



Allergies and Aversions Index

By Michael J. Lincoln, Ph.D.

A

ACACIA (Bean family plant)

ACCANTHUS (Herb)

ACETONE

ACRYLLIC (Plastic substance used in dentures and bone replacements)

AEROSOLS

AFRICAN VIOLETS

AIR POLLUTION

ALCOHOL (Rubbing and/or drinking)

ALFALFA

“ALLSPICE”

“ALLERGIC SHOCK” (Obstructed breathing, hives, plunging blood pressure. It is severely life-threatening.)

ALLERGIES (In general)

ALMONDS

ALUM (Astringent and moisture-absorbing crystalline material)

ALYSSUM (Mustard-like herb)

ANAPHYLACTIC ALLERGIC SHOCK (Obstructed breathing, hives, plunging blood pressure. It is severely life-threatening)

ANEMONES (Buttercup-like herb and flower)

ANASTHETIC

ANISE (Seasoning)

ANTIBIOTICS

APPLES; APPLE JUICE

APPLE BLOSSOMS

APRICOTS; APRICOT JUICE

ARBUTUS (Wild strawberry tree flower)

ARNICA (Healing herb)

AROMATICS (Glue, gasoline, aerosols, bus fumes, etc.)

ARTICHOKES

ASHES

ASPARAGUS

ASPIRIN

ASTER (Herb flower)

AVOCADO

AZALIAS (Flower)

B

BACHELOR'S BUTTONS (Flower)
BACON
BAKED GOODS
BAKER'S YEAST
BALOGNA; BOLONEY
BAMBOO SHOOTS
BANANAS
BARLEY
BASIL (Spice)
BAY LEAF (Seasoning)
BEANS
BEAN SPROUTS
BEEF
BEER
BEE STINGS
BEETS
BEGONIAS (Flower)
BELLA DONNA (Poisonous plant that can be used as an antibiotic)
BELL PEPPER
BERRIES; BERRY JUICE
BIRD OF PARADISE (Flower)
BIRDS
BLACKBERRIES; BLACKBERRY JUICE
BLACK-EYED PEAS
BLACK PEPPER
BLEEDING HEARTS (Flower)
BLOOD
BLUE BELLS (Flower)
BLUEBERRIES; BLUEBERRY JUICE
BLUE BONNETS (Flower)
BOYSENBERRIES; BOYSONBERRY JUICE
BOURBON
BRAN
BRANDY
BRAZIL NUTS
BREAD
BREADFRUIT (Tropical fruit)
BREWER'S YEAST
BROCCOLI
BRUSSEL SPROUTS
BUCKWHEAT
BUFFALO MEAT
BUS FUMES
BUTTER
BUTTERCUPS (Flower)
BUTTERMILK

C

CABBAGE

CACTUS FLOWERS

CAFFEINE

CAKE

CAMELIAS (Flower)

CANDY

CANTALOPE

CARAWAY (Seasoning)

CARDAMON (Seasoning)

CARNATIONS (Flower)

CAROB

CARROTS; CARROT JUICE

CASEIN (The white phosphorous in milk)

CASHEW NUTS

CASTER OIL

CATFISH

CATS

CAULIFLOWER

CAYANNE (Hot spicy seasoning)

CELERY; CELERY JUICE

CHAMOMILE (Flower and tea)

CHAMPAGNE

CHARD

CHEESE, AMERICAN

CHEESE, BLUE

CHEESE, CHEDDAR

CHEESE, MOZERELLA

CHEESE, PARMESAN

CHEESE, ROCOTTA

CHEESE, SWISS

CHEMICALS

CHERRIES; CHERRY JUICE

CHESTNUTS

CHICKEN

CHICKORY (Coffee-like)

CHILI POWDER

CHLORINE (Technically, it is a poison and an “allergy” to it is a moot point)

CHOCOLATE

CHRYSANTHEMUMS (Flower)

CIDER

CILANTRO (Clover-like seasoning)

CINNAMON

CLAMS

CLARET (Wine)

CLOVER

CLOVES

COCOA

COCONUT

COD (Fresh water fish)
COFFEE
“COKE,” COLA
COLLARD GREENS (Kale-like vegetable)
COLUMBINE (Flower)
CORIANDER (Seasoning)
CORN; CORNMEAL; CORN STARCH; CORN BREAD
COTTON
COUGH SYRUP
COWSLIPS (Flower)
COW’S MILK
CRABMEAT
CRANBERRIES
CRAYFISH; CRAWDAD
CREAM
CREAM CHEESE
CREPE MYRTLE (Flower)
CROCUS (Flower)
CROWFOOT (Flower)
CUCUMBER; CUCMBER JUICE
CUMIN (Seasoning)
CURRANTS
CURRY (Seasoning)

D

DAFFODILS (Flower)
DAHLIAS (Flower)
DAIRY
DAISIES (Flower)
DAMASK ROSE (Flower)
DANDELIONS (Flower)
DATES (Fruit)
DELPHINIUMS (Flower)
DILL (Seasoning)
DIRT
DOGS
DOGWOOD (Flower)
DUCK
DUST
DYES

E

EGGPLANT

EGGS

ELDERBERRIES

ENDIVES (Chicory shoots)

ENVIRONMENTAL ALLERGY (Being allergic to just about everything -- often leading to their having to be kept in a kind of “cocoon” environment)

F

FAT

FEATHERS

FENNEL (Seasoning)

FERNS

FIGS

FILBERTS

FISH

FLAX (The fiber that is the source of linen, well as a healthful and useful oil)

FLEUR-DE-LIS (Flower)

FLOURIDE

FLOWERS

FORGET-ME-NOTS (Flower)

FORMALDEHYDE

FOX GLOVES (Flower)

FRANZIPANIS (Flower)

FROG’S LEGS

FRUIT

FUR

FURNITURE OIL

FUSCHIAS (Flower)

G

GARBONZO BEANS

GARDENIAS (Flower)

GARLIC

GASOLINE

GELATIN (“Jello”)

GERANIUMS (Flower)

GIN (Distilled alcohol)

GINGER (Seasoning and herb)

GLADIOLAS (Flower)

GLIADIN (A brittle, semi-transparent substance that is the core of wheat gluten)

GLUE (The aromatic kind that some inhale addictively)

GLUTEN (“Wheat-meat” – edible gluey protein)

GOAT’S MILK

GOLDENROD (Flower)

GOOSE
GOOSEBERRIES
GRAPEFRUIT
GRAPES; GRAPE JUICE
GRASS (Lawn)
GREEN BEANS
GREEN PEPPERS

H

HAIR
HALIBUT
HAM
HAY
HAZEL NUTS
HEARTSEASE (Flower)
HEATHER (Flower)
HELIOTROPE (Flower)
HEMP
HERBS
HERRING
HIBISCUS (Flower)
HICKORY NUTS
HOLLYHOCK (Flower)
HOMINY (Hulled corn with the germ removed)
HONEY
HONEY DEW MELON
HONEYSUCKLE (Flower)
HORSERADDISH
HORSES
HOT SAUCES
HUCKLEBERRIES
HYACINTH (Flower)

I

ICE CREAM
INCENSE
INK
IODINE
IRIS (Flower)
IVY

J

JAM

JASMINE (Olive tree flower, tea, and seasoning)

JASPER (Opaque orange/brown colored quartz that for some reason generates allergic reactions)

“JELLO” (Gelatin dessert)

JELLY

JONQUILS (Flower)

JUNIPER (Tree)

K

KALE (Hardy cabbage)

KELP (Seaweed)

KEROSINE

KIDNEY BEANS

KIDNEY MEAT

KIWI

L

LACTALBUMIN (The active ingredient in milk)

LADY SLIPPERS (Flower)

LAMB

LAQUER (Shellac-like paint)

LARD

LARKSPUR (Flower)

LATEX

LAUREL (Tree)

LAVDENDER (Flower)

LAXATIVES

LEATHER

LEEKS (Onion-like stalks)

LEMON

LENTILS

LETTUCE (All kinds)

LICORICE

LILACS (Flower)

LILIES (Flower)

LIMA BEANS

LIME (Citrus fruit)

LINEN

LIPSTICK

LIVER

LOBSTER

LOGANBERRIES; LOGANBERRY JUICE

LOTUS BLOSSOMS (Flower)

LUPINE (Flower)

M

MACADEMIA NUTS

MACE (Seasoning)

MACKEREL

MAGNOLIA (Flower)

MAKE-UP

MALT (Steeped barley)

MANDRAKE (Flower)

MANGOS; MANGO JUICE

MAPLE SUGAR

MARIGOLDS (Flower)

MARIJUANA

MAROJAM (Sweet seasoning)

MARMALADE

MELON

MILK

MILKY-STEMMED PLANTS; MILKWEED

MILLET (Small-seeded cereal)

MIMOSAS (Flower)

MINERAL WATER (“Calistoga,” “Perrier,” etc.)

MISTLETOE

MOLASSES

MOLD

MONOSODIUM GLUTENATE (MSG)

MORNING GLORY (Flower)

MOSS

MULBERRIES; MULBERRY JUICE

MULLEN (Flower)

MUNG BEANS

MUSHROOMS

MUSK (Perfume base of a pungently masculine nature)

MUSSEL (Shellfish)

MUSTARD

MUTTON

N

NARCISSUS (Flower)

NASAL SPRAYS

NASTURTIUM (Herb flower)

NAVY BEANS

NECTARINES; NECTARINE JUICE

NICKLE (The metal)

NIGHTSHADE (A sometimes poisonous or intense allergy reaction-producing species of plants -- tomatoes, potatoes, green pepper, eggplant, bella donna)

NOODLES

NUTMEG

NUTS

O

OATMEAL
OATS
OKRA
OLIVES, BLACK
OLIVES, GREEN
ONIONS
ORANGE BLOSSOMS
ORANGES; ORANGE JUICE
ORCHIDS (Flower)
OYSTERS
OREGANO (Seasoning)

P

PAIN-KILLERS
PAINT
PAINT THINNER
PALM OIL
PANSIES (Flower)
PAPAYA; PAPAYA JUICE
PAPRIKA
PARSLEY
PARSNIPS (Root food)
PEACH BLOSSOMS (Flower)
PEACHES; PEACH JUICE
PEANUTS; PEANUT BUTTER (A particularly dangerous and potentially lethal allergen)
PEARS; PEAR JUICE
PEAS
PECANS
PENNICILLAN
PENNYROYALS (Flower)
PEONIES (Flower)
PEPPER, BLACK
PEPPERMINT
PEPPERS, GARDEN; PEPPERS, GREEN
PEPPER, WHITE
PERFUME
PERSIMMONS
PERIWINKLES (Flower)
PETROCHEMICALS
PETUNIAS (Flower)
PHEASANT
PICKLES
PIMENTO (Pepper-type spice)
PINE (Tree)

PINEAPPLE; PINEAPPLE JUICE
PINE OIL; "PINE-SOL"
PINTO BEANS
PISTACHIO NUTS
PIZZA
PLUMS; PLUM JUICE
POINSETTAS (Flower)
POLLEN
POLLUTION (Air)
POMAGRANATES; POMAGRANATE JUICE
POPCORN
POPPIES; POPPY SEEDS
PORK
POTATOES
PRESERVATIVES
PRIMROSES (Flower)
PUMPKIN
PRUNES; PRUNE JUICE

Q

QUAIL
QUEEN ANNE'S LACE (Flower)
QUINCE; QUINCE JUICE (Apple-like fruit)

R

RABBIT
RADDISH
RAGWEED (Tattered-looking plant)
RAISINS
RASPBERRIES; RASPBERRY JUICE
RED MEAT
RED PEPPERS (Garden)
RED SNAPPER
RHODODENDRUMS (Flower)
RHUBARB; RHUBARB JUICE
RICE
ROSEMARY (Seasoning)
ROSES
RUBBER
RUM
RUTABAGA (Turnip-like)
RYE (Grain)
RYE WHISKEY

S

SACCHARINE (And other sugar substitutes)

SAFFLOWER (Flower, herb and dye)

SAFFRON (Flower, dye and seasoning)

SAGE (Seasoning)

SALMON

SALT

SARDINES

SAUKRAUT

SAUSAGE

SAVORY (Seasoning)

SCALLOPS

SCOTCH WHISKEY

SEAWEED

SESAME (Oil, food and flower)

SHARK

SHRIMP

SILK

SMOKE (Especially cigarettes)

SNAILS (Escargot)

SNAPDRAGONS (Flower)

SNOWBALLS (Flower)

SOAP

SODA POP

SOLE (Fish)

SORREL (Spinach-like)

SOY BEANS; SOY

SPEARMINT

SPELT (Hard-grained wheat)

SPICES

SPINACH

SQUASH, SUMMER

SQUASH, WINTER

STRAWBERRIES; STRAWBERRY JUICE

STRING BEANS

STURGEON

SUGAR

SULFA (Antibiotic)

SUN; SUNSHINE

SUNFLOWERS; SUNFLOWER SEEDS

SWEET POTATOES

SWEET PEAS (Flower)

T

TANGERINES

TAPIOCA

TARRAGON (Seasoning)

TEA (Black)

TEA (Herbal)

THYME (Seasoning)

TOBACCO

TOMATOES; TOMATO JUICE

TONGUE (Cow's)

TREES

TROUT

TURBEROSE (Flower)

TULIPS (Flower)

TUMERIC (Spice)

TUNA

TURKEY

TURNIPS

TURTLE; TORTOISE

V

VANILLA

VEGETABLES; VEGETABLE JUICE

VENISON (Deer meat)

VINEGAR

VIOLETS (Flower)

VODKA

W

WALNUTS

WATER CHESTNUTS

WATERCRESS (Food, seasoning and garnish)

WATER LILLIES (Flower)

WATERMELON; WATERMELON JUICE

WHEAT

WHEATGERM (The vitamin-rich embryo of the kernel)

WHISKEY

WHITEFISH

WHITE PEPPER

WILD FLOWERS

WILD RICE

WINE

WINTERGREEN

WISTERIA (Flower)

WOOL

Y

YAMS

YEAST

YELLOW PEPPERS

YUCCA (Flower)

YOGURT

Z

ZUCCINI

ZINNIAS (Flower)