treatment plan in a world full of misconceptions and disagreements.

Of course, you also have your own life and issues to deal with.

It's why finding a trusted partner and expert who can help you manage and overcome these challenges is a great first step to alleviating the effect of allergies on your (and your child's) life.

Actionable Insight #5: Being prepared and using a trusted expert in preventative allergic care will help give you peace of mind and minimize the effects of allergies on your child's life (and yours too.)

Bonus Myth: Most food allergies can't get better



If your child has a food allergy today, it's likely to stay with them for years or the rest of their lives, right? Well, it depends. Some children will outgrow their food allergies.

Research says about 60% to 80% of children with a milk or egg allergy will be able to have those foods by the age of 16.⁹ However, only 20% will outgrow a peanut allergy, and 14% will outgrow tree nut allergies with just 4% outgrowing fish or shellfish allergies.

So, how do you manage a long-term allergy? Even if a food allergy stays with a child in the future, there are solutions to reduce and in some cases overcome allergies altogether.

Bonus Actionable Insight: Take a holistic and comprehensive approach to your child's allergy relief and management. Ensure you find a personalized solution that's been proven to work on similar cases your child is experiencing.

9. Likelihood of Child Outgrowing Food Allergy Depends of Type, Severity of Allergy - Mayo Clinic

What if you could improve your child's allergies using a proven model without guesswork?

Today, many children and parents alike unnecessarily suffer from the symptoms and stress that come with managing their allergies.

It's why AllergenIQ exists.

We're a virtual food allergy care practice with a comprehensive care model that is dedicated to helping kids and parents experience the peace of mind that comes with allergy prevention and treatment to reduce symptoms – built on academic research and proven practical clinical experience.

We help with food allergies we've discussed here, including milk, egg, wheat, soy, peanuts, tree nuts, fish, sesame and shellfish. In addition, we help with the prevention of allergies in babies as early as 6 months of age.





In our 12+ years, we've helped countless children and families successfully manage food allergies and enjoy the highest quality of life, and we can certainly help you.

Our comprehensive care model includes:

- **Practical prevention strategies**
- **Diagnosis and treatment for eczema, food and seasonal allergies**
- **Management of Allergies and Immunotherapy options that are effective, convenient, and affordable**

As a thank you for reading this eBook, you can access our 60-second free allergy quiz to see what the best option for your child can be.

Being empowered with knowledge and having access to a credible expert will help you take the guesswork out of allergies and start the path to your child relieving their allergy symptoms in the most effective way possible.

[👉 Click here now to take our free allergy quiz](#)

Remove the guesswork out of allergies. Take our free allergy quiz today.



Clarity is the first step to overcoming symptoms. Especially since we live in a world full of contradictory allergy advice that can be potentially harmful.

It's why AllergenIQ has developed a 60-second quiz that helps you access solutions so you can begin navigating your child's allergies successfully.

Click the button below now to access our **free** allergy quiz for a limited time.

[➔ Click Here To Take FREE Allergy Quiz](#)

