

Mustard

Mustard is an herbaceous flowering plant belonging to the same family as cabbage, cauliflower, Brussels sprouts, turnips, radishes, broccoli and fodder crops.

Types of mustard:

- Mustard seeds - white, yellow and brown
- Mustard Powder
- Prepared Mustard

Possible sources of mustard:

- Condiments
- Seasonings and flavouring agents
- Soups, stock, sauces, gravies and marinades
- Curries, chutneys
- Emulsifiers
- Water binding agents (for texture control)
- Sprouted mustard seeds
- Mustard oil
- Mustard leaves
- Mustard allergy is a very common type of food allergy. Allergy occurs when an individual's immune system triggers a response to a substance that has been ingested or touched that it deems as harmful, or a health hazard. Unfortunately for allergy sufferers worldwide, many of these substances are actually harmless for the average person. It is often not the substance itself that affects the person negatively, but the reaction triggered by the immune system. Mustard allergy can cause a wide array of different symptoms depending on the person. Once you have determined that you do indeed suffer from mustard allergy (you have been diagnosed by a doctor), it is important that you take the steps necessary to avoid further complications caused by your mustard allergy.

Symptoms of Mustard Allergy

- Some of the common symptoms of mustard allergy include:
Difficulty breathing, shortness of breath, and other breathing complications, Rash, itchy skin or general skin irritation, Hives
- In some severe cases, mustard allergy can also lead to anaphylaxis. Anaphylaxis is a very severe reaction that usually only occurs in individuals who are very sensitive to the allergen that caused the reaction. If you believe you may be experiencing an anaphylactic reaction, seek medical help right away. Untreated anaphylaxis can lead to anaphylactic shock and even death.
Some of the common symptoms of anaphylaxis include:
Constriction of Airways in the throat and lungs, Anaphylactic Shock, Severe Drop In Blood Pressure, Heightened Pulse, and Heavy Heartbeat, Dizziness, Nausea and Abdominal Pain
Confusion and Disorientation Loss Of Consciousness

Treatment and Prevention

- Medication used in the treatment of mustard allergy should be prescribed by your doctor. Only medical professionals will be able to run the tests necessary in determining that you do indeed suffer from mustard allergy.

