HOLISTIQUE MEDICAL CENTER · BELLEVUE, WA

LDA (Low Dose Allergen Therapy) & LDI (Low Dose Immunotherapy)

LDA & LDI are treatment options that will be available in the near future at Holistique.

Holistique Medical Team

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LDA & LDI are treatment options that will be available in the near future at Holistique. They both have a goal to calm or modulate, an overactive immune system. When the immune system is overactive to certain allergens, toxins, or infections, then symptoms and disease may result. As the immune system perceives these as a threat, it triggers an inflammatory cascade. Although some inflammation is necessary for a healthy immune system, the prolonged effect of excess inflammation can lead to many negative consequences. In a sense, LDA & LDI help to desensitize your immune system to the offending agents, creating tolerance without immune suppression.

What types of things can LDA & LDI help with?

- Food sensitivities & allergies
- Seasonal allergies
- Mold illness & allergies
- Chemical sensitivities
- MCAS (Mast Cell Activation Syndrome)
- Lyme & Co-infections (Borrelia, Bartonella, Babesia, Ehrlichia, Yersinia, among others)
- Strep & PANS/PANDA
- Skin conditions such as acne, dermatitis, eczema, psoriasis, rosacea
- Chronic Fatigue
- Chronic Pain
- Autoimmune Conditions
- IBS & IBD (Crohn’s and Ulcerative Colitis)
- Parasites

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- Yeast
- Viral infections such as EBV, CMV, HHV-6, Coxsackie, Varicella Zoster (Shingles), HSV
- Many others too!

LDA and LDI may be administered via intradermal injection (injection into the skin) or taken orally. The treatment dose and duration are individually determined. With ART (Autonomic Response Testing), figuring out which antigen to use, how much, and how often, is made easier and typically results in more benefit. It is possible to have a flare if a dose is too potent, or given too often. ART does help to minimize the chances of a flare, rather than simply trying to guess which potency and frequency to use.

The antigens used to make the dilution of LDA and LDI are not live and are highly diluted; they are unable to transmit an infection to someone. It is considered a safe treatment for both children and adults.

Medical disclaimer: This article is for educational purposes only and reflects the clinical perspective of Holistique Medical Center. It is not a substitute for individualized medical advice, diagnosis, or treatment. Consult a qualified healthcare provider before starting any new therapy or making changes to your health regimen.

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