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Your Health Begins Here

# 10 Signs You May Have Alpha Gal Syndrome

Alpha Gal Syndrome is one of the top 10 most misunderstood and misdiagnosed diseases in this country.

- ✓ Symptoms
- ✓ Identify It
- ✓ Causes
- ✓ Ways to Treat It

*Read More*



**Your Well-Being is Our**  
*Mission*

Do You Have Alpha Gal Syndrome?

# Introduction

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## Could a Tick Bite Be the Reason You're Suddenly Allergic to Red Meat?

If you've ever broken out in hives after eating a burger, felt queasy hours after a steak dinner, or started avoiding bacon—not by choice—you might be dealing with more than just a sensitive stomach. Alpha-Gal Syndrome is a little-known but increasingly common condition caused by a tick bite, and it can turn your world upside down—especially when it comes to what's on your plate.

In this free guide, "10 Signs You May Have Alpha-Gal Syndrome," we break

down the most common symptoms people experience, often without realizing what's really behind them. Whether you're newly reacting to certain foods, struggling with unexplained allergies, or just curious about what this strange syndrome is all about, this quick read will help you connect the dots.

As an Advanced Nurse Practitioner, Dette Avalon is passionate about helping you achieve better health.



Do You Have Alpha Gal Syndrome?

# Sign #1

## Delayed allergic reactions after eating red meat

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One of the hallmark signs of alpha-gal syndrome is that symptoms don't show up immediately after eating red meat—they often appear 3 to 8 hours later. This delay makes it difficult to trace the reaction back to the food, leading many people to go undiagnosed or misdiagnosed for months or even years.



*Yes, it is possible to get AGS from restaurant steaks*

Do You Have Alpha Gal Syndrome?

# Sign #2

## Gastrointestinal issues

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AGS can cause stomach pain, bloating, nausea, diarrhea, or vomiting hours after consuming red meat or products with hidden mammal ingredients. These symptoms are often mistaken for food poisoning or irritable bowel syndrome (IBS), which delays proper diagnosis.

Gastrointestinal issues are common with Alpha-Gal Syndrome. These symptoms often appear 3–6 hours after eating red meat or foods with hidden mammal ingredients, making it easy to confuse AGS with other digestive disorders like IBS or food intolerances.

Do You Have Alpha Gal Syndrome?

# Sign #3

## Unexplained hives or itchy rash

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You might experience large, red, itchy welts on your skin after eating mammal-based foods, especially at night if you ate red meat for dinner. These hives often appear suddenly and may last for hours, with no clear cause unless you know to suspect food as the trigger.



*Do you have a rash, particularly at night?*

Do You Have Alpha Gal Syndrome?

# Sign #4

## Swelling of lips, face, tongue, or throat

Some people develop angioedema, a dangerous swelling that can affect the face and airways. If you've ever woken up with a swollen lip or felt your throat tighten hours after eating, AGS may be the reason—and you should seek medical attention immediately.

This allergic reaction triggered by the body's immune response to a sugar molecule called alpha-gal, found in red meat and mammal-derived products.

After a tick bite sensitizes the immune system, eating these foods can cause the release of histamine and other chemicals, leading to symptoms like swelling, hives, and potentially life-threatening anaphylaxis. These reactions can be delayed by several hours, making the connection to food harder to recognize.



Do You Have Alpha Gal Syndrome?

# Sign #5

## Anaphylaxis

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In severe cases, alpha-gal syndrome can cause anaphylaxis—a life-threatening allergic reaction that includes difficulty breathing, a drop in blood pressure, rapid heartbeat, and loss of consciousness. What makes AGS unique is that anaphylaxis can hit hours after a meal, often during sleep.

Unlike typical food allergies, AGS reactions are often delayed, appearing 3–6 hours after consuming red meat. Because of the delay, many people don't connect their symptoms to something they ate, which increases the risk of repeated exposure and dangerous reactions.

Do You Have Alpha Gal Syndrome?

# Sign #6

## Shortness of breath or wheezing

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Respiratory symptoms, including wheezing, coughing, or trouble breathing, may occur during a reaction, especially if it progresses to anaphylaxis. These symptoms can be terrifying and should be treated as a medical emergency.



*If you experience this, call 9-1-1.*

Do You Have Alpha Gal Syndrome?

# Sign #7

## Reactions to dairy or gelatin

Although red meat is the most common trigger, some people with AGS react to other mammal-derived products such as milk, cheese, butter, gelatin (used in medications and desserts), or even certain vaccines and medical products made with mammalian ingredients.

For some individuals, even small exposures can lead to uncomfortable or dangerous symptoms. Gelatin, commonly used in gummy candies,

marshmallows, desserts, and as a stabilizer in many medications and supplements, is another hidden source that can cause reactions.



Do You Have Alpha Gal Syndrome?

# Sign #8

## No reaction to poultry or fish

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If you can eat chicken, turkey, and fish with no problems—but experience strange symptoms after eating beef, pork, or lamb—that’s a strong clue pointing to alpha-gal syndrome. Poultry and fish don’t contain the alpha-gal sugar, so they don’t trigger the allergy.

The clear contrast in how your body responds to different types of meat can help doctors recognize the pattern and make a more accurate diagnosis—especially since AGS symptoms often don’t show up until hours after eating and are frequently mistaken for other conditions like food poisoning, IBS, or general food sensitivities.

Do You Have Alpha Gal Syndrome?

# Sign #9

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## Feeling unusually tired or “flu-like” after meals

Some people experience fatigue, headaches, brain fog, or muscle aches several hours after eating meat. These flu-like symptoms are often dismissed as unrelated, but they may be your body’s way of reacting to the alpha-gal allergen.

These symptoms can be subtle or vague, making them easy to dismiss or misattribute to stress, overexertion, or lack of sleep. However, in people with AGS, these delayed and lingering symptoms may

actually be the immune system’s response to the alpha-gal sugar molecule. The body sees this molecule as a threat and triggers inflammation, which can lead to systemic effects that feel like a mild illness.



Do You Have Alpha Gal Syndrome?

# Sign #10

History of tick bites,  
especially in the SE U.S.

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Most people who develop alpha-gal syndrome recall having tick bites, often from the lone star tick. This species is common in the southeastern United States but is spreading to other regions. If you had a tick bite followed by the onset of meat allergies, AGS could be the link.



*A tick is NOT your friend!*

Do You Have Alpha Gal Syndrome?

# More Information for Healthy Living

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Everyone always wants to know what can they do to improve their lives...without going to the doctor all the time.

Check out some resources to the right.

**MyLabsForLife.com** - comprehensive tests - without have to go to the doctor.

**HealthBrainHealthyCut.com** Everything you need to take charge of your life.

**QualityVitaminStore.com** All things vitamins.

Do You Have Alpha Gal Syndrome?

# Thank You

Hi, I'm Dette Avalon, Advanced Nurse Practitioner (ANP). I appreciate your taking the time to become better informed about the serious health concerns of Alpha Gal Syndrome.

I have a new book The Ultimate Guide to Alpha Gal Syndrome where I answer everything you can think of about AGS and, more importantly, how **YOU** can take charge of your life!



## Contact Information



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***Your journey has begun.  
Let's move forward together.***

***This is for informational purposes. Talk with  
your medical provider if you have any of  
these symptoms.***