

Pollen to Pollen, Food to Food, and Pollen to Food Cross Re-activities

If you're allergic to certain types of pollen, you're more than likely allergic to certain foods because of their chemical make-up—a phenomenon known as *cross-reactivity*. The good news is that with Immunodrops each of the pollens in the drops are also desensitizing you to many of its brethren as well as “cross reactive” foods.

As an example, if your mouth and throat feel “itchy” when you eat apples taking the Immunodrops may stop this from happening because the Immunodrops contain birch allergens and birch cross reacts with apples.

Below you will find some examples of what “Pollens” cross reactive with what foods and in turn what foods are in the same families. In other words...protect yourself from one food and you're protecting yourself from their family members.

Pollens and their cross re-active food groups

Birch, Alder and Hazelnut pollens cross re-act with: Apple, celery, cherry, peach, pear and hazelnut foods

Grass pollens cross re-act with: Celery, cereal grains and potato foods

Mugwort pollen cross re-acts with: Apple, carrot, celery, kiwi, orange and peanut foods

Ragweed pollen cross re-acts with Banana, cantaloupe and watermelon foods

Food Families

Foods can also be grouped into families. If you are allergic to one member of a food family you are often allergic to its brethren. If for example you are taking our Immunodrops for Birch (which is one of the allergens in Immunodrops) then you will be being treated for Apples which in turn means that you are being treated for Pear, Quince, Medlar, and loquat.

Below you will find a list of food “families”.

Apple: Apple, pear, quince, medlar, loquat

Aster: Lettuce is most common. Others are: chicory, endive, escarole, artichoke, dandelion, sunflower seeds, tarragon (Ragweed belongs to this family; also, the insecticide pyrethrum.)

Blueberry: Blueberry, huckleberry, bilberry, cranberry, lingonberry

Buckwheat: Buckwheat, rhubarb, garden sorrel

Cashew: Cashew, pistachio, mango

Chocolate: Chocolate, (cocoa), cola

Citrus: Orange, lemon, grapefruit, lime, tangerine, kumquat, citron, pomelo, tangelo, calamondin

Fungus: Mushroom and yeast (the molds that cause inhalant allergy belong to this group); also antibiotics.

Ginger: Ginger, cardamom, turmeric, alligator pepper, greater and lesser galanga

Gooseberry: Currant, gooseberry

Goosefoot: Beet, sugar beet, spinach, swiss chard, lamb's quarter (“hay fever” plants in this family are Mexican firebush, lamb's quarter, Russian thistle, Kochia, and scales.)

Grains (cereal or grass): Wheat, corn, rice, oats, barley, malt, rye, wild rice, cane, millet, sorghum, bamboo shoots, molasses (The “hay fever” grasses also belong to this family.)

Laurel: Avocado, cinnamon, bay leaves, sassafras

Lily: Onion, garlic, asparagus, chives, leeks, sarsaparilla

Mallow: Cottonseed, okra

Melon (gourd): Watermelon, cucumber, cantaloupe, honeydew, pumpkin, gourd, squash, bitter cucumber and other melons

Mint: Mint, peppermint, spearmint, thyme, sage, horehound, marjoram, basil, savory, rosemary, balm (Melissa), catnip

Mustard: Mustard, turnip, radish, horseradish, watercress, and varieties of cabbage; kraut, Chinese cabbage, broccoli, cauliflower, brussels sprouts, collards, kale, kohlrabi, rutabaga, bok choy

Myrtle: Allspice, guava, clove pimento (not pimento)

Palm: Coconut, date. Betel nut belongs to this family.

Parsley: Carrot, parsnip, celery, parsley, and the following spices: anise, dill, fennel, angelica, celery seed, cumin, coriander, caraway

Pea (legume or clover): Peanut, pea (green, field, black-eyed), bean (navy, lima, pinto, string, fava, wing, soy, etc). Less important are licorice, acacia, tragacanth.

Plum (same as apple): Plum, prune, cherry, peach, apricot, nectarine, wild cherry, almond

Potato: Potato, tomato, eggplant, tomatillo, tamarillo, peppers. This family includes all foods called “pepper” (except black and white pepper), such as: green pepper, red pepper, chili pepper, paprika, cayenne, capsicum. Tobacco, belladonna and stramonium belong to this family.

Rose [same as apple]: Strawberry, raspberry, blackberry, dewberry, salmonberry, cloudberry, rose hip and such developed berries as loganberry, young berry, boysenberry, etc.

Walnut: English walnut, black walnut, pecan, hickory nut, butternut, heartnut

Animal Foods

Bird: All fowl and game birds: chicken, turkey, duck, goose, guinea, pigeon, quail, pheasant, etc.

Crustacean: Crab, lobster, shrimp, prawn, crayfish

Fish: All true fish, either fresh water or salt water, such as: salmon, tuna, sardine, catfish, trout, crappie, etc. (Fish-sensitive patients often cannot handle or otherwise come into contact with fish glue.)

Mammal: Beef, pork, lamb, goat, rabbit, squirrel, venison; etc. Cow's milk is of the same animal origin as beef and there is a tendency for those who are milk-sensitive to be allergic to beef. Most people allergic to cow's milk cannot take the milk of other animals, such as goat.

Mollusk: Oyster, clam, scallop, abalone, mussel, snail (escargot), squid, octopus