

Why doesn't my body just get used to allergens?



Allergies are considered a chronic condition. If you're allergic to dust, your body will always have an allergic reaction to dust. If you have seasonal allergies, you're likely to feel sick every time your body is exposed to tree or grass pollen.

Your immune system fights allergens in a similar way to how it fights bacteria, viruses and toxins: once it identifies something as a dangerous substance, it will remember that unwelcome invader and fight it each time it shows up.

The allergic cycle or "cascade" is still a mystery. We don't know why your immune system sees a harmless substance as an invader. We don't know why your allergic reactions may vary in severity—mild on one occasion and severe (even life threatening) on another occasion.

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