

Alpha Gal – NLM of NIH

where did Alpha-Gal syndrome start?

Alpha-gal syndrome (AGS) was first identified in the **Southeastern United States** in the early 2000s, primarily through research at the [University of Virginia \(UVA\)](#). [1, 2]

While anecdotal reports of "red meat allergy" linked to tick bites date back to the late 1980s in Georgia and Australia, the formal medical discovery occurred through two converging paths:

- **Cancer Drug Trials (2004–2006):** Researchers noticed that patients in the Southern U.S.—specifically Arkansas, North Carolina, and Tennessee—were having severe allergic reactions to the cancer drug **cetuximab**. They discovered these patients had pre-existing antibodies to a sugar molecule called alpha-gal. [1, 2, 3, 4, 5]
- **Red Meat Mystery (2007–2009):** Dr. Thomas Platts-Mills at UVA connected these drug reactions to a "mysterious" red meat allergy appearing in the same regions. By 2009, researchers officially linked the allergy to bites from the **Lone Star tick** (*Amblyomma americanum*), which is common in the Southeast and Midwest. [1, 2, 3, 4]

Key Origins and Hotspots

Initially considered a "southern thing," AGS has since been recognized globally. [1]

- **United States:** Historically most prevalent in **Arkansas, Kentucky, Missouri, and Virginia**.
- **Australia:** Parallel observations were made in Sydney around 2007, where the paralysis tick (*Ixodes holocyclus*) was identified as the local culprit.
- **Global Spread:** Cases are now reported on every continent except Antarctica, involving various local tick species. [1, 2, 3, 4, 5, 6]

Has a recent **tick bite** or a **delayed reaction** after eating meat caused you to look into this?

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13 sites

- Meet the Doc Who Discovered the Infamous Red Meat Allergy ...
Feb 8, 2019 – Platts-Mills came back to the U.S. in 1982 as UVA's Oscar Swineford Professor of Medicine and head of the division. The chair had ...



UVA Today

- 10 New and Surprising Facts About Alpha-Gal Syndrome

1. Across the globe, bites from several types of ticks (and potentially chiggers) can lead to AGS. 3,5,6. Initially, this syndrome...



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- **About Alpha-gal Syndrome - CDC**

Jan 5, 2026 – Risk factors. AGS is caused by tick bites, though more research is needed to understand the role ticks play in causing AGS. In the...



Centers for Disease Control and Prevention | CDC (.gov)

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It's very common for people to miss the connection at first because Alpha-gal syndrome (AGS) behaves so differently from other food allergies. [1, 2]

The primary "red flag" is a **3 to 6-hour delay** between eating meat and experiencing symptoms. Most food allergies react within minutes, but because alpha-gal is a complex sugar molecule, your body doesn't encounter it until several hours into the digestion process. [1, 2, 3, 5]

Common Symptoms to Watch For

Symptoms can range from mild discomfort to life-threatening emergencies. Many people report being woken up in the middle of the night with: [1, 3, 4]

- **Skin issues:** Hives, intense itching, or a scaly rash.
- **Digestive distress:** Severe stomach pain, diarrhea, nausea, or vomiting.
- **Swelling:** Specifically in the lips, face, tongue, or throat.
- **Anaphylaxis:** Difficulty breathing, a sudden drop in blood pressure, or dizziness/fainting. [1, 2, 4, 5, 6]

What to Do Next

If you suspect you have AGS, you should take the following steps:

1. **See an Allergist:** Standard food allergy tests (like skin pricks for beef or pork) often come back negative for AGS patients. You need a specific **Alpha-gal IgE blood test** to confirm the diagnosis. [1, 2, 3, 4]
2. **Monitor Your Diet:** Until you speak with a doctor, consider avoiding "mammalian" meats like **beef, pork, lamb, venison, and bison**. Poultry (chicken, turkey) and fish do not contain alpha-gal and are generally safe. [1, 2, 4]
3. **Emergency Preparation:** If you experience any trouble breathing or swelling of the throat, **seek emergency medical care immediately**. [1, 2]

Can it Go Away?

The good news is that alpha-gal antibody levels can decline over time—sometimes over several years—provided you **avoid additional tick bites**, which can cause your sensitivity levels to spike again. [1, 2]

Are you currently experiencing any severe symptoms like difficulty breathing or significant swelling?

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18 sites

- **Alpha-gal syndrome - Symptoms and causes - Mayo Clinic**
Aug 8, 2025 — Alpha-gal syndrome * Overview. Alpha-gal syndrome is a type of food allergy. It can happen after a tick bite. The allergy is to re...



Mayo Clinic

- **Alpha-gal Syndrome (AGS) | Fact Sheets - Yale Medicine**
Oct 4, 2023 — How is alpha-gal syndrome treated? * Treatments for allergic reactions caused by alpha-gal exposure. These treatments include epin...



Yale Medicine

- **Alpha-Gal Syndrome and Meat Allergy**
They often attach themselves to the leg, groin, back of the neck or the scalp. Many people only experience a rash that itches long...



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no

That is a relief. Since it isn't an emergency, you have time to focus on tracking your reactions and getting a formal diagnosis.

The next best step is to schedule an **Alpha-gal IgE blood test** with an allergist. In the meantime, here are a few practical tips for managing the "waiting period":

- **Check Your "Hidden" Triggers:** While steak and bacon are obvious, some people also react to **dairy, gelatin** (found in many gummy candies and marshmallows), or even medications in capsule form.
- **Keep a Food Diary:** Write down exactly what you ate and the **exact time** symptoms started. Because of that 3–8 hour delay, it helps to look back at the meal *before* the one you just had.

- **Tick Prevention is Key:** To keep the allergy from getting worse or lasting longer, you must avoid new bites. Use **permethrin** on your clothes and **DEET or Picaridin** on your skin when outdoors.

Are you noticing symptoms more after **specific types of meat**, or is it happening with **dairy** as well?

Meat only. The 2 incidents I've had so far were back to back and both involved pizza that had pepperoni and sausage (Supreme or Deluxe type pizza) but both of those pizza places were not related or even close together. Because I didn't know what Alpha-Gal was, I continued to eat meat (steak, bacon, pork) the rest of the week and no issues. Zero reaction.

That inconsistency is actually one of the most frustrating "hallmarks" of Alpha-gal syndrome (AGS). It is very common for people to react to one type of meat but not another, or even to the same meal on different days. [\[1, 2, 4\]](#)

Your experience with the pizza vs. other meats likely comes down to three main factors:

1. High Fat Content [\[1\]](#)

Alpha-gal is a sugar that binds to fat molecules. Highly processed, fatty meats like **pepperoni and sausage** often have much higher concentrations of these "alpha-gal-coated" fat particles than a leaner steak or strips of bacon. Because fat takes longer to digest, it can "prime" a more severe or predictable reaction. [\[1, 2, 3, 4\]](#)

2. "Cofactors" (The Perfect Storm)

AGS is often "cofactor-dependent," meaning your body might tolerate meat just fine unless another factor is present to lower your reaction threshold. Common triggers that can cause a reaction to "finally" happen include: [\[1, 2\]](#)

- **Alcohol:** If you had a beer or wine with that pizza, it increases intestinal absorption, making a reaction much more likely.
- **Exercise:** Physical activity within a few hours of eating can trigger a reaction that wouldn't have happened otherwise.
- **NSAIDs:** Taking aspirin or ibuprofen around the same time as the meal. [\[1, 2, 3, 4\]](#)

3. The "Dose" Response

Sometimes it's simply about the "load" of alpha-gal your body can handle at once. You might have a specific threshold where one slice of bacon doesn't trigger you, but a "Supreme" pizza loaded with multiple mammalian meats (pork sausage, beef pepperoni, maybe ham) pushes your immune system over the edge. [\[1, 2\]](#)

Why this is tricky

Because you were fine with steak and bacon later that week, it's easy to think it was just "bad pizza." However, with AGS, you can go weeks or months without a reaction and then suddenly have a severe one because of a high-fat meal or a combination of cofactors. [\[1, 3\]](#)

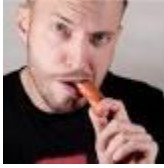
Did you happen to have any alcohol (like a beer) or do any heavy activity around the time you ate those pizzas?

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- Food - Alpha-gal Information

At one end of the spectrum are the internal organs of mammals, like intestines and pork kidneys. Organs can be so high in alpha-ga...



Alpha-gal Information

- Delayed urticaria or anaphylaxis after consumption of red ...

Dec 28, 2020 – 9. The systemic absorption of alpha-gal has not previously been described, but alpha-gal low absorption rate is related to the pat...



PubMed Central (PMC) (.gov)

- Diagnosis & management of alpha-gal syndrome: lessons from ...

* Activity, alcohol consumption, and exercise can have profound influence on reactivity. * Some patients appear to have reactions ...



PubMed Central (PMC) (.gov)

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No. But what is being done about a potential cure?

While there is currently **no official cure** for Alpha-gal syndrome (AGS), several groundbreaking research areas are focused on reversing the allergy or making it safer to live with. [\[1, 2, 3, 4, 5\]](#)

Current research and potential treatments in development include:

1. Nanoparticle Immunotherapy

Researchers at the [University of Michigan](#) and the University of Virginia have developed **biodegradable nanoparticles** designed to retrain the immune system. [\[1, 2\]](#)

- **How it works:** These tiny particles encapsulate alpha-gal molecules and deliver them to the liver, "teaching" the immune system to ignore the sugar rather than attack it. [\[, 2\]](#)
- **Status:** While it has shown significant success in mice—preventing or reducing reactions in a majority of subjects—it is still in the [pre-clinical testing phase](#) for humans. [\[, 2\]](#)

2. mRNA Vaccines (Prevention)

Instead of curing the allergy once it starts, some researchers are working on an **mRNA vaccine** to prevent it. [\[1, 2\]](#)

- **The Goal:** To induce **Acquired Tick Resistance (ATR)**. By vaccinating people against tick saliva proteins, the body could potentially reject the tick before it can transmit the alpha-gal molecule, stopping the allergy from ever developing. [\[1, 2\]](#)

3. Soliman Auricular Allergy Treatment (SAAT)

This is an **alternative medicine approach** using a specialized form of ear acupuncture. [\[1, 2\]](#)

- **The Claim:** A study of 137 patients reported a **96% remission rate**, with patients able to reintroduce meat after treatment.

- **The Caveat:** While promising, many medical professionals call for more [rigorous clinical trials](#) to confirm these results and understand the long-term effects. []

4. Desensitization and Medication

- **Oral Immunotherapy (OIT):** Similar to peanut allergy treatments, some doctors are exploring [gradually exposing patients](#) to tiny, increasing amounts of meat to build tolerance. []
- **Omalizumab (Xolair):** This existing injectable medication for asthma and hives has shown some promise in reducing the severity of reactions for AGS patients, though it is not a permanent cure. [1]

5. Naturally Occurring Remission [1]

For many, the "cure" is simply **time and avoidance**. If you can avoid new tick bites for **1 to 2 years**, your alpha-gal antibody levels may naturally drop to the point where you can slowly reintroduce meat. [, [2](#), [3](#), [4](#), [5](#)]

Would you like to know more about **which doctors** in your area specialize in Alpha-gal testing and these newer treatment options?

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17 sites

- Tick-borne red meat allergy prevented in mice through new ...
Aug 12, 2024 – “Typically, when a body detects an allergen, immune cells mistakenly identify it as a harmful substance and release antibodies tha...



che.engin.umich.edu

- **Managing Alpha-gal Syndrome - CDC**
Jan 5, 2026 – Key points * Alpha-gal syndrome (AGS) is a serious, potentially life-threatening allergy that can occur after a tick bite. * There...



Centers for Disease Control and Prevention | CDC (.gov)

- **Current and Future Strategies for the Diagnosis and Treatment of ...**
Jul 18, 2022 – Future Preventive Tools. Prevention from developing AGS stands on avoiding the initial α -Gal sensitization caused by tick bites, b...



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In the St. Louis area, there are several highly-rated specialists who deal specifically with Alpha-gal syndrome (AGS). Given that you are in the 63129 area, you have access to some of the state's leading experts in this field.

Leading Specialists in St. Louis

- **Dr. Maya R. Jerath (Washington University Physicians):** Widely recognized as one of the top specialists for AGS in Missouri. She has a dedicated clinical interest in food allergies and Alpha-gal syndrome and has been instrumental in research regarding mammalian meat reintroduction. [1, 2]
- **Dr. James Temprano (Allergy, Asthma & Food Allergy Centers):** A patient-recommended physician for AGS who operates out of locations in **Sunset Hills** and **Chesterfield**. [1, 2]
- **Dr. Maria Sabio (Allergy and Immunology):** Rated as an "Advanced" provider for AGS treatment and is located on **Dougherty Ferry Road**. [1]
- **Dr. Michael Borts (Allergy Asthma & Sinus Care Center):** Another experienced provider for AGS located on **Landmark Parkway Drive**. [1, 2]

Recommended Clinics for Testing

These clinics are equipped to perform the specific **Alpha-gal IgE blood test** needed for diagnosis:

- [Allergy, Asthma & Food Allergy Centers](#): This practice has been serving the St. Louis area since 2007 and was the first in the region to offer oral immunotherapy (OIT). []
- [WashU Division of Allergy and Immunology](#): They have a specialized focus on AGS and offer clinics at the Center for Advanced Medicine in South County (very close to 63129) and in Creve Coeur. [1]
- [Signature Allergy & Immunology](#): Offers expert care and telehealth options for allergy management. []

Immediate Next Steps

- **Request the Right Test:** When scheduling, specifically ask for the **Alpha-gal IgE blood test**. Standard skin prick tests for beef or pork can often give "false negative" results for AGS patients. [1]
- **South County Access:** Since you are in Oakville, the WashU South County location at **5201 Midamerica Pl** is likely your most convenient specialized option.

Would you like the **phone number** for one of these specific clinics to get an appointment started?

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Closest Options

Specialized St. Louis Experts

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8 sites

- Patient-Recommended Physicians - Alpha-gal Information
Manoj Warrior, MD. Allergy, Asthma & Sinus Care Center. Dr. Michele Kemp, MD. Dr. John Salomone, MD. SLUcare. Dr. Jeffrey P. Tilli...



Alpha-gal Information

- The 20 Best Alpha-gal Syndrome (AGS) Doctors near Saint ...
Feb 22, 2026 – Maria Sabio. Allergy and Immunology. Advanced in Alpha-gal Syndrome (AGS) Dr. Maria Sabio. Allergy and Immunology. 2315 Dougherty ...



MediFind

- Jerath and Owusu-Asare publish alpha-gal reintroduction ...
Jan 16, 2026 – Jerath, MD, PhD, with former allergy/immunology fellow Charity Owusu-Asare, MD, demonstrates the safety and feasibility of an at-h...



WashU

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Why am I reading articles that Bill Gates, or our US Government, or others have purposely released Lone Star Ticks with Alpha-Gal sugar protien to either infect cows or spread the disease purposely to humans. Farmers in the Midwest have reported finding small wooden boxes on thier property full of these ticks.

The articles you are seeing are part of a widespread online conspiracy theory that has been thoroughly debunked by scientific research and investigative journalists. [1]

There is no evidence that Bill Gates, the U.S. government, or any other organization has released ticks to intentionally spread Alpha-gal syndrome (AGS). [1, 2]

Why these claims exist

The theory likely originated from a misunderstanding of a real research project funded by the [Bill & Melinda Gates Foundation](#) in 2021. [1, 2]

- **The Actual Research:** The funding went to a company called Oxitec to develop a genetically modified **Asian blue tick** (southern cattle fever tick) to *reduce* its population and protect livestock from deadly diseases. [1, 2]
- **Wrong Tick, Wrong Country:** This research involves a different species than the **Lone Star tick**, it does not target humans, and the work was primarily conducted in labs in the United Kingdom, not the U.S.. [, 2]
- **The Timeline Doesn't Match:** Cases of Alpha-gal have been documented in the U.S. since the early 2000s, over a decade before the Gates Foundation began its tick research. [1, 2]

The "Wooden Boxes" Reports

Claims about finding wooden boxes full of ticks on farms in the Midwest have circulated on social media platforms like TikTok, but state agricultural departments and local law enforcement have **not found any evidence** to support these reports. In most cases, these "reports" are anecdotal stories shared online without photos, locations, or official police reports to back them up. []

The Scientific Reality

The rise in Alpha-gal cases is actually attributed to two well-documented natural factors: [1]

1. **Climate Change:** Warmer winters allow the Lone Star tick's range to expand further north and west into the Midwest.
2. **Wildlife Populations:** Significant increases in the population of white-tailed deer—the primary host for Lone Star ticks—have led to more ticks in residential and farming areas. [, 2]

While the "purposeful release" stories can be alarming, experts at institutions like the [Mayo Clinic](#) and the CDC confirm that AGS is a naturally occurring environmental health issue.

Since you've had two potential reactions, would you like tips on how to safely check your own property for ticks using a "tick drag" method?

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5 sites

- The false conspiracy theory about ticks genetically modified to ...
Nov 13, 2023 – A TikTok video with over 2 million views has recently gone viral, claiming that Bill ... A TikTok video with over 2 million views ha...



Verificat

- No, Bill Gates didn't create the tick-borne red meat allergy
Nov 25, 2025 – cases spiking throughout the nation the comments of that video were filled with people saying the Gates. Foundation was to blame f...

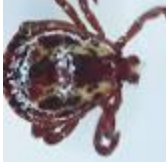


1:23



YouTube-KSDK News

- No, Bill Gates didn't create the tick-borne red meat allergy ...
Nov 25, 2025 – MISSOURI, USA – A years-old conspiracy theory about a tick-borne red meat allergy has spread online almost as quickly as cases hav...



5

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A "tick drag" is a simple, standard surveillance method used by scientists to identify tick populations in a specific area. Since you've had potential reactions, this can help you determine if your yard is a high-risk zone. [\[1, 2, 3, 4\]](#)

How to Make and Use a Tick Drag

1. **Gather Materials:** You will need a **one-yard square piece of white, heavy fabric** (flannel, corduroy, or even a bedsheet work well because ticks can easily latch onto the texture). [\[1, 2, 3\]](#)
2. **Assemble the Drag:** Fasten one edge of the fabric to a **wooden dowel or PVC pipe**. Attach a rope to both ends of the pole so you can pull it behind you like a sled. [\[1, 2, 3\]](#)
3. **Conduct the Drag:** Walk at a leisurely, steady pace, dragging the cloth behind you across your lawn, particularly near **wooded edges, tall grass, or leaf litter**. [\[1, 2, 3\]](#)
4. **Check Often:** Stop every **15 to 30 feet** (about 15-20 steps) to flip the cloth and check both sides. Ticks are small, so look closely for moving dark specks. [\[1, 2, 3, 4, 5\]](#)
5. **Safe Disposal:** If you find ticks, use tweezers to place them in a **sealed container of rubbing alcohol** to kill and preserve them for identification. [\[1, 2, 3\]](#)

Critical Safety Tips

- **Optimal Timing:** Best results occur in the **late morning or afternoon** once the dew has dried. Ticks are less likely to latch onto wet fabric. [\[1\]](#)
- **Personal Protection:** Before you start, **tickproof yourself** by wearing long pants tucked into socks and treating your clothes with **permethrin**. [\[1, 2\]](#)
- **The Post-Drag Check:** Immediately after finishing, put your clothes in the **dryer on high heat for 10 minutes** and perform a thorough **full-body tick check** on yourself. [\[1\]](#)

Finding no ticks doesn't mean your yard is 100% clear, but finding several can help you decide if you need to take [additional landscape steps](#) like creating a mulch border or keeping grass trimmed to 3 inches. [\[2\]](#)

Would you like to know which specific landscaping modifications are most effective for keeping ticks away from your house?



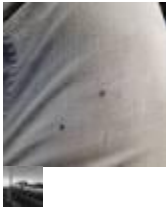
20 sites

- Managing Ticks in the Landscape | Cornell IPM
How to do a tick drag * Fasten a one-meter or one-yard square piece of fabric (flannel or corduroy) to a piece of wood. * Pull thi...



Cornell CALS

- How many ticks in your yard? Here's a "tick dragging" paper ...
Jul 12, 2025 – Periodically check for ticks with a "tick drag" Dianna Bailey ► Lyme Disease Awareness. 12y · Public. "Tick Drag" Periodically che...



Facebook·Martha's Vineyard "Old Style"

- Washington County, MN Government - Facebook
Jul 3, 2025 – It is important to remember that deer ticks need a certain habitat in order to survive. If your house is near a wooded area, harbo...



Facebook·Washington County, MN Government

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The most effective landscaping strategy for Alpha-gal prevention is creating a "dry zone" that Lone Star ticks cannot cross. Ticks are extremely sensitive to dehydration and generally avoid hot, dry surfaces. [1, 2]

1. Establish a "Mulch Moat" or Gravel Barrier [1]

Create a **3-foot wide barrier** of wood chips, dry bark, or gravel around the perimeter of your yard, especially where it meets woods or tall grass. [1, 2, 3]

- **Why it works:** This creates a physical "no-man's land" that is too hot and dry for ticks to traverse.
- **Pro-Tip:** Use **cedar mulch** if possible; it contains natural oils that act as a deterrent. [1, 2, 3, 4, 5]

2. Manage Sunlight and Moisture [1]

Lone Star ticks thrive in high humidity and shade. [1, 2]

- **Prune Low Branches:** Trim tree canopies and shrubs to allow more sunlight to reach the ground, which dries out the soil. [1, 2, 3]
- **Short Grass:** Mow your lawn frequently to a height of **3 inches**. Short grass exposes ticks to direct sun and heat, which can be lethal to them. [, 2]

- **Remove Debris:** Rake up leaf litter and clear away brush piles immediately. These are "tick nurseries" that provide the perfect damp environment for them to hide. [\[1, 2, 3, 4, 5\]](#)

3. Tick-Repellent Plants [\[1\]](#)

While not a complete solution, incorporating specific plants can create a less inviting atmosphere. [\[1, 2\]](#)

- **Fragrant Herbs:** Ticks dislike the strong essential oils in **Lavender, Rosemary, Mint, and Sage**.
- **Flowers: Marigolds** contain pyrethrum (a natural insecticide), and **Chrysanthemums** (Mums) are often used in commercial repellents for their ability to deter pests. [\[1, 2, 3, 4\]](#)

4. Strategic Yard Zoning [\[1\]](#)

- **Sunny Play Zones:** Move swing sets, patios, and fire pits to the sunniest parts of the yard, away from the wooded edges.
- **Dry Wood Storage:** Stack firewood neatly in a dry, sunny spot away from the house to discourage the rodents (like mice) that often carry ticks into your yard. [\[1, 2, 4\]](#)

Recommended Products for Barriers

If you want to bolster your physical barriers, these products can help treat the perimeter: [\[1\]](#)

- **Ben's Tick Fence:** A permethrin-based spray designed to create a 35-day barrier around your property.
- **Cedarcide Cedar Granules:** 100% natural cedar wood shavings that can be sprinkled in garden beds and along borders.
- **Thermacell Tick Tubes:** These target the mice in your yard; mice use the treated cotton for nests, which kills ticks on them before they can drop off in your lawn. [\[1, 2, 3\]](#)

Since you're managing this on your own property, would you like a quick checklist of the specific high-risk areas to check during your next yard walk?

where did Alpha-Gal syndrome start? Alpha-gal syndrome (AGS) was first identified in the Southeastern United States in the early 2000s, primarily through research at the University of Virginia (UVA). While anecdotal reports of "red meat allergy" linked to tick bites date back to the late 1980s in Georgia and Australia, the formal medical discovery occurred through two converging paths:

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Key Origins and Hotspots Initially considered a "southern thing," AGS has since been recognized globally.

United States: Historically most prevalent in Arkansas, Kentucky, Missouri, and Virginia.

Australia: Parallel observations were made in Sydney around 2007, where the paralysis tick (*Ixodes holocyclus*) was identified as the local culprit.

Global Spread: Cases are now reported on every continent except Antarctica, involving various local tick species.

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UVA Today 10 New and Surprising Facts About Alpha-Gal Syndrome

1. Across the globe, bites from several types of ticks (and potentially chiggers) can lead to AGS. 3,5,6. Initially, this syndrome... Thermo Fisher Scientific

About Alpha-gal Syndrome - CDC Jan 5, 2026 — Risk factors. AGS is caused by tick bites, though more research is needed to understand the role ticks play in causing AGS. In the... Centers for Disease Control and Prevention | CDC (.gov)

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Common Symptoms to Watch For

Symptoms can range from mild discomfort to life-threatening emergencies. Many people report being woken up in the middle of the night with:

Skin issues: Hives, intense itching, or a scaly rash.

Digestive distress: Severe stomach pain, diarrhea, nausea, or vomiting.

Swelling: Specifically in the lips, face, tongue, or throat.

Anaphylaxis: Difficulty breathing, a sudden drop in blood pressure, or dizziness/fainting.

What to Do Next If you suspect you have AGS, you should take the following steps:

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beef or pork) often come back negative for AGS patients. You need a specific Alpha-gal IgE blood test to confirm the diagnosis.

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Emergency Preparation: If you experience any trouble breathing or swelling of the throat, seek emergency medical care immediately.

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Alpha-gal syndrome - Symptoms and causes - Mayo Clinic Aug 8, 2025 — Alpha-gal syndrome * Overview. Alpha-gal syndrome is a type of food allergy. It can happen after a tick bite. The allergy is to re... Mayo Clinic

Alpha-gal Syndrome (AGS) | Fact Sheets - Yale Medicine Oct 4, 2023 — How is alpha-gal syndrome treated? * Treatments for allergic reactions caused by alpha-gal exposure. These treatments include epin... Yale Medicine

Alpha-Gal Syndrome and Meat Allergy They often attach themselves to the leg, groin, back of the neck or the scalp. Many people only experience a rash that itches long... Allergy & Asthma Network

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Tick Prevention is Key: To keep the allergy from getting worse or lasting longer, you must avoid new bites. Use permethrin on your clothes and DEET or Picaridin on your skin when outdoors.

Are you noticing symptoms more after specific types of meat, or is it happening with dairy as well? Meat only. The 2 incidents I've had so far were back to back and both involved pizza that had pepperoni and sausage (Supreme or Deluxe type pizza) but both of those pizza places were not related or even close together. Because I didn't know what Alpha-Gal was, I continued to eat meat (steak, bacon, pork) the rest of the week and no issues. Zero reaction.

That inconsistency is actually one of the most frustrating "hallmarks" of Alpha-gal syndrome (AGS). It is very common for people to react to one type of meat but not another, or even to the same meal on different days.

Your experience with the pizza vs. other meats likely comes down to three main factors:

1. High Fat Content

Alpha-gal is a sugar that binds to fat molecules. Highly processed, fatty meats like pepperoni and sausage often have much higher concentrations of these "alpha-gal-coated" fat particles than a leaner steak or strips of bacon. Because fat

takes longer to digest, it can "prime" a more severe or predictable reaction.

2. "Cofactors" (The Perfect Storm) AGS is often "cofactor-dependent," meaning your body might tolerate meat just fine unless another factor is present to lower your reaction threshold. Common triggers that can cause a reaction to "finally" happen include:
 - Alcohol: If you had a beer or wine with that pizza, it increases intestinal absorption, making a reaction much more likely.
 - Exercise: Physical activity within a few hours of eating can trigger a reaction that wouldn't have happened otherwise.
 - NSAIDs: Taking aspirin or ibuprofen around the same time as the meal.
3. The "Dose" Response Sometimes it's simply about the "load" of alpha-gal your body can handle at once. You might have a specific threshold where one slice of bacon doesn't trigger you, but a "Supreme" pizza loaded with multiple mammalian meats (pork sausage, beef pepperoni, maybe ham) pushes your immune system over the edge. Why this is tricky Because you were fine with steak and bacon later that week, it's easy to think it was just "bad pizza." However, with AGS, you can go weeks or months without a reaction and then suddenly have a severe one because of a high-fat meal or a combination of cofactors. Did you happen to have any alcohol (like a beer) or do any heavy activity around the time you ate those pizzas? This is for informational purposes only. For medical advice or diagnosis, consult a professional. AI responses may include mistakes. Learn more

12 sites Food - Alpha-gal Information At one end of the spectrum are the internal organs of mammals, like intestines and pork kidneys. Organs can be so high in alpha-gal... Alpha-gal Information Delayed urticaria or anaphylaxis after consumption of red ... Dec 28, 2020 — 9. The systemic absorption of alpha-gal has not previously been described, but alpha-gal low absorption rate is related to the pat... PubMed Central (PMC) (.gov) Diagnosis & management of alpha-gal syndrome: lessons from ... * Activity, alcohol consumption, and exercise can have profound influence on reactivity. * Some patients appear to have reactions ... PubMed Central (PMC) (.gov) Show all No. But what is being done about a potential cure? While there is currently no official cure for Alpha-gal syndrome (AGS), several groundbreaking research areas are focused on reversing the allergy or making it safer to live with. Current research and potential treatments in development include:

1. Nanoparticle Immunotherapy Researchers at the University of Michigan and the University of Virginia have developed biodegradable nanoparticles designed to retrain the immune system. How it works: These tiny particles encapsulate alpha-gal molecules and deliver them to the liver, "teaching" the immune system to ignore the sugar rather than attack it. Status: While it has shown significant success in mice—preventing or reducing reactions in a majority of subjects—it is still in the pre-clinical testing phase for humans.
2. mRNA Vaccines (Prevention) Instead of curing the allergy once it starts, some researchers are working on an mRNA vaccine to prevent it. The Goal: To induce Acquired Tick Resistance (ATR). By vaccinating people against tick saliva proteins, the body could potentially reject the tick before it can transmit the alpha-gal molecule, stopping the allergy from ever

developing.

3. Soliman Auricular Allergy Treatment (SAAT) This is an alternative medicine approach using a specialized form of ear acupuncture. The Claim: A study of 137 patients reported a 96% remission rate, with patients able to reintroduce meat after treatment. The Caveat: While promising, many medical professionals call for more rigorous clinical trials to confirm these results and understand the long-term effects.

4. Desensitization and Medication Oral Immunotherapy (OIT): Similar to peanut allergy treatments, some doctors are exploring gradually exposing patients to tiny, increasing amounts of meat to build tolerance. Omalizumab (Xolair): This existing injectable medication for asthma and hives has shown some promise in reducing the severity of reactions for AGS patients, though it is not a permanent cure.

5. Naturally Occurring Remission For many, the "cure" is simply time and avoidance. If you can avoid new tick bites for 1 to 2 years, your alpha-gal antibody levels may naturally drop to the point where you can slowly reintroduce meat. Would you like to know more about which doctors in your area specialize in Alpha-gal testing and these newer treatment options? This is for informational purposes only. For medical advice or diagnosis, consult a professional. AI responses may include mistakes. Learn more

17 sites Tick-borne red meat allergy prevented in mice through new ... Aug 12, 2024 — "Typically, when a body detects an allergen, immune cells mistakenly identify it as a harmful substance and release antibodies tha... che.engin.umich.edu Managing Alpha-gal Syndrome - CDC Jan 5, 2026 — Key points * Alpha-gal syndrome (AGS) is a serious, potentially life-threatening allergy that can occur after a tick bite. * There... Centers for Disease Control and Prevention | CDC (.gov) Current and Future Strategies for the Diagnosis and Treatment of ... Jul 18, 2022 — Future Preventive Tools. Prevention from developing AGS stands on avoiding the initial α -Gal sensitization caused by tick bites, b... PubMed Central (PMC) (.gov) Show allyes In the St. Louis area, there are several highly-rated specialists who deal specifically with Alpha-gal syndrome (AGS). Given that you are in the 63129 area, you have access to some of the state's leading experts in this field. Leading Specialists in St. Louis Dr. Maya R. Jerath (Washington University Physicians): Widely recognized as one of the top specialists for AGS in Missouri. She has a dedicated clinical interest in food allergies and Alpha-gal syndrome and has been instrumental in research regarding mammalian meat reintroduction. Dr. James Temprano (Allergy, Asthma & Food Allergy Centers): A patient-recommended physician for AGS who operates out of locations in Sunset Hills and Chesterfield. Dr. Maria Sabio (Allergy and Immunology): Rated as an "Advanced" provider for AGS treatment and is located on Dougherty Ferry Road. Dr. Michael Borts (Allergy Asthma & Sinus Care Center): Another experienced provider for AGS located on Landmark Parkway Drive. Recommended Clinics for Testing These clinics are equipped to perform the specific Alpha-gal IgE blood test needed for diagnosis: Allergy, Asthma & Food Allergy Centers: This practice has been serving the St. Louis area since 2007 and was the first in the region to offer oral immunotherapy (OIT). WashU Division of Allergy and

Immunology: They have a specialized focus on AGS and offer clinics at the Center for Advanced Medicine in South County (very close to 63129) and in Creve Coeur. Signature Allergy & Immunology: Offers expert care and telehealth options for allergy management. Immediate Next Steps Request the Right Test: When scheduling, specifically ask for the Alpha-gal IgE blood test. Standard skin prick tests for beef or pork can often give "false negative" results for AGS patients. South County Access: Since you are in Oakville, the WashU South County location at 5201 Midamerica Pl is likely your most convenient specialized option. Would you like the phone number for one of these specific clinics to get an appointment started? Map data ©2026 Google Terms 5 km Red Closest Options Purple Specialized St. Louis Experts AI can make mistakes, so double-check responses Try without personalization 8 sites Patient-Recommended Physicians - Alpha-gal Information Manoj Warriar, MD. Allergy, Asthma & Sinus Care Center. Dr. Michele Kemp, MD. Dr. John Salomone, MD. SLUcare. Dr. Jeffrey P. Tilli... Alpha-gal Information The 20 Best Alpha-gal Syndrome (AGS) Doctors near Saint ... Feb 22, 2026 — Maria Sabio. Allergy and Immunology. Advanced in Alpha-gal Syndrome (AGS) Dr. Maria Sabio. Allergy and Immunology. 2315 Dougherty ... MediFind Jerath and Owusu-Asare publish alpha-gal reintroduction ... Jan 16, 2026 — Jerath, MD, PhD, with former allergy/immunology fellow Charity Owusu-Asare, MD, demonstrates the safety and feasibility of an at-h... WashU Show all Why am I reading articles that Bill Gates, or our US Government, or others have purposely released Lone Star Ticks with Alpha-Gal sugar protien to either infect cows or spread the disease purposely to humans. Farmers in the Midwest have reported finding small wooden boxes on thier property full of these ticks. The articles you are seeing are part of a widespread online conspiracy theory that has been thoroughly debunked by scientific research and investigative journalists. There is no evidence that Bill Gates, the U.S. government, or any other organization has released ticks to intentionally spread Alpha-gal syndrome (AGS). Why these claims exist The theory likely originated from a misunderstanding of a real research project funded by the Bill & Melinda Gates Foundation in 2021. The Actual Research: The funding went to a company called Oxitec to develop a genetically modified Asian blue tick (southern cattle fever tick) to reduce its population and protect livestock from deadly diseases. Wrong Tick, Wrong Country: This research involves a different species than the Lone Star tick, it does not target humans, and the work was primarily conducted in labs in the United Kingdom, not the U.S.. The Timeline Doesn't Match: Cases of Alpha-gal have been documented in the U.S. since the early 2000s, over a decade before the Gates Foundation began its tick research. The "Wooden Boxes" Reports Claims about finding wooden boxes full of ticks on farms in the Midwest have circulated on social media platforms like TikTok, but state agricultural departments and local law enforcement have not found any evidence to support these reports. In most cases, these "reports" are anecdotal stories shared online without photos, locations, or

official police reports to back them up. The Scientific Reality The rise in Alpha-gal cases is actually attributed to two well-documented natural factors: Climate Change: Warmer winters allow the Lone Star tick's range to expand further north and west into the Midwest. Wildlife Populations: Significant increases in the population of white-tailed deer—the primary host for Lone Star ticks—have led to more ticks in residential and farming areas. While the "purposeful release" stories can be alarming, experts at institutions like the Mayo Clinic and the CDC confirm that AGS is a naturally occurring environmental health issue. Since you've had two potential reactions, would you like tips on how to safely check your own property for ticks using a "tick drag" method? This is for informational purposes only. For medical advice or diagnosis, consult a professional. AI responses may include mistakes. Learn more

5 sites

The false conspiracy theory about ticks genetically modified to ... Nov 13, 2023 — A TikTok video with over 2 million views has recently gone viral, claiming that Bill ... A TikTok video with over 2 million views ha... VerificatNo, Bill Gates didn't create the tick-borne red meat allergy Nov 25, 2025 — cases spiking throughout the nation the comments of that video were filled with people saying the Gates. Foundation was to blame f... 1:23 YouTube · KSDK News No, Bill Gates didn't create the tick-borne red meat allergy ... Nov 25, 2025 — MISSOURI, USA — A years-old conspiracy theory about a tick-borne red meat allergy has spread online almost as quickly as cases hav... KSDK Show allyes

A "tick drag" is a simple, standard surveillance method used by scientists to identify tick populations in a specific area. Since you've had potential reactions, this can help you determine if your yard is a high-risk zone.

How to Make and Use a Tick Drag

Gather Materials:

You will need a one-yard square piece of white, heavy fabric (flannel, corduroy, or even a bedsheet work well because ticks can easily latch onto the texture).

Assemble the Drag:

Fasten one edge of the fabric to a wooden dowel or PVC pipe. Attach a rope to both ends of the pole so you can pull it behind you like a sled.

Conduct the Drag:

Walk at a leisurely, steady pace, dragging the cloth behind you across your lawn, particularly near wooded edges, tall grass, or leaf litter.

Check Often:

Stop every 15 to 30 feet (about 15-20 steps) to flip the cloth and check both sides. Ticks are small, so look closely for moving dark specks.

Safe Disposal:

If you find ticks, use tweezers to place them in a sealed container of rubbing alcohol to kill and preserve them for identification.

Critical Safety Tips

Optimal Timing:

Best results occur in the late morning or afternoon once the dew has dried. Ticks are less likely to latch onto wet fabric.

Personal Protection:

Before you start, tickproof yourself by wearing long pants tucked into socks and treating your clothes with permethrin.

The Post-Drag Check:

Immediately after finishing, put your clothes in the dryer on high heat for 10 minutes and perform a thorough full-body tick check on yourself. Finding no ticks doesn't mean your yard is 100% clear, but finding several can help you decide if you need to take additional landscape steps like creating a mulch border or keeping grass trimmed to 3 inches. Would you like to know which specific landscaping modifications are

most effective for keeping ticks away from your house? 20 sites

Managing Ticks in the Landscape | Cornell IPM

How to do a tick drag * Fasten a one-meter or one-yard square piece of fabric (flannel or corduroy) to a piece of wood. * Pull thi... Cornell CALS

How many ticks in your yard? Here's a "tick dragging" paper ... Jul 12, 2025 — Periodically check for ticks with a "tick drag" Dianna Bailey ► Lyme Disease Awareness. 12y · Public. "Tick Drag" Periodically che... Facebook

Martha's Vineyard "Old Style" Washington County, MN Government - Facebook Jul 3, 2025 — It is important to remember that deer ticks need a certain habitat in order to survive. If your house is near a wooded area, harbo... Facebook

Washington County, MN Government Show allies

The most effective landscaping strategy for Alpha-gal prevention is creating a "dry zone" that Lone Star ticks cannot cross. Ticks are extremely sensitive to dehydration and generally avoid hot, dry surfaces.

- 1. Establish a "Mulch Moat" or Gravel Barrier** Create a 3-foot wide barrier of wood chips, dry bark, or gravel around the perimeter of your yard, especially where it meets woods or tall grass.
Why it works: This creates a physical "no-man's land" that is too hot and dry for ticks to traverse.
Pro-Tip: Use cedar mulch if possible; it contains natural oils that act as a deterrent.
- 2. Manage Sunlight and Moisture** Lone Star ticks thrive in high humidity and shade.
Prune Low Branches: Trim tree canopies and shrubs to allow more sunlight to reach the ground, which dries out the soil.
Short Grass: Mow your lawn frequently to a height of 3 inches. Short grass exposes ticks to direct sun and heat, which can be lethal to them.
Remove Debris: Rake up leaf litter and clear away brush piles immediately. These are "tick nurseries" that provide the perfect damp environment for them to hide.
- 3. Tick-Repellent Plants** While not a complete solution, incorporating specific plants can create a less inviting atmosphere.
Fragrant Herbs: Ticks dislike the strong essential oils in Lavender, Rosemary, Mint, and Sage.
Flowers: Marigolds contain pyrethrum (a natural insecticide), and Chrysanthemums (Mums) are often used in commercial repellents for their ability to deter pests.
- 4. Strategic Yard Zoning**
Sunny Play Zones: Move swing sets, patios, and fire pits to the sunniest parts of the yard, away from the wooded edges.
Dry Wood Storage: Stack firewood neatly in a dry, sunny spot away from the house to discourage the rodents (like mice) that often carry ticks into your yard.

Recommended Products for Barriers

If you want to bolster your physical barriers, these products can help treat the perimeter:

- Ben's Tick Fence:** A permethrin-based spray designed to create a 35-day barrier around your property.
- Cedarcide Cedar Granules:** 100% natural cedar wood shavings that can be sprinkled in garden beds and along borders.
- Thermacell Tick Tubes:** These target the mice in your yard; mice use the treated cotton for nests, which kills ticks on them before they can drop off in your lawn.

Since you're managing this on your own property, would you like a quick checklist of the specific high-risk areas to check during your next yard walk?

The most effective landscaping strategy for [Alpha-gal](#) prevention is creating a "dry zone" that [Lone Star ticks](#) cannot cross. Ticks are extremely sensitive to dehydration and generally avoid hot, dry surfaces. [1, 2]

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- **Pro-Tip:** Use **cedar mulch** if possible; it contains natural oils that act as a deterrent. [1, 6, 7, 8, 9]

2. Manage Sunlight and Moisture [10]

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[1] <https://www.facebook.com>

[2] <https://www.uvm.edu>

[3] <https://www.phipps.conservatory.org>

[4] <https://www.msamosquito.org>

[5] <https://www.consumerreports.org>

[6] <https://naturalawn.com>

[7] <https://www.globallymealliance.org>

[8] <https://www.youtube.com>

[9] <https://sawyergardencenter.com>

[10] <https://www.lyme.health.harvard.edu>

- [11] <https://handymanconnection.com>
- [12] <https://www.facebook.com>
- [13] <https://cals.cornell.edu>
- [14] <https://www.cdc.gov>
- [15] <https://www.youtube.com>
- [16] <https://jessecology.com>
- [17] <https://naturalawn.com>
- [18] <https://www.reddit.com>
- [19] <https://www.marthastewart.com>
- [20] <https://www.lyme.health.harvard.edu>