

Allergies

NW Integrative Medicine Allergy Treatment Programs

LDA and Allergy Easy

We offer two convenient allergy treatment methods. Each method has its own advantages and disadvantages, but they both are much easier to use than traditional allergy immunotherapy.

The first is LDA, which stands for low dose antigens. LDA can be used as seasonal allergy treatment or for year around allergies. This treatment works by introducing a very tiny dose of antigens (the things you're allergic to) into your body, which then carries the antigens deep into the immune system, which decides whether they're friends or foes. This treatment tells your immune system to ignore the allergens in the serum. We administer LDA treatments with a tiny injection into the skin of the forearm about once every two to three months. If allergies are intermittent, then we give the treatment intermittently without losing any potency because there's no buildup with LDA. You're at maintenance dose with your first treatment. However, the treatments do get progressively more effective over time.

The second method is an orally administered form of immunotherapy called Allergy Easy. Oral immunotherapy has a more than 30-year safety record. It's easy to use and very effective.

Advantages of LDA

- No skin testing required
- Ability to treat inhalants, foods, and chemical sensitivity
- Rapid onset of action (sometimes overnight)
- Wide spectrum of coverage (LDA treats all allergens)

found on the North American continent.)

- Treatment can be intermittent without losing effectiveness

Disadvantages of LDA

- Must avoid major exposure to allergens for 48 hours after the injection
- Need to avoid many medications and a number of nutritional supplements for three weeks after the injection

Allergy Easy Advantages

- No skin testing required
- Broad spectrum of coverage (works across the United States)
- Simple to use (1 to 3 drops under the tongue daily)
- Administered at home
- Long safety record

Allergy Easy Disadvantages

- Must use on an ongoing basis
- Takes some time before it's effective (two to three months)

Usually one of these two advanced forms of allergy treatment is right for most people. **We offer a free 15-minute consultation** to determine whether either of these forms of allergy treatment will work for you and your family.

More information about [Allergy Easy](#).

More information about [LDA](#)

List of [LDA Physicians](#)

Call 509-943-2101 for more information and to schedule your free consultation.