High-Temperature Cooking May Explain the Rising Pervasiveness of Food Allergies Worldwide

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Atopic or allergic march often originates early in life and extends throughout adulthood. Food allergy, eczema, hay fever, and asthma denote responses to Immunoglobulin E (IgE). Additional algorithms differentiating food allergies are IgE-mediated, non-IgE-mediated, or mixed [1]. Other players include cross-linking of basophil and mast cell-bound IgE, releasing inflammatory intermediaries, chronic inflammation, and activating T-cells, basophils, and eosinophils [2]. A detailed understanding must precisely uncover the cellular, mitochondrial, and molecular culprit launching food allergy [3]. No cure exists for egg, fish, milk, nuts, peanut legumes, soy, and wheat allergies [4].

Dietary Maillard-reaction end-products (MEs) are associated with asthma [5], hay fever [6], eczema [7], and food allergies [8]. And common food allergens such as eggs, fish, milk, nuts, peanut legumes, soy, and wheat contain very high levels of phosphorous [9]. Phosphorous-rich dietary MEs trigger the degradation of immune-strengthening glutamine to immune-weakening glutamate [10, 11]. Instantly signaling mitochondrial and systemic oxidative stress and immune disharmony. Therefore, there exists sufficient evidence to implicate dietary MEs as allergens underlying food allergies. A novel way to prevent and treat food allergies may include a period of ME-free, raw, steamed, fondue, boiled, and stewed low phosphorus-containing organic and grass-fed foods and filtered water.

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