

# **L**ow Dose Allergy Shot Information (LDA)

| Food Allergies Sensitivities Intolerances |

| Environmental Allergies |

| Chemical Sensitivities |

| Hay Fever, Asthma, Autoimmune Diseases |

| Eczema, Psoriasis, Rashes |

*"I have found that LDA gives more permanent relief than any standard form of immunotherapy I've ever used"*

*Dr Shrader MD, Environmental Medicine*

**W**hat to expect  
The effect of LDA is most often immediate; however, the full benefit of LDA will take longer. Patients with many food allergies or intolerances will notice sustained improvement after 3-6 doses.

The period of improvement should lengthen over time and gradually you should feel quite well for the whole 2 month period between injections. When this happens, you can begin to stretch the interval between LDA injections. This will occur in adult patients between 6-8 injections (about a year). Children should be able to stretch their injection intervals sooner.

LDA cannot be considered to be fully effective until 6-8 treatments have been given.

### | Immediate Reaction |

70% of the time, an immediate temporary, cure of symptoms occurs. This may begin immediately after the first treatment and last 2-5 weeks at first then much longer later on in treatment. This response will occur on the 1<sup>st</sup> -3<sup>rd</sup> treatment.

Once the injection takes effect, you will feel better usually for 2-5 weeks. When the injection begins to wear off, you must wait until the next injection for a continued response. Response lengths generally improve with subsequent injections

### | Delayed Reaction |

This occurs 3-4 weeks after the treatment (once the lymphocytes mature) and lasts from 2-4 months at first then much longer later on in treatment. This response begins usually between the 6<sup>th</sup>-8<sup>th</sup> treatment, when there may be no apparent immediate response to the shot, but as the lymphocytes mature, the positive effects are noticed. If this is your response, please be patient and follow the guidelines given to you until your shot activates at about 3-4 weeks.

**A**dministration Method  
LDA is administered by one or more tiny intradermal injections, usually on the inner aspect of the forearm, though it may be given on the legs or abdomen.

**F**requency  
Initial doses are at 2 month intervals for the first six to eight treatments. Subsequently the treatment intervals generally increase. Milk and Wheat usually take the longest time to desensitize completely. When the response is well established, generally between the sixth to eighth dose (fewer in children), the frequency of treatment for most illnesses may often be extended to every three months, then every four months and so on.

**D**uration of treatment  
Half of the patients with multiple problems can stop LDA completely after 8-18 doses. The other half can at least go for long intervals (1-4 years) between treatments after that time. Children usually respond more quickly and may stop sooner.

**Please do not plan to start LDA unless you are willing to  
Be treated for 12 months before  
You may see lasting results**

**C**ontents of the LDA are mixtures of over three hundred allergens that act quite universally. This means that patients who are allergic or intolerant to most substances, and with quite diverse medical conditions, can respond to treatment. Included are **hundreds of foods, mixed pollens, cat, dog, horse and other animals (including lab animals), insect, kapok & fiber mixes, dust & mites, mixed molds, fungi, yeast (including Candida), food additives & colors, mixed chemicals, lotions, gasoline, petrochemicals, mixed environmental chemicals, perfumes & formaldehyde.**

**L**DA (low dose immunotherapy) is a method of immunotherapy that involves desensitization with combinations of a wide variety of extremely low dose allergens given with an enzyme mixture containing beta-glucuronidase. The enzyme mixture acts as a lymphokine, better signaling the immunizing effects of the allergens.

**L**DA induces the production of activated T suppressor cells.

**L**DA immunotherapy appears to be primarily cell mediated. T cells have a half life of about 60 days (highly variable), so LDA can create a much longer lasting desensitization than conventional immunotherapy. Patients generally need fewer medications and avoidance is much less necessary. LDA can be used to treat food sensitivities, intolerances, IgG, IgA and IgE mediated allergy reactions.

In contrast, classical immunotherapy is largely antibody mediated and neutralization therapy likely works through low dose tolerance, so both of these methods are generally not long lasting and cannot easily be discontinued without the partial or complete return of symptoms.

**S**afety  
There has never been a fatal or life-threatening systemic reaction to LDA treatment. The dosage is simply too low for life-threatening reactions to occur.

**S**upplements to take during LDA  
All but the 3 critical days take: An approved: multivitamin/mineral, Essential Oils, Zinc 20-30 mg, Magnesium 200-400 mg, Folic Acid 10 mg all in addition to the multivitamin. Continue for the duration of treatment.

**C**ontraindications. LDA should not be used during pregnancy.  
Please contact my office for what must be avoided at the time of the LDA injection appointment.

**W**arnings. If you have a history of eczema, asthma, skin allergy of any kind, hives, swelling of the lips, face or body, autoimmune disease, anaphylactic reactions, or multiple, severe reactions be certain the doctor knows about this before you receive LDA. You may require special preparation

**P**lease bring this final page of the document to your first LDA appointment  
**I have read and understand the recommendations for LDA therapy.  
I agree to treatment of no less than a year for lasting results**

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Name of Patient and/or guardian

Signature

Date

Please Check those that apply to you

Symptoms ONLY in spring and/or fall

*Swelling/Tingling in mouth after any food*

Eyes affected

*Winter symptoms*

Nose affected

*Eczema/Skin rashes*

Chest affected

*Irritable bowel syndrome*

Close family members with hay fever

*Severe problems with chemical odors*

Symptoms clear up completely in the winter

*Gastrointestinal symptoms*

*Have you been told that you have Candida*

*Headaches/Migraines*