

## The Most Common Allergies And Their Symptoms

A lot of people are allergic to various substances. Allergy can be treated and avoided. The first step in treating allergy is to identify it and what causes it. The best way to know what possible allergy you may have and what are the allergens that cause it is allergy testing. Through allergy testing, you can be tested for up to 950 possible allergies.

If you are serious about combating allergy, you must know what allergy you have and their symptoms. Here are the most common allergy and signs that you have them:

### **Asthma**

Asthma is a common allergic reaction that is prevalent to young kids. It can be brought about by allergens like dust, cigarette smoke and others. The symptoms of asthma include consistent coughing and laboured breathing. A serious case of asthma can make the patient sweat liberally and turn blue.

### **Hives**

Allergens can cause skin irritations like hives. The most evident symptom of hives is the appearance of red and itchy bumps on the skin. This is often the result of food and drug intake that causes allergic reaction. The most common foods that can cause hives are nuts, shellfish and eggs.

### **Allergic Rhinitis**

The most common allergens that cause allergic rhinitis or hay fever are dust, molds, pollens, and grass. A person who is experiencing allergic rhinitis suffers from frequent sneezing and itching of the palate and throat. He will also have watery eyes and congested nose.

### **Atopic Dermatitis**

This is another skin condition that is brought about by certain allergens. The symptoms of atopic dermatitis are itchiness and the appearance of red patches on the skin. Atopic dermatitis, also called allergic eczema, is often associated with hay fever and asthma.

### **Allergic Conjunctivitis**

This is an allergic reaction characterised by the inflammation of the tissue layers on the surface of the eyeball. The surface under the eyelid is also affected. The most common symptoms of allergic conjunctivitis include redness of the eye, watery eyes, eye itchiness and swelling.

These are the most common allergies and their symptoms. If you suspect you are allergic to a particular allergen, have yourself tested for possible allergies. There are several holistic therapies centres that offer allergy testing. The test will reveal to you the allergens that can trigger an allergic reaction from your body. It will be easy for you to get rid of your allergy if you know what substances to avoid.

### **About the Author**

Amber College is a centre for holistic therapies in Ireland. One of the services that this centre offers is [Allergy Testing](#). Amber College uses the world's largest allergy testing kit in the world that can detect up to 950 allergies. Aside from allergy testing, Amber College also offers Weight Loss Therapies, Stop Smoking Therapies and Complementary Therapies like Acupuncture, Aromatherapy and Massage.

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