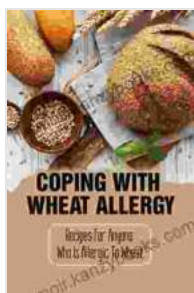


# Coping With Wheat Allergy

## What is Wheat Allergy?

Wheat allergy is a condition in which the body's immune system reacts to proteins found in wheat. These proteins are called gluten. When someone with wheat allergy eats wheat or foods containing wheat, their immune system produces antibodies that attack the gluten. This can lead to a range of symptoms, including:



## Coping With Wheat Allergy: Recipes For Anyone Who Is Allergic To Wheat by Amy Dresner

★★★★☆ 4.6 out of 5

Language : English  
File size : 556 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 67 pages  
Lending : Enabled



- \* Digestive problems: Diarrhea, constipation, gas, bloating, abdominal pain
- \* Skin problems: Rashes, hives, eczema
- \* Respiratory problems: Asthma, rhinitis, sinusitis
- \* Neurological problems: Headaches, fatigue, irritability

Wheat allergy is a serious condition that can significantly impact a person's quality of life. If you think you may have wheat allergy, it is important to see a doctor for diagnosis and treatment.

## **Diagnosis of Wheat Allergy**

The diagnosis of wheat allergy typically involves a combination of medical history, physical examination, and allergy testing. Your doctor will ask you about your symptoms, your diet, and your family history of allergies. They will also perform a physical examination to look for signs of wheat allergy, such as rashes or swelling.

Allergy testing can be used to confirm the diagnosis of wheat allergy. There are two types of allergy tests: skin tests and blood tests. Skin tests involve injecting a small amount of wheat extract under the skin and then observing the reaction. Blood tests measure the levels of antibodies in the blood that are specific to wheat.

## **Treatment of Wheat Allergy**

The only cure for wheat allergy is to avoid eating wheat and foods containing wheat. This can be challenging, as wheat is a common ingredient in many foods. However, there are a number of resources available to help you manage your wheat allergy, including:

- \* Food labels: Food labels can help you identify foods that contain wheat. Look for the words "wheat," "wheat flour," "durum," "semolina," and "spelt" on food labels.
- \* Gluten-free foods: Gluten-free foods are foods that do not contain wheat, rye, or barley. There are a number of gluten-free foods available at most grocery stores, including:
  - \* Breads
  - \* Cereals
  - \* Pastas
  - \* Cookies
  - \* Crackers
- \* Gluten-free restaurants: A number of restaurants offer gluten-free menus. You can find gluten-free restaurants in your area by searching online or by asking your doctor or a registered dietitian for recommendations.
- \* Support groups: Support groups can provide you with information and support from other people who have wheat allergy. You can

find support groups in your area by searching online or by asking your doctor or a registered dietitian for recommendations.

## **Managing Wheat Allergy**

Managing wheat allergy can be challenging, but it is possible to live a healthy, fulfilling life with this condition. Here are a few tips for managing wheat allergy:

- \* Be vigilant about reading food labels.
- \* Avoid foods that contain wheat, rye, or barley.
- \* Choose gluten-free foods instead of wheat-containing foods.
- \* Eat at gluten-free restaurants.
- \* Carry an epinephrine auto-injector in case of accidental exposure to wheat.
- \* See your doctor regularly for check-ups and to discuss any new symptoms.

## **Wheat Allergy and Celiac Disease**

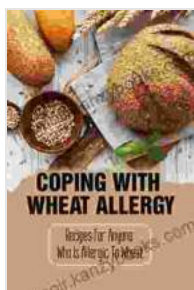
Celiac disease is a serious autoimmune disorder that is triggered by eating gluten. Celiac disease can damage the small intestine and lead to a number of health problems, including:

- \* Weight loss
- \* Diarrhea
- \* Fatigue
- \* Anemia
- \* Vitamin deficiencies

Celiac disease is often misdiagnosed as wheat allergy. However, these two conditions are distinct. Wheat allergy is an immune reaction to gluten, while celiac disease is an autoimmune disorder. People with wheat allergy can eat gluten-free foods without any problems, while people with celiac disease must avoid all foods that contain gluten.

If you have been diagnosed with wheat allergy, it is important to see a doctor to rule out celiac disease.

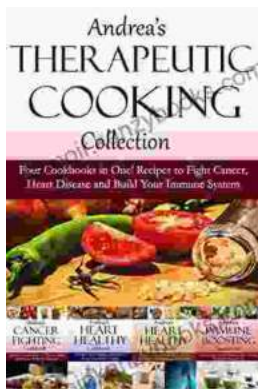
Wheat allergy is a serious condition that can significantly impact a person's quality of life. However, there are a number of resources available to help you manage your wheat allergy and live a healthy, fulfilling life. If you think you may have wheat allergy, it is important to see a doctor for diagnosis and treatment.



## Coping With Wheat Allergy: Recipes For Anyone Who Is Allergic To Wheat by Amy Dresner

★★★★☆ 4.6 out of 5

Language : English  
File size : 556 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 67 pages  
Lending : Enabled



## Four Cookbooks In One: Recipes To Fight Cancer, Heart Disease, And Build Your Immunity

Looking for a healthy way to fight cancer, heart disease, and build your immunity? Look no further than this cookbook! With over 300 recipes to choose from,...



## Hearts and Souls: Exploring the Lives and Legacies of Special Olympics Athletes

The Special Olympics movement has been a beacon of hope and inspiration for decades, transforming the lives of countless athletes with intellectual disabilities around the...