

A photograph of almonds on a wooden surface. In the foreground, two almonds are shown in their light brown, papery husks, which are split open to reveal the smooth, reddish-brown kernels. Another almond in its husk is visible in the background, slightly out of focus. The wooden surface has a natural grain pattern and a warm, light brown tone.

UNDERSTANDING FOOD ALLERGY AND FOOD SENSITIVITY

(IgA vs. IgG vs. IgE
reactions)

