
Abstract No. 154

PaperTitle **Adverse reactions to food: Perceptions, myths and facts**

Main Author **Steinman Harris Dr**

Presentor **Steinman Harris Dr**

FACTS

Co-Authors

ABSTRACT

More than thirty percent of individuals self-report adverse reactions to food. Parents claim that children become hyperactive after drinking orange-coloured drinks. The popular media informs us that monosodium glutamate and aspartame is killing off the population at a rapid pace. Is food allergy rare or reaching epidemic proportions? Is this as a result of our modern diet, pollutants in the atmosphere or visits from inter-galactic space travellers? Scientists inform us that woman tolerate alcohol less than men, that chocolate will result in headaches, and that cashew nut and mango can kill! Can allergic individuals only experience severe food reactions only when ingestion of a food is associated with exercise? Somewhere in this morass of information and disinformation lies the truth. This talk aims to set the record straight.