

An exciting breakthrough in a classic immune system treatment!

Low dose antigen or low dose immunotherapy (LDA or LDI) is a powerful method of calming or stabilizing the immune system regarding allergic reactions and autoimmune/inflammatory reactions. It was developed in the 1960's by a British immunologist, Len McEwen, and in Europe is called "Enzyme Potentiated Desensitization" (EDP). It is different from standard immunotherapy in several ways.

First, extremely low doses of treatment antigens are used. Second, a large number of antigens can be given in one dose. Third, the treatment is given only once every two months initially and less frequently over time. Fourth, the mechanism of action is different from escalating dose allergy shots, which are thought to produce blocking antibodies against the allergen injected. With LDI, the mechanism of action is cultivation of a new population of T regulatory lymphocytes in the patient. These cells regulate the immune response. In the case of allergy or autoimmunity, the T regulatory cells are failing to restrain the immune system, which is attacking the self or harmless antigen such as food or pollens. Sixth, these differences are accomplished by the use of a very potent enzyme found naturally in the body. This enzyme, called beta glucuronidase, is added to the antigen mix to activate the regulatory T cells. The last major difference is that LDI lends itself to the use of patient samples such as a throat culture or a stool or even a skin biopsy to stimulate protective immunity.

Even more shockingly, the doses of LDA and LDI are so low (as low as one in one trillionth) that it can be safely used even in people with anaphylaxis. LDA and LDI are much safer than conventional immunotherapy, and doses can be administered away from the clinic because of this.

This therapy has been used by physicians for a few decades in the USA and Europe, but historically, there were a number of very demanding rules to follow regarding dietary restrictions and avoidance of medications and supplements around the time of dosing. Also, the discomfort of an LDA/LDI injection, which is quite significant, has discouraged its use (especially in children). However, recent research has explored some helpful modifications for LDA/LDI, which make it easy and painless to offer this therapy to everyone. These include using the sublingual dosing instead of subcutaneous injections and reserving the very restrictive dietary and supplement changes for only a select few.

In some cases, people need to follow all of the strict rules to obtain maximum benefit, but in many cases this is not necessary. Accordingly, we start the treatment with simple fairly unrestricted method. We feel the greatest excitement about LDA/LDI is using this treatment for not only allergies and autoimmune disease, but also for the autoimmunity in autism, PANDAS/PAND, Lyme disease, and inflammatory bowel issues. Additionally, it is a potent way to treat food allergies and intolerances and to eventually restore tolerance to some of the foods children and adults have to avoid. Fecal immunotherapy with LDI is somewhat analogous to fecal transplants, another up-and-coming treatment option, but much simpler.

Before starting please watch the following videos:

For general overview of treatment: <http://betterhealthguy.com/episode27>

How to report symptoms: <https://youtu.be/Vf6KN8Zidms?t=4>

Low Dose Allergen/Low Dose Immunotherapy How-To Basics

What you need to avoid for 24 hrs before and 48 hrs after LDA/LDI dose if possible we have seen it work even on these meds:

Try to stay off all supplements and non-essential medications, that you are comfortable not taking for 3-days, if a prescription drug please confirm with your prescribing doctor it's safe to stop, otherwise stay on.

Did you have a flare?

1. Aller-balance: Viatrexx spray: 2-5 squirts orally or topically on your head at least 3 times per day.
2. Vitamin D 10,000 iu 3 times a day
3. Binders: Try charcoal, chlorella, apple pectin, ZeoBind, etc. Take these (ideally) away from other medications/supplements.
4. Tri-Salts: ½ tsp to 1 tsp one-three times per day.
4. Prednisone at 10-20 mg at a time, up to 60 mg per day. When taken for less than 5 days, there is limited risk of adrenal stress. This is the strongest and classic remedy for LDA/LDI flares. **Please call your doctor if you don't already have some and end up needing it.**

If you are flaring AFTER the 3 day critical window try:

1. CDP-Choline: 2 capsules at a time and repeat up to 4 times (total 8 caps). This especially helps when pain is the flare.
2. Curcumin (Curapro – liposomal, or Thorne Meriva): 2 caps up to 4 times per day (total 8 caps).

3. Fish oils/Omega 3: High doses, at least 3000 mg per day.

What you NEED on the day of treatment:

1. B-vitamins
2. Minerals – especially magnesium, molybdenum, and zinc.
3. Sleep! Hydration!

Titration Procedure: This procedure helps us start with a low potency and work up in strength to avoid causing a negative reaction from the LDA. Your doctor will indicate if this is being done with your remedy.

1. You will inject or squirt sublingually the LDA/LDI mixture of the lowest potency (highest number).
2. If you have no reaction, re-dose with a higher potency (lower number) in 1 week.
3. Repeat weekly until you have a clear positive change from the injection or drops.
4. **This is your target dose!** If you were to continue taking stronger potencies (lower numbers), you would have a flare in symptoms!
5. You will not take another dose of your target dose for 7-8 week

Please don't forget to fill out the symptom-tracker sheet for one week after you LDA/LDI remedy and to send this back to Nurse Andi through the portal.

Record of Symptoms: LDA Therapy

Please rate your symptoms on a scale of 1 – 10, with 10 being the worst.

Please fill out this form the week following your DLA Dose. It is imperative to know if you are better, the same or worse than your normal range of chronic symptoms, and for how long it directly rules what dose you will receive.

Name: _____ Dose Given: _____ Date of Dose taken: _____

Symptoms Before LDA Therapy and numerical rating	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Make sure your name and dates are on this form. This helps us decide the next best treatment dose.