



## **Basic information about LDI therapy for allergy related issues**

LDI = Low Dose Immunotherapy

The aim of LDI is to promote 'immune tolerance' rather than 'de-sensitize' (after all, don't we have too much 'de-sensitization' to the world as it is???) . It is not a substitute for treating a real 'infection'.

The doses are given sublingually (not by injection). They are sent in syringes with the needles removed, and self-administered orally under the tongue.

We typically start with 'Food group', 'Environmental group', or 'Chemical Group'; or a combination of the above. Depending on the patient and their symptoms and health issues, this may be refined or added to over time. Up to 5 syringes (doses) at a time are included in the price.

There is a process in the early stages of the therapy which involves gradually changing doses in order to find the correct potency for a given individual.

Typically, this therapy involves taking a few drops of 'water' (substances potentized usually to a million to one at least) under the tongue every 7 weeks. So, the 'physical' doses of the substances are many orders of magnitude more diluted than 'allergy shots'.

This time span may (or may not) gradually increase over time. Some people end up, after a year or so of closer spacing, needing doses as little as every few years. Some people do not need to take doses anymore, after doing the drops for a year or two at increasing intervals.

Doses may be picked up at the office or mailed.

The basic cost of the therapy, after finding the correct dosing, is \$150 every 7 weeks. This includes email check-ins about allergy/immune related symptoms.