The primary treatment of food allergy has been avoidance. However, in the last 10 years, alternative therapies have been researched. The most common one is oral immunotherapy, which can lead to desensitization in approximately 80% of patients with 5-15% developing significant GI symptoms leading to early discontinuation and probable EoE. With sublingual immunotherapy, the rate of desensitization is lower but also has a lower rate of GI symptoms but more oral symptoms. With epicutaneous desensitization, the rate approaches 80% but takes longer 2 years versus six months with oral immunotherapy. However, there are no GI side effects in patients. The phase 3 clinical trials will give better determination on therapy risk and benefits when completed in the next 12 months.