

Abstract

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An elimination diet for chronic urticaria of childhood.

Kemp AS, **Schembri G**.

Abstract

Twenty-three children with chronic **urticaria** were treated with an elimination **diet** for two weeks. Eighteen completed the period of dietary elimination; in seven of the 18 children there was a marked remission of the **urticaria** during the second week of the **diet**. The administration of challenge capsules provoked an exacerbation of **urticaria** in five of the 14 (36%) children given aspirin. The incidence of reactions to tartrazine, sodium benzoate and yeast (7%) was not significantly different from those to the lactose placebo (9%). In selected cases, elimination diets with controlled reintroduction of foods have a role in the management of chronic **urticaria** in childhood.

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