

An Inside Look At Allergy And Allergy Testing

Although allergy may not all be life threatening, some serious cases of allergy may actually lead to death. Allergy is normally associated with runny nose, red eyes, itchy skin and other similar symptoms. But allergy is more than just these. Allergy causes discomfort and it may trigger other health problems later on.

Allergy refers to the body's overreaction to foreign substances and elements called the allergens or antigens. Allergens can be in different forms. It can be in the form of food, chemicals, cosmetics or even natural elements. The most common allergens are dust, pollens, medications, foods, and topical cosmetics.

Allergens can trigger allergy in various ways. It can cause allergy through skin contact, intake, inhalation and injection. People who are hypersensitive are usually the victims of allergy. Their body reacts immediately upon contact with an allergen. The allergic reaction differs from one person to the other and from one allergen to the other.

Allergy Symptoms

There are various symptoms of allergy but the most common ones include the following:

Redness, swelling and itchiness of skin that came in contact with the allergen;
Redness and itchiness of the eyes including its surrounding areas;
Sneezing and runny nose;
Breathing problems; and
Hearing difficulties.

There may be other symptoms of allergy but these are the common ones. The symptom will depend on the allergic person and on the allergen that caused the reaction.

Allergy Testing

To prevent allergy, you must identify its source. Through identification of the source, you will be able to avoid the allergen. A person identified to be allergic to dust must avoid being in contact with it. You won't be able to prevent allergy if you don't know what to avoid. To identify if you are allergic with particular allergens, you need to undergo allergy testing.

Allergy testing is the process by which a person can identify what causes his allergic reactions. The allergens that trigger unusual body response from the person are identified. This allows the person to avoid the allergen, thereby, preventing allergy.

There are several types of allergy testing. The most common are skin test, blood test, food test, breath test, and muscle test or kinesiology. Through allergy testing, a person can identify and avoid substances and elements that can trigger allergy. As always been said, prevention is always better than cure. To avoid suffering fatal consequences from allergy later on, it is best to prevent it now.

About the Author

Amber College specialises in holistic therapies, weight loss, quit smoking programmes and allergy testing. Get tested for allergy at Amber College's [Allergy Testing](#). Amber also offers part time courses and diploma courses on Complementary Therapy.

Source: <http://www.healthcrazed.com>