



Miami Beach
**COMPREHENSIVE
WELLNESS CENTER**

Patient Instructions For Low Dose Allergen (LDA) Therapy

The most important time for dietary and lifestyle change for LDA is known as 'The 3 Critical Days'. These are: The Day Before your get your LDA Shots, The Day Receiving your LDA Shots, and The Day After you get your LDA Shots. During this time, you must avoid exposure to as many potential allergens as humanly possible. The absolute most important part is the diet. It is a little weird, quite restricted and so essential the success of therapy practically depends on it. You can do this, it's only for 3 days. Here are the foods you are allowed to eat for The 3 Critical Days:

- Lamb, rabbit, venison, elk and other game meats that are not birds (e.g.- no Wild Turkey, Pheasant or Cornish Hen)
- White fish as long as you are not specifically allergic to it. Good examples are snapper, flounder and halibut. **No swordfish, tuna or salmon (of any kind).**
- Sweet potatoes or yams of any variety.
- White or Yellow Potatoes of any kind as long as you do not have a specific allergy or sensitivity to them.
- Parsnips, rutabagas, tapioca root products or cassava root, manioc, yucca, sago, turnips
- Cooked carrots, celery and cabbage. **Cooked only, do not eat these RAW.**
- Lettuce of any type, but **no other greens** (no arugula, watercress, kale, dandelion greens, collards, spinach, etc). If you eat it raw in a salad, use the **outer leaves ONLY, not the lighter color ones in the middle.** If you eat it cooked, you can eat them all... it's not weird to cook lettuce, Asian cooking always recommends it.
- Rhubarb... definitely a Love/Hate on this one... Emily Love/Chris Hate
- To thicken soups, you can use tapioca products: tapioca granules, flour, powder, etc.
- Pure Baking soda (without additives)
- Sea salt... plain sea salt. Not smoked, not volcanic, not iodized, not seasoned. Just Plain-Ass Sea Salt... and absolutely **NO Pepper.**
- Bottled, reverse osmosis, filtered or purified water. Plain Sparkling or Soda Water is OK too (e.g. La Croix). No flavored sparkling water (Lemon-Lime La Croix is not allowed). **ONLY PLAIN! No mineral water because it might contain iodized salt.**
- For cooking Fat, you must use the Fat of the products noted in the first two bullets. **No margarine, olive oil, canola oil, butter, ghee, rendered duck or pork fat, etc.**
- We saved the worst for last... **No Coffee or Tea of any kind...** we'll just leave that there with a small, sad tear. No herbal tea either.
- No alcohol

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Here is our suggestion about how to deal with the LDA Diet around the 3 Critical Days: Make a big-ass pot of soup. At MBCWC, we sell Lamb Broth. It is amazing, delicious and very nutritious. You can use this as a soup base. Let us know ahead of time and we'll be sure to have plenty on hand for you. Combine any of the ingredients list above into the Broth and cook low and slow. Make enough for all 3 Critical Days ahead of time. It may be a bit boring, but you will not have to think about cooking for 3 Days.

A Note about Food Allergy/Sensitivity after LDA:

- If you have known allergies and sensitivities, it is best NOT to re-introduce them immediately after doing LDA. This should be done at least 4-6 weeks later and in a controlled fashion. After the 3 Critical Days, go back to the diet you were on prior to LDA Shots.
- LDA Therapy has been known to 'unmask' food allergy and sensitivity. This means that you may notice sensitivity to certain foods you were not sensitive to before. This is usually temporary and improves with time. If you notice sensitivity to a new food, please discuss with your provider and avoid the food for the time being.

The second important thing is to **get the Environment Around You as clean as possible**. At the start of the 3 Critical Days do the following:

- **Pet Owners:** This sucks, but you must **avoid contact with pets for the 3 Critical Days**. Isolate them to a part of your home where you will not have contact with them, send them on a vacation to a friend/relative's house or treat yourself to a Hotel Tonight for a couple days. This is only for 3 Days, don't worry- they'll forgive you and you will feel much better being around them in the long run.
- **Everyone (Especially Pet Owners):** If possible, get a **good, deep clean of your home on the right before you begin WHEN YOU ARE NOT THERE**. Cleaning kicks up dust and dust contains dust mites. If this is part of your problems (and it is very likely so...), it can make you worse. Also- change all sheets, towels, bath mats, kitchen towels, a/c vent filters, etc. Ladies – make your boyfriend/husband/significant take care of this for you. Gentleman – when your partner asks you to do this it is an excellent opportunity to buy your girlfriend/wife/significant other a thoughtful gift of a professional home cleaning (we KNOW that men won't do this right on their own...).



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The final thing to prepare for LDA Therapy is to avoid supplements and medications that can interfere with LDA Therapy effectiveness. **The following things should be avoided for 3 days before LDA and for 3 weeks after as best as possible:**

- Vitamin C greater than 500 mg daily
- All Anti-Histamines (Benadryl, Zyrtec, Claritin, etc)
- Most Decongestants (Sudafed, Mucinex, etc)
- All Non-Steroidal Anti-Inflammatory Drugs (Aspirin, Tylenol, Advil, Naprosyn, etc)
- Antacid medications (Prilosec, Zantac, Tagamet, etc). However, good, old-fashioned Calcium Carbonate like “Tums” is OK
- Some Antibiotics (ask provider if you are taking any)
- Some Immune Suppressing Drugs (ask your provider if you are taking any)
- Any Opiates (Codeine, Percocet, Dilaudid, etc.)
- Most Hormones (Birth Control Pills, Hormone Replacement, Bioidentical Hormones, Hormonal Implants or Injections)
- Cromolyn Sodium
- Cytotec (Misoprostol)
- Ginseng
- Fish oil, evening primrose oil, flax seed oil, cod liver oil
- Stimulant drugs (Ritalin, Adderall, etc.)
- Beta blockers (labetolol, atenolol, metoprolol, etc.)
- Steroid inhalers (Flovent, Pulmicort, Advair, etc.)
- Some herbal preparations (if you are taking ANY herbs, please let your provider know)

If you are unsure about any medications or supplements you are taking, please let your provider know. We will review everything you are taking and decide what is safe and what needs to be stopped.

We look forward to seeing you for your LDA Therapy! **Injections are given once every two months, for up to about 2 years. Most patients feel some relief with the first injection. This effect tends to wear off after a few weeks.** The duration of the effect gets longer and longer with each shot. Eventually, you will not need shots at all, or may just once every 1-2 years. Please let us know if you have any additional questions.