

# Understanding Your Food Allergies And Intolerances: A Guide To Management And Treatment By Wayne Shreffler;Karen Asp

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### **What is an allergic reaction to food?**

Dec 05, 2010 What Is an Allergic Reaction to Food? A food allergy occurs when the immune system responds to a harmless food as if it were a threat. The first time a  
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### **Food allergies and food intolerance - webmd**

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