



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

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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 1 in 50 Canadian children have a peanut allergy, not all of them lethal.

Health Canada identifies nine priority food allergies: Peanuts, eggs, milk, tree nuts, wheat, soy, sesame seed, seafood, and sulphites.

<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>

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Symptoms of an adverse reaction (Allergy or Intolerance) in babies and children:

Gastrointestinal tract

- Persistent colic
- Abdominal distress (distension)
- Frequent “spitting up”
- Nausea
- Vomiting
- Diarrhea
- Constipation
- Bladder infections

Skin

- Hives (urticaria)
- Facial reddening and swelling
- Swelling and reddening around mouth
- Eczema
- Dry itchy skin
- Persistent diaper rash
- Redness around anus
- Redness on cheeks
- Reddened ears
- Rash of unknown origin
- Scratching and rubbing

Respiratory tract

- Nasal stuffiness
- Sneezing
- Nose rubbing
- Noisy breathing
- Persistent cough
- Wheezing
- Asthma
- Itchy, runny, reddened eyes
- Frequent earaches and infections

Other

- “Feeding problems” (baby or child may forcibly reject food)
- Failure to gain weight (failure to thrive)
- Weight loss
- In extreme cases, involvement of all body systems in anaphylaxis. This can be life threatening
- Insomnia, hyperactivity, and depression
- Bedwetting
- Fatigue, headaches, and migraines

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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/allergy1.htm>

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Food Intolerance IgG - "A reaction to food involving a defect in the processing of food either during digestion or after the food parts or components have been absorbed into the body. The immune system is not involved in a food intolerance reaction.

Respiratory	Asthma, rhinitis (nasal allergy), glue ear
Gastrointestinal	Infantile colitis and colic, Crohn's disease, Recurrent abdominal pain (especially in children), diarrhoea and constipation, Irritable bowel syndrome
Skin	Eczema, urticaria
Nervous system	Headache and migraine, hyperactivity
Heart / circulation	Palpitations (heart rhythm abnormalities)
Musculoskeletal	Unexplained joint pain, some kinds of arthritis, unexplained muscle pain
Psychiatric	'Somatisation Disorder' Fatigue and hypersomnia (an inappropriate need for sleep)

http://home.clara.net/radcliffe/foodintol_sx.htm

Yeast/ Candida

Typically what happens is that as the overproduction of Candida yeast continues, a child's immune system is compromised and weakened. Soon, the yeast has multiplied to such a point that organs and systems within the body are being sickened. The result of an overproduction of Candida yeast can be seen in the form of hyperactivity, allergies, obesity, depression, learning [disabilities](#), and even self-control.

Although there remains some controversy, many experts now believe there is a direct link between Candida yeast overgrowth and autism. Years ago, one of every two thousand children would develop autism but today, it is one out of every one hundred sixty children. Obviously, something serious is happening that needs to be identified and addressed.

Read more: <http://www.articlesbase.com/health-articles/candida-and-yeast-infections-the-effects-of-candida-yeast-on-children-497450.html#ixzz11RoBLYHj>
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Celiac Disease is a common (yet often misdiagnosed) genetic intolerance to gluten. Triggered by eating gluten, the immune system responds by attaching the gluten molecule, and in so doing, it also attacks your body cells. This is called an *autoimmune response*. The disease can develop at any age, in people of ethnicity, and it results in damage to the small intestine, which can cause poor absorption of nutrients. Although the damage occurs in the gastrointestinal tract, not all symptoms are gastrointestinal in nature. In fact, symptoms are vast and varied, and they sometimes come and go, which makes diagnosis difficult.

Gastrointestinal Symptoms

- Abdominal pain and distension
- Acid reflux
- Bloating
- Constipation
- Diarrhea
- Gas and flatulence
- Greasy, foul-smelling, floating stools

Nongastrointestinal Symptoms

- Fatigue and weakness (due to iron-deficiency anaemia)
- Vitamin and/or mineral deficiencies
- Headaches (including migraines)
- Joint/bone pain
- Depression, irritability, listlessness, and mood disorders
- Fuzzy brain or an inability to concentrate
- Infertility

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- Nausea
- Vomiting
- Weight loss or weight gain
- Abnormal menstrual cycles
- Dental enamel deficiencies and irregularities
- Seizures
- Ataxia (bad balance)
- Nerve damage (peripheral neuropathy)
- Respiratory problems
- Canker sores (aphthous ulcers)
- Lactose intolerance
- Eczema/psoriasis (skin conditions)
- Rosacea (a skin disorder)
- Acne
- Hashimoto's disease, Sjogren's syndrome, lupus erythematosus, and other autoimmune disorders
- Early onset of osteoporosis
- Hair loss (alopecia)
- Bruising easy
- Low blood sugar (hypoglycemia)
- Muscle cramping
- Nosebleeds
- Swelling and inflammation
- Night blindness

Celiac is also related to infertility, spontaneous abortions, menstrual problems, and intrauterine growth retardation (abnormally slow growth of the fetus).

Spotting symptoms in kids;

- Inability to concentrate
- Irritability
- ADD/ADHD or autistic-type behaviours
- Failure to thrive
- Short stature or delayed growth
- Delayed onset of puberty
- Weak bones or bone pain
- Abdominal pain and distension
- Nosebleeds.

**Living Gluten-Free for Dummies by Danna Korn, founder of the national support group R.O.C.K. (Raising Our Celiac Kids)*

Additives & Preservatives

According to Health Canada, a food additive is "any chemical substance that is added to food during preparation or storage and either becomes a part of the food or affects its characteristics for the purpose of achieving a particular technical effect."

They're usually used to increase shelf life, sweeten food without adding calories, keep powders free-running, or to enhance the colour of a product. They play a key role in Canada's food processing industry, estimated to be worth more than \$43 billion US in 2001.

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Are substances added to food that are not considered additives?

Yes. Under the Food and Drug Regulations, the following are not considered to be additives:

- Food ingredients such as salt, sugar and starch.
- Vitamins, minerals and amino acids.
- Spices, seasonings and flavouring preparations.
- Agricultural chemicals.
- Veterinary drugs.
- Food packaging materials.

Are there health risks to food additives?

Depends who you ask. Health Canada says all food additives go through a rigorous process before they are approved. However, some additives that are permitted in Canada have been banned in other countries. And some additives have been linked to cancer and other conditions. For instance, Red Dye No. 3 — which is sometimes added to ice cream, jams, pickles, liqueurs, ketchup and smoked fish — was banned by the U.S. Food and Drug Administration in 1990 after studies linked it to cancer in animals. It is still permitted in Canada.

Are there any other concerns with food additives?

Some studies have linked some food additives to hyperactivity in children. A [recent British study](#) found that children without a history of any hyperactive disorder showed varying degrees of hyperactivity after consuming fruit drinks with various levels of additives. Those additives included:

- **Sodium benzoate**, a preservative used to extend the shelf life of food and drinks. It's common in pickles and sauces.
- **Tartrazine**, a yellow food dye used in ice cream, soft drinks and fish sticks. It is a sodium salt and contains more salt than the human body can handle. Besides hyperactivity, research has linked it to asthma, skin rashes, and migraines. This product is banned in Norway and Austria.
- **Quinoline yellow**, a yellow dye used in soft drinks, cosmetics and medications. This additive is banned in Australia, Japan, Norway and the United States.
- **Sunset yellow**, a dye used in yogurts and sweets. This product is banned in Norway and Finland.
- **Allura red**, a dye used in soft drinks and bubble gum. This additive was introduced in the early 1980s to replace Amaranth, a dye that was banned by the U.S. Food and Drug Administration and is only allowed in France and Italy in the production of caviar. Allura red is banned in Denmark, Belgium, France, Germany, Switzerland, Sweden, Austria and Norway.

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What are some of the other food additives that have raised concerns?

Some people report a sensitivity to monosodium glutamate. Some MSG-intolerant people can develop MSG symptom complex, which is characterized by one of more of the following:

- A burning sensation in the back of the neck, forearms and chest.
- A numbness in the back of the neck, radiating to the arms and back.
- A tingling, warmth and weakness in the face, temples, upper back, neck and arms.
- Facial pressure or tightness.
- Chest pain.
- Headache.
- Nausea.
- A rapid heartbeat.
- Bronchospasm (difficulty breathing) in MSG-intolerant people with asthma.
- Drowsiness.

(Source: U.S. Food and Drug Administration)

But for the vast majority of people, MSG has not been determined to be a risk.

Sulphites are also used to maintain food colour, prolong shelf life, prevent the growth of micro-organisms, and maintain the potency of certain medications. They are also one of the nine most common food products that cause severe allergic reactions.

U.S. doctors raised concerns in 2007 about the use of **diacetyl**, an additive used in some microwave popcorns. Doctors said a U.S. man developed life-threatening lymphocytic bronchiolitis, sometimes referred to as "popcorn lung," after eating several bags of microwave popcorn daily over the course of a number of years. ConAgra Foods, General Mills and Weaver Popcorn Company have all announced they no longer used diacetyl in their products.

High-fructose corn syrup has also come under scrutiny in recent months, spurring the Corn Refiners Association to launch a campaign defending the safety of the preservative. The sweetener, used in a wide range of beverages and processed foods, has been linked in animal studies to diabetes and high cholesterol. At a 2007 American Chemical Society conference, U.S. researchers suggested soft drinks containing HFCS may be linked to the development of diabetes, especially in children.

<http://www.cbc.ca/news/background/foodsafety/additives.html>

Sweeteners

Names for Sugar and Sweeteners (partial list)

aspartame	carbohydrate	carob powder
corn starch	crystalline	dextrin dextrose
disaccharides	galactose	glucose
levulose	maltitol	maltodextrin
maltose (malt sugar)	malts of any kind	manitol
mannitol	mono-saccharides	NutraSweet

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polydextrose
saccharin
succanat

polysaccharides
sorghum
Sucrose

ribose
suamiel

<http://www.healingnaturallybybee.com/articles/intro2.php>

Coloring – Are manufactured from Coal Tar and contain Petroleum, Lead, Mercury, Arsenic... and on.

Vanillin – Manufactured from the waste product of paper mills and another source is petroleum. Contain high levels of sulphites and other contaminants.

Perservatives - used primarily to prevent fats from becoming rancid, allowing foods to have a longer “self-life” (BHA, BHT, AND TBHQ). Most are not believed to be a health hazard, but the above three petroleum based preservatives have been found to trigger behaviour and health problems, and are carconigans.

Nitrates – used to preserve color and maintain microbial safety. Found in most grocery store meats, Salmon, Sandwich meats, Bacon, Hot Dogs, and the list goes on.

Food flavoring is a huge business, which in 2002 was found to produce about \$1.4 billion in annual sales.¹² Although some flavorings are undoubtedly safe and useful, many are used to transform low-quality ingredients into something considered palatable.

Why are hormones used in food production?

Certain hormones can make young animals gain weight faster. They help reduce the waiting time and the amount of feed eaten by an animal before slaughter in meat industries. In dairy cows, hormones can be used to increase milk production. Thus, hormones can increase the profitability of the meat and dairy industries.

<http://envirocancer.cornell.edu/Factsheet/Diet/fs37.hormones.cfm>

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