

ALLERGY

# EAT PEANUT TO AVOID PEANUT ALLERGY

23.10.2007

There is a new [comment in the BMJ](#) about a [Lords committee report](#)

a number of recent epidemiological studies had indicated that early peanut consumption in countries such as Israel was associated with a low incidence of peanut allergy in the population. These observations had led many academics to say that exposing a child's immune system to peanut allergen at an early age might result in tolerance.

It seems that allergen avoidance versus sportively exposure is a never ending story – forth and back and back and forth – and largely irrelevant as being only about the second line of defense?

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