



# Allergies and Aversions Index

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## 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)