

## Mayo Clinic Minute

### What happens to your body when you're allergic to food

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	Does your child have a food allergy?
<b>Avni Joshi, M.D.</b> <b>Pediatric and Adolescent Medicine</b> <b>Mayo Clinic</b>	“How does food allergy happen is the first question.”
<b>Vivien Williams</b>	Dr. Avni Joshi says one theory has to do with babies who have eczema.
<b>Avni Joshi, M.D.</b>	“The food gets introduced through the skin, and that causes an aberrant immune response. Instead of the food being tolerant, you start recognizing the food as an allergen.”
<b>Vivien Williams</b>	When that food, is introduced into diets later, the babies have already developed antibodies against that food.
<b>Avni Joshi, M.D.</b>	“Many kids start having itching and throat closure. If a large amount is consumed, they can have vomiting. They can have head-to-toe hives, breathing difficulty and anaphylaxis.”
<b>Vivien Williams</b>	Anaphylaxis happens when your immune system identifies a substance, such as peanuts, as foreign. This triggers cells called "mast cells" to release chemicals that cause many symptoms, including dilated blood vessels, low blood pressure, flushing, constricted airways, intestinal problems and even death.
	For the Mayo Clinic News Network, I'm Vivien Williams.