

New Study Links Gut Health to Food Allergies

New studies testing oral immunotherapy have shown that gut health may play a large role in allergies, and gut microbes may be the solution to food allergies. Oral immunotherapy involves taking small doses of whatever food causes the allergic reaction, every day or a few times a week. Scientists believe that imbalances in beneficial bacteria are the root cause of food allergies.

But oral immunotherapy has downsides. The regimen can be nerve-racking, since it involves daily consumption of food that could kill. It doesn't work for everyone and does little to fix the underlying disease. Success mostly means gaining the ability to safely eat several peanuts, for example, rather than reacting to a speck of peanut flour.

Gut Microbes May Be Key to Solving Food Allergies

Here at OLM, we've known about the connection between gut health and allergies for quite some time. Our experiences have shown that when the gut is healthy, allergies disappear. Check out this article to learn more about the connection between gut health and allergies, and information on how to heal the gut.

Related: *How To Heal Your Gut*