

Low Dose Immunotherapy: Bringing Back a Healthy Life

What happens when our immune system can no longer tolerate what exists in our environment, whether externally in our surroundings or internally within our bodies? We begin to develop symptoms, ranging from sneezing, difficulty breathing, chronic fatigue, chronic autoimmune reactions, pain, and many more. The immune system overreacts inappropriately to whatever the body considers foreign, and our symptoms are the collateral damage of the onslaught. Each person is unique, and our symptoms are our own. Whether the symptoms are acute or chronic, they interfere in our daily lives and, at times, persist for months if not years. They debilitate and discourage us. For some, prescription medications, herbal therapies, and even acupuncture offer some people natural (although often temporary) relief from crippling symptoms. Some treatments, however, may not provide people with the long-term relief they need to live productive, healthy lives. Some patients take prescription medications daily, for example, antibiotics, which wreak havoc by killing off good organisms in our gut, which we now know are crucial for an immune system to thrive and perform appropriately and reliably on our behalf. Ultimately, we need to focus on developing what is called immune tolerance, and low-dose immunotherapy is a therapy that does just that.

Generally speaking, there are two categories of immune reactions. One, called humoral immunity, involves B cells, which make antibodies against an antigen (any substance or organism which elicits a reaction) when a single offender enters our bodies. These antibodies are induced by allergy shots, introduced in higher doses, and more often than needed for low-dose immunotherapy. The other type of immune reaction is cell-mediated immunity, which involves T cells, critical players in long-term immunity and protection. When we are targeting long-term immune tolerance, this is where we can turn to low-dose immunotherapy. Low-dose immunotherapy (LDI) is a form of immunotherapy that gives highly diluted solutions of antigens or allergens under the tongue that stimulate a particular group of T cells. These T regulator cells suppress other types of T cells that are on overdrive and are ready to fight and instead reeducate them, allowing the body to accept the presence of whatever it considers being the offender. By doing this, they are ultimately restoring, as well as creating, a new immune tolerance. As a result, the patient's symptoms abate, and a healthier way of living can begin.

Low-dose immunotherapy was discovered in England in the 1960s, brought over to America by a pioneer in immunology, and used safely ever since to treat many conditions. These include autoimmune disorders, chronic Lyme disease, and its coinfections, autism, PANDAS, gastrointestinal conditions, food, environmental, and chemical allergies, skin conditions, and more. The dose prescribed for each patient is uniquely specific, tailored for each person individually. Once an amount is found that provides relief of symptoms, it is administered every seven weeks. Symptoms may decrease gradually over time, or in some cases, quickly. As the population of T regulator cells grows, it may be possible to extend the time between doses to every few months, and in some cases, to even once a year. In still others, the immune tolerance becomes permanent, and the patient is no longer in need of treatment.

Low-dose immunotherapy is a safe and effective treatment for children and adults. It has centered upon re-establishing an individual's health without pharmaceutical drugs, bringing the individual back to the true and enduring quality of life for over five decades.

Dr. Veena Verma-Dzik, ND, FIAMA
Vicki Sara Blumberg, M.D.

June 24th, 2021