

# Low Dose Allergen Immunotherapy

EPD (Enzyme Potentiated Desensitization), which was developed in England by Dr. McEwen, had an unbelievable safety record over a period of 35 years. Its efficacy has been proven in England by the fact that the government approves only EPD for allergy treatment, and no other allergy treatment is allowed.

We have treated over 250 patients with EPD. Almost all of the patients treated were severely chemically-sensitive patients. The majority of allergy patients who react to biologic inhalants (pollens, molds, dust, animals, etc.), get better with routine allergy desensitization. If food-allergic patients can identify the offending foods, and eliminate them, they also get better. However, the chemical-allergic patient is faced with a horrible dilemma. Our world is full of chemicals which we breathe, eat and come in contact with. Although sublingual desensitization to the major chemicals is sometimes helpful, this treatment is ineffective for the severely allergic patient. Because we choose our patients carefully, and limited treatment to those patients with severe chemical sensitivity, our EPD results were outstanding. Many patients "got their lives back", and could once again function in the modern world without fear of severe reactions.

EPD had previously been given under a research protocol provided by a national allergy organization, and it was legal at that time. Because of genetic complications in some research protocols, which have absolutely nothing to do with EPD and immunology, all research protocols were canceled. At this point, it was unlawful to continue to treat our EPD patients and we stopped treatment in 1999.

In the last few years, Dr. Shrader has discovered how to reproduce EPD through College Pharmacy, which is the world's outstanding compounding pharmacy. Compounding pharmacies make drugs which the major drug companies no longer find profitable, and so they discontinue producing them. College Pharmacy has been inspected by the FDA, and has been found to be an outstanding facility. Physicians can now order LDA by individual prescription from College Pharmacy.

## Administration

This new form of EPD is called Low Dose Allergen Immunotherapy. The protocol is exactly the same as it was with EPD. Before starting this therapy, patients are required to attend a class, and read and understand a patient education manual. LDA is administered every 2 months by intradermal injection on the inner aspect of the forearm. Administration is extended to every 3 months during the second year of therapy, every 4 months during the third year, and every 6 months during the fourth and final year. Since LDA also treats inhalants and foods, regular allergy shots are discontinued.

List of conditions which can be treated with LDA:

- Autism
- Asthma
- Rhinitis
- Nasal polyps
- Eczema
- Urticaria
- Irritable bowel syndrome
- Migraine headaches
- Rheumatoid arthritis
- Petit mal epilepsy
- Post viral syndrome(ME, CFIDS or CFS)
- Hyperactivity/ADD
- Food allergy
- Multiple chemical sensitivities

## **Safety**

When compared to any other method of immunotherapy, there is no question of increased safety. Well over 500,000 doses of EPD have been given worldwide in the past 25 years, with no record of anaphylaxis or life threatening reactions.

## **Cost**

LDA is not covered by any public or private insurance carriers. LDA is cost-effective, and is very comparable to "standard" immunotherapy, cost-wise.

- No further testing is required.
- Needle-weary patients love it.
- The body's "total load" is eased on all fronts at once.
- LDA has been very successful in treating multiple chemical sensitivity.
- LDA is SAFE.