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	<i>Richard Robinson, Jill Granger, and Teresa G. Odle</i>	
	The term <i>allergy</i> refers to a wide variety of maladies with a single common cause: The body's immune system overreacts to something in the environment that would otherwise be harmless.	
	2. Hay Fever	25
	<i>American College of Allergy, Asthma, and Immunology</i>	
	One in every seven people experiences so-called hay fever each year when plants and trees pump pollen into the air. A variety of treatments helps sufferers to cope and in some cases to conquer the allergy.	
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	<i>Janice M. Vickerstaff Joneja</i>	
	A professional dietician explains the immune response involved in food allergies and distinguishes them from food sensitivities.	
	4. Pet Allergies	40
	<i>Asthma and Allergy Foundation of America</i>	
	Pet allergies affect up to 30 percent of Americans. In a country with more than 100 million pets, those who are allergic find it difficult to avoid contact with the source of their misery.	

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*William F. Lyon*  
Millions of tiny spiderlike creatures called dust mites can infest an individual bed. While mostly harmless, dust mites cause misery to people who are allergic to them.
6. When Allergies Strike, Anaphylaxis May Swiftly Follow 52  
*David C. Dugdale, Stuart I. Henochowicz, and David Zieve*  
Many allergies are merely irritating, but for some people the consequences of exposure to an allergen can be rapid swelling, difficulty breathing, loss of consciousness, and even death. These symptoms are known collectively as anaphylaxis.

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A naturopathic physician argues that alignment of

diet with an individual's blood type can restore balance to the immune system.

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*Michael Klaper*

A vegetarian doctor challenges the premises of a diet based on blood type, charging that no scientific evidence exists to back them in regard to allergies or other health issues.

5. Food Allergies Are Authentic **88**

*DukeHealth.org*

The epidemic of food allergies represents a genuine phenomenon. It requires a careful medical response.

6. Food Allergies Are Exaggerated **94**

*Meredith Broussard*

The epidemic of food allergies in children is an illusion. What is really going on is largely the result of mass hysteria among parents.

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*Mary Bufe*

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*National Institute of Allergy and Infectious Diseases*

Even though kids today spend more time indoors, people are less conscientious than in the past about home cleaning. Failure to clean mattresses and maintain indoor air quality is a leading cause of allergies.

## CHAPTER 3

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