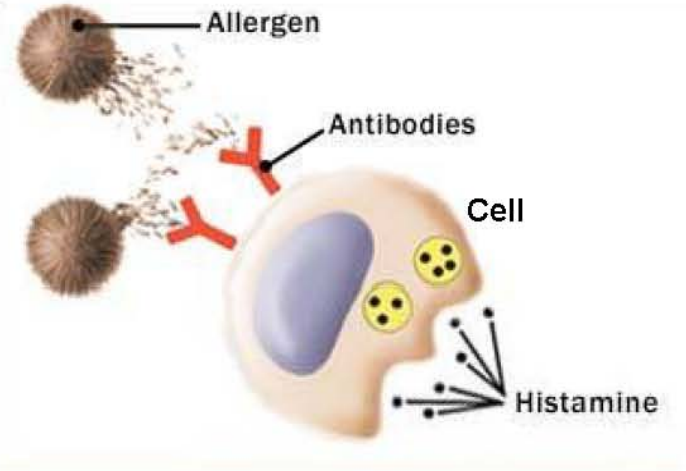
What is an allergy?

- Your immune system produces antibodies in response to allergens
- Antibodies attach themselves to certain cells in your body, typically in your:
  - respiratory system
  - gastrointestinal tracts
  - skin
  - blood



- These body cells then release potent chemicals such as histamine which trigger your symptoms