

THE WILLIAM STORMS ALLERGY CLINIC And The Cough Center

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Allergies vs Intolerance

Not all adverse reactions to food indicate a food allergy. In many cases, individuals can experience food intolerance. Typically, food allergies result in immediate adverse reactions when the food is eaten, even in the smallest of amounts. Food intolerance reactions can take up to three days after ingesting the item to occur and may happen only when the food is eaten in large quantities or consumed frequently. It is important to be tested to identify whether you have a food allergy or an intolerance. Maintain a list of what you eat to narrow it down. Since food allergies can be life-threatening, be sure to see your doctor to find out exactly what you have to do to help gain control over your problem.

At THE WILLIAM STORMS ALLERGY CLINIC at 1625 Medical Center Point, Suite 190, we have worked with many families over the years and offer a comfortable and reassuring environment. Call 719-955-6000 to arrange for an initial appointment or visit us at www.stormsallergy.com. Our goal is to provide you and your family with the highest quality of care for your allergy, asthma, immunology and sinus problems. P.S. Eczema can sometimes be a symptom of food intolerance.