



# **Allergies and Aversions Index**

**By Michael J. Lincoln, Ph.D.**

## **A**

**ACACIA**

**ACANTHUS (Herb)**

**ACETONE**

**ACRYLIC (Plastic substance used in dentures and bone replacements)**

**AEROSOLS**

**AFRICAN VIOLETS**

**AIR POLLUTION**

**ALCOHOL (Rubbing and/or drinking)**

**ALFALFA**

**“ALLERGIC SHOCK”**

**ALLERGIES (In general)**

**ALLSPICE**

**ALMONDS**

**ALUM (Astringent and moisture-absorbing crystalline material)**

**ALYSSUM (Mustard-like herb)**

**ANAPHYLACTIC (ALLERGIC) SHOCK**

**ANEMONES (Buttercup-like herb and flower)**

**ANESTHETIC**

**ANISE (Seasoning)**

**ANTIBIOTICS**

**APPLES; APPLE JUICE**

**APPLE BLOSSOMS**

**APRICOTS; APRICOT JUICE**

**ARBUTUS (Strawberry tree)**

**ARNICA (Healing herb)**

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

**ARTICHOKES**

**ASHES**

**ASPARAGUS**

**ASPIRIN**

**ASTER (Flower)**

**AVOCADO**

**AZALEA (Flower)**

## **B**

**BACHELORS BUTTON (Flower)**

**BACON**

**BAKED GOODS**

**BAKER'S YEAST**  
**BALONEY; BOLOGNA**  
**BAMBOO SHOOTS**  
**BANANAS**  
**BARLEY**  
**BASIL (Herb)**  
**BAY LEAF (Seasoning)**  
**BEANS**  
**BEAN SPROUTS**  
**BEEF**  
**BEER**  
**BEE STINGS**  
**BEETS**  
**BEGONIAS (Flower)**  
**BELLADONNA (Medicinal and poisonous plant)**  
**BELL PEPPER**  
**BERRIES; BERRY JUICE**  
**BIRD-OF-PARADISE (Flower)**  
**BIRDS**  
**BLACKBERRIES; BLACKBERRY JUICE**  
**BLACK-EYED PEAS**  
**BLACK PEPPER**  
**BLEEDING HEARTS (Flower)**  
**BLOOD**  
**BLUEBELLS (Flower)**  
**BLUEBERRIES; BLUEBERRY JUICE**  
**BLUE BONNETS (Flower)**  
**BOYSENBERRIES; BOYSENBERRY JUICE**  
**BOURBON**  
**BRAN**  
**BRANDY**  
**BRAZIL NUTS**  
**BREAD**  
**BREADFRUIT (A staple food in many tropical areas)**  
**BREWER'S YEAST**  
**BROCCOLI**  
**BRUSSEL SPROUTS**  
**BUCKWHEAT**  
**BUFFALO MEAT**  
**BUS FUMES**  
**BUTTER**  
**BUTTERCUPS (Flower)**  
**BUTTERMILK**

**C**

**CABBAGE**  
**CACTUS FLOWERS**  
**CAFFEINE**  
**CAKE**  
**CAMELLIA (Flower)**  
**CANDY**  
**CANOLA OIL**  
**CANTALOUPE**  
**CARAWAY (Spice)**  
**CARDAMON (Spice)**

**CARNATIONS (Flower)**  
**CAROB**  
**CARROTS; CARROT JUICE**  
**CASEIN (Phosphoprotein found in milk)**  
**CASHEW NUTS**  
**CASTOR OIL**  
**CATFISH**  
**CATS**  
**CAULIFLOWER**  
**CAYENNE (Hot and spicy seasoning)**  
**CELERY; CELERY JUICE**  
**CHAMOMILE (Flower and tea)**  
**CHAMPAGNE**  
**CHARD**  
**CHEESE, AMERICAN**  
**CHEESE, BLUE**  
**CHEESE, CHEDDAR**  
**CHEESE, MOZARELLA**  
**CHEESE, PARMESAN**  
**CHEESE, RICOTTA**  
**CHEESE, SWISS**  
**CHEMICALS**  
**CHERRIES; CHERRY JUICE**  
**CHESTNUTS**  
**CHICKEN**  
**CHICORY (Coffee-like)**  
**CHILI POWDER**  
**CHLORINE (Technically, it is a poison and an “allergy” to it is a moot point)**  
**CHOCOLATE**  
**CHRYSANTHEMUM (Flower)**  
**CIDER**  
**CILANTRO (Herb)**  
**CINNAMON**  
**CLAMS**  
**CLARET (Wine)**  
**CLOVER**  
**CLOVES (Spice)**  
**COCOA**  
**COCONUT**  
**COD (Fish)**  
**COFFEE**  
**“COKE,” COLA**  
**COLLARD GREENS (Kale-like vegetable)**  
**COLUMBINE (Flower)**  
**CORIANDER (Spice)**  
**CORN; CORNMEAL; CORN STARCH; CORNBREAD**  
**COTTON**  
**COUGH SYRUP**  
**COWSLIPS (Flower)**  
**COW’S MILK**  
**CRAB MEAT**  
**CRANBERRIES**  
**CRAYFISH; CRAWDAD**  
**CREAM**  
**CREAM CHEESE**

**CREPE MYRTLE (Flower)**  
**CROCUS (Flower)**  
**CROWFOOT (an aquatic plant – with flowers)**  
**CUCUMBER; CUCUMBER JUICE**  
**CUMIN (Spice)**  
**CURRENTS**  
**CURRY (Seasoning)**

**D**

**DAFFODIL (Flower)**  
**DAHLIA (Flower)**  
**DAIRY**  
**DAISY (Flower)**  
**DAMASK ROSE (Flower)**  
**DANDELION (Flower)**  
**DATES (Fruit)**  
**DELPHINIUM (Flower)**  
**DILL (Seasoning)**  
**DIRT**  
**DOGS**  
**DOGWOOD (Flowering tree)**  
**DUCK**  
**DUST**  
**DYES**

**E**

**EGGPLANT**  
**EGGS**  
**ELDERBERRIES**  
**ENDIVE (Leaf vegetable used in salads)**  
**ENVIRONMENTAL ALLERGY**

**F**

**FAT**  
**FEATHERS**  
**FENNEL (Seasoning)**  
**FERNS**  
**FIGS**  
**FILBERTS**  
**FISH**  
**FLAX**  
**FLOURIDE**  
**FLOWERS**  
**FORGET-ME-NOT (Flower)**  
**FORMALDEHYDE**  
**FOXGLOVES (Medicinal poisonous flower)**  
**FRANGIPANI (Flower)**  
**FROG'S LEGS**  
**FRUIT**  
**FUCHSIA (Flower)**  
**FUR**  
**FURNITURE OIL**

## **G**

**GARBANZO BEANS**  
**GARDENIA (Flower)**  
**GARLIC**  
**GASOLINE**  
**GELATIN**  
**GERANIUM (Flower)**  
**GIN (Distilled alcohol)**  
**GINGER ROOT (Seasoning)**  
**GLADIOLA (Flower)**  
**GLIADIN (A kind of protein in wheat gluten)**  
**GLUE (The aromatic kind that some people 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**  
**HEART’S EASE (Flower)**  
**HEATHER (Flower)**  
**HELIOTROPE (Flower)**  
**HEMP**  
**HERBS**  
**HERRING**  
**HIBISCUS (Flower)**  
**HICKORY NUTS**  
**HOLLYHOCK (Flower)**  
**HOMINY (Hulled corn)**  
**HONEY**  
**HONEYDEW MELON**  
**HONEYSUCKLE (Flower)**  
**HORSERADISH**  
**HORSES**  
**HOT SAUCES**  
**HUCKLEBERRIES**  
**HYACINTH (Flower)**

## **I**

**ICE CREAM**  
**INCENSE**  
**INK**  
**IODINE**  
**IRIS (Flower)**  
**IVY**

## **J**

### **JAM**

**JASMINE** (Flower, tea, and seasoning)

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

**“JELLO”** (Gelatin dessert)

### **JELLY**

**JONQUIL** (Flower)

**JUNIPER** (Tree)

## **K**

**KALE** (Hardy cabbage family edible plant)

**KELP** (Seaweed)

**KEROSENE**

**KIDNEY BEANS**

**KIDNEY MEAT**

**KIWI**

## **L**

**LACQUER** (Shellac-like paint)

**LACTALBUMIN** (The active ingredient in milk also known as whey protein)

**LADY SLIPPERS** (Flower)

**LAMB**

**LARD**

**LARKSPUR** (Flower)

**LATEX**

**LAUREL** (Tree)

**LAVDENDER** (Flower)

**LAXATIVES**

**LEATHER**

**LEEKS** (Onion-like stalks)

**LEMON**

**LENTILS**

**LETTUCE** (All kinds)

**LICORICE**

**LILAC** (Flower)

**LILY** (Flower)

**LIMA BEANS**

**LIME** (Citrus fruit)

**LINEN**

**LIPSTICK**

**LIVER**

**LOBSTER**

**LOGANBERRIES; LOGANBERRY JUICE**

**LOTUS BLOSSOMS** (Flower)

**LUPINE** (Flower)

## **M**

**MACADAMIA NUTS**

**MACE** (Spice)

**MACKEREL**

**MAGNOLIA** (Flower)

**MAKEUP**

**MALT** (Steeped barley)

**MANDRAKE** (Flower, poisonous plant)

**MANGO; MANGO JUICE**

**MAPLE SUGAR**  
**MARIGOLD (Flower)**  
**MARIJUANA**  
**MARMALADE**  
**MARJORAM (Sweet herb)**  
**MELON**  
**MILK**  
**MILKY-STEMMED PLANTS; MILKWEED**  
**MILLET (Small-seeded grain)**  
**MIMOSA (Flowering tree)**  
**MINERAL WATER (“Calistoga,” “Perrier,” etc.)**  
**MISTLETOE**  
**MOLASSES**  
**MOLD**  
**MONOSODIUM GLUTAMATE (MSG)**  
**MORNING GLORY (Flower)**  
**MOSS**  
**MULBERRIES; MULBERRY JUICE**  
**MULLEIN (Flower)**  
**MUNG BEANS**  
**MUSHROOMS**  
**MUSK (Perfume base of a pungently masculine nature)**  
**MUSSEL (Shellfish)**  
**MUSTARD**  
**MUTTON**

**N**

**NARCISSUS (Flower)**  
**NASAL SPRAYS**  
**NASTURTIUM (Edible flower)**  
**NAVY BEANS**  
**NECTARINES; NECTARINE JUICE**  
**NICKLE (The metal)**  
**NIGHTSHADE**  
**NOODLES**  
**NUTMEG**  
**NUTS**

**O**

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

**P****PAINKILLERS****PAINT****PAINT THINNER****PALM OIL****PANSY (Flower)****PAPAYA; PAPAYA JUICE****PAPRIKA****PARSLEY****PARSNIP (Root vegetable)****PEACH BLOSSOMS (Flower)****PEACH; PEACH JUICE****PEANUTS; PEANUT BUTTER (A particularly dangerous and potentially lethal allergen)****PEAR; PEAR JUICE****PEAS****PECANS****PENICILLIN****PENNYROYAL (Medicinal uses, can be poisonous)****PEONY (Flower)****PEPPER, BLACK****PEPPERMINT****PEPPERS, GARDEN; PEPPERS, GREEN****PEPPER, WHITE****PERFUME****PERSIMMONS****PERIWINKLE (Flower)****PETROCHEMICALS****PETUNIAS (Flower)****PHEASANT****PICKLES****PIMIENTO (Pepper-type spice)****PINE (Tree)****PINEAPPLE; PINEAPPLE JUICE****PINE OIL; "PINE-SOL"****PINTO BEANS****PISTACHIO NUTS****PIZZA****PLUM; PLUM JUICE****POINSETTA (Flower)****POLLEN****POLLUTION (Air)****POMEGRANATE; POMEGRANATE JUICE****POPCORN****POPPY; POPPY SEEDS****PORK****POTATOES****PRESERVATIVES****PRIMROSE (Flower)****PRUNE; PRUNE JUICE****PUMPKIN****Q****QUAIL****QUEEN ANNE'S LACE (Flower)****QUINCE; QUINCE JUICE (Apple-like fruit)**



**R****RABBIT****RADISH****RAGWEED (Tattered-looking plant whose pollen is a notorious allergen)****RAISINS****RASPBERRY; RASPBERRY JUICE****RED MEAT****RED PEPPERS (Garden variety, food)****RED SNAPPER****RHODODENDRUM (Flower)****RHUBARB; RHUBARB JUICE (Use only stalk, leaves are poisonous)****RICE****ROSEMARY (Herb)****ROSES****RUBBER****RUM****RUTABAGA (Turnip-like root vegetable)****RYE (Grain)****RYE WHISKEY****S****SACCHARIN (and other sugar substitutes)****SAFFLOWER (Flower, oil and dye)****SAFFRON (Spice, dye)****SAGE (Herb)****SALMON****SALT****SARDINES****SAUERKRAUT****SAUSAGE****SAVORY (Herb)****SCALLOPS****SCOTCH WHISKEY****SEAWEED****SESAME (Oil, food and flower)****SHARK****SHELLFISH****SHRIMP****SILK****SMOKE (Especially cigarettes)****SNAILS (Escargot)****SNAPDRAGON (Flower)****SNOWBALL (Flower)****SOAP****SODA POP****SOLE (Fish)****SORREL (Spinach-like herb)****SOY BEANS; SOY****SPEARMINT****SPELT (An ancient wheat)****SPICES****SPINACH****SQUASH, SUMMER****SQUASH, WINTER****STRAWBERRIES; STRAWBERRY JUICE**

**STRING BEANS**  
**STURGEON (Fish)**  
**SUGAR**  
**SULFA (Sulfonamide the basis of several groups of drugs)**  
**SUN; SUNSHINE**  
**SUNFLOWER; SUNFLOWER SEEDS**  
**SWEET PEA (Flower)**  
**SWEET POTATOES**

**T**

**TANGERINES**  
**TAPIOCA**  
**TARRAGON (Herb)**  
**TEA (Black)**  
**TEA (Herbal)**  
**THYME (Herb)**  
**TOBACCO**  
**TOMATO; TOMATO JUICE**  
**TONGUE (Cow's)**  
**TREES**  
**TROUT**  
**TURBEROSE (Flower)**  
**TULIPS (Flower)**  
**TUNA**  
**TURKEY**  
**TURMERIC ROOT (Spice)**  
**TURNIP**  
**TURTLE; TORTOISE**

**V**

**VANILLA**  
**VEGETABLES; VEGETABLE JUICE**  
**VENISON (Deer meat)**  
**VINEGAR**  
**VIOLET (Flower)**  
**VODKA**

**W**

**WALNUTS**  
**WATER CHESTNUTS**  
**WATERCRESS (Food, seasoning and garnish)**  
**WATER LILY (Flower)**  
**WATERMELON; WATERMELON JUICE**  
**WHEAT**  
**WHEATGERM (The vitamin-rich embryo of the kernel)**  
**WHISKEY**  
**WHITEFISH**  
**WHITE PEPPER**  
**WILD FLOWERS**  
**WILD RICE**  
**WINE**  
**WINTERGREEN (Aromatic plant)**  
**WISTERIA (Flower)**  
**WOOL**

**Y**

**YAMS**

**YEAST**

**YELLOW PEPPERS**

**YOGURT**

**YUCCA (Flower)**

**Z**

**ZINNIA (Flower)**

**ZUCCHINI**