

Health Corner TV®
Trace Adkins: Food Allergies

Riding high with his tenth album and two Grammy nominations, Trace Adkins clearly has his game on. But on his mind much of the time are the five women in his family, including his six-year-old daughter Brianna, who suffers from a potentially life-threatening food allergy. Adkins recalls: "She was somewhere around a year old I think when she was first exposed to peanut butter. Within a matter of minutes her eyes had swollen shut, her lips were enormous and her whole face started to swell and it was like something out of a horror movie." She is one of the estimated 6 -7 percent of children who suffer from food allergies. Parents of kids with food allergies know the nervousness Adkins and his wife feel when they send Brianna to school, with its minefield of potential exposure. Food allergies can usually be controlled with antihistamines or epinephrine and for some kids, certain foods may not be off limits forever. Along with the Food Allergy and Anaphylaxis Network (FAAN), the Adkinses hope to educate as many people as possible about food allergies in school lunchrooms, and how to help kids with allergies lead normal lives. Adkins' daughter Brianna is now a budding artist, who is also helping raise money for research into causes and cures.