



L a r r e a N a t u r o p a t h i c M e d i c i n e

PATIENT HANDOUT LOW DOSE IMMUNOTHERAPY TREATMENT

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PLEASE READ

At the heart of Low Dose Immunotherapy (LDI) is the principle of individualization. Every patient's journey with LDI is unique, influenced by personal health history, the specific symptoms being treated, and the antigens used.

This guidebook should be viewed as a general framework rather than a strict protocol, acknowledging that adjustments to treatment plans are often necessary to meet each patient's specific needs. Patients with similar diagnosis' will not respond at the same dilution, or antigen. Timing between doses is also customized so please refer to your provider for those details.

Dr. Kam Tecaya



L a r r e a N a t u r o p a t h i c M e d i c i n e

INTRO INTO LDI

HOW LDI WORKS: A PERSONALIZED APPROACH TO IMMUNE THERAPY

Low Dose Immunotherapy (LDI) is distinctly different from conventional treatments like supplements or physical therapies. Rather than offering generalized support, LDI works by identifying a patient's core dose—a highly individualized amount of antigen designed to retrain the immune system.

Responses to LDI are usually straightforward and easy to interpret: after a dose, symptoms may stay the same, improve, or worsen. This immediate feedback helps determine whether the dose was appropriate, too strong, or too weak.

Because each person may react differently to each antigen, this process requires both patience and precision. Especially when multiple antigens are involved, finding the ideal dose can be a careful, step-by-step journey. Your detailed feedback after each dose plays a vital role in helping us uncover what works best for your body.

A NEW PERSPECTIVE ON CHRONIC ILLNESS: LDI AND IMMUNE TOLERANCE

Low Dose Immunotherapy (LDI) is not designed to eradicate infections—it is designed to retrain the immune system to respond appropriately. Many chronic conditions commonly labeled as “chronic infections”—such as Lyme disease, Mycoplasma, and other co-infections—are often misunderstood. Conventional treatments aimed at killing pathogens may offer limited or temporary relief, but they rarely address the root cause.

LDI offers a paradigm shift. Instead of waging war against microbes, LDI works to restore immune tolerance—the body's ability to peacefully coexist with its internal ecosystem. These chronic symptoms are often a result of immune hypersensitivity, not persistent infection. In this sense, one can think of the body as being "allergic" to its own microbes.

Because of this focus, LDI generally does not rely on extensive lab testing for chronic inflammatory conditions. Most tests do not provide meaningful guidance for LDI treatment and can lead to unnecessary or ineffective interventions.

Success with LDI requires thoughtful communication between patient and practitioner. Together, we focus on identifying specific immune triggers and developing a personalized path to restore balance and harmony within the body.

INTRO INTO LDI

SAFETY AND EFFECTIVENESS OF LDI

With more than 55 years of clinical use and hundreds of thousands of doses administered, Low Dose Immunotherapy (LDI)—as well as its predecessors like Enzyme Potentiated Desensitization (EPD) and Low Dose Allergen (LDA) therapy—has demonstrated an exceptional safety record. Even among individuals with severe allergies to components in the antigen mixtures, there have been no reports of anaphylaxis or life-threatening reactions. Most reactions reported after LDI dosing tend to mirror placebo effects, often influenced by anxiety, expectation, or heightened awareness of bodily sensations. This underscores the importance of understanding the mind-body connection and how perception can influence the healing process.

LDI also holds particular promise for individuals with autoimmune conditions or chronic inflammatory illnesses—disorders that are not caused by ongoing external exposures but rather by immune dysregulation. These conditions often persist despite conventional or integrative therapies, making LDI a compelling option. In many cases, when other treatments fall short, LDI offers a targeted, immune-centered approach that can lead to meaningful improvement.

UNDERSTANDING RESPONSES TO LOW DOSE IMMUNOTHERAPY

Low Dose Immunotherapy (LDI) is a highly individualized therapy that aims to recalibrate the immune system—not provoke new illnesses or symptoms. Each antigen dose is specifically chosen to address pre-existing immune reactions, not to introduce unfamiliar ones. Still, navigating the complexity of symptoms—both physical and emotional—requires insight, patience, and clear communication.

Distinguishing Physical Reactions from Psychosomatic Responses

Occasionally, patients may experience new or unusual symptoms after an LDI dose—such as heart palpitations, migraines, or an increased stress response. While these reactions are real and valid, they often stem not from the LDI antigen itself but from a psychosomatic response to initiating a new therapy. This is especially common in individuals recovering from medical trauma, chronic illness fatigue, or heightened health anxiety.

Rather than viewing these responses as setbacks, they can offer valuable insight into the broader emotional and physiological context of healing.

INTRO INTO LDI

UNDERSTANDING RESPONSES TO LOW DOSE IMMUNOTHERAPY- CONTINUED

The Role of the Mind-Body Connection

It's not uncommon for patients to attribute unrelated events—like catching a cold, mood changes, or increased anxiety—to their LDI treatment. However, these occurrences may coincide with external stressors, emotional shifts, or the natural ebb and flow of life, rather than being direct effects of the dose. Recognizing this helps prevent unnecessary concern and builds trust in the process.

Dormant Symptoms and Flare Responses

In rare cases, LDI may illuminate underlying or previously dormant symptoms. These “flare” responses can bring to light immune reactivity that was previously unnoticed. Though uncommon, these instances are clinically significant and should be seen as part of a deeper unfolding of the body’s healing path—not as a cause for alarm.

The Value of Placebo Doses

Placebo doses in LDI are a purposeful, strategic tool—not a deception. They help differentiate between symptoms that are truly antigen-driven and those influenced by psychological or baseline patterns. This distinction can save valuable time, emotional distress, and financial resources. Understanding how your body responds—whether to placebo or active doses—brings us closer to identifying your ideal therapeutic path.

Bridging the Communication Gap

Effective LDI care is rooted not only in scientific accuracy but in human connection. While clinical terminology offers clarity, it may not always reflect a patient’s lived experience. At Tecaya Health, we aim to blend clinical insight with empathetic communication—acknowledging that healing is never one-size-fits-all.

This approach reflects the spirit of LDI pioneers, whose work remains focused on information-sharing, without judgment. We recognize that each patient’s journey is unique, and our commitment is to meet you where you are—with respect, understanding, and care.

LDI BASICS

Understanding these fundamental concepts of Low Dose Immunotherapy (LDI) will help you navigate your treatment journey more effectively.

THE NATURE OF LDI

A Unique Approach to Healing

Low Dose Immunotherapy (LDI) is a therapeutic approach that blends principles of immunotherapy and homeopathy, yet stands apart from both. It is not a conventional allergy treatment, nor is it traditional homeopathy. Instead, LDI carves out its own path—targeted, personalized, and rooted in immune modulation.

Training the Immune System, Not Fighting It

The primary goal of LDI is to restore immune tolerance—helping your body peacefully coexist with substances it may currently perceive as threats. This includes common environmental triggers like pollens, molds, and foods, as well as internal microbial factors that may be driving chronic symptoms. Rather than suppressing the immune system, LDI gently guides it back to balance, reducing overreaction and inflammation at the root.

UNDERSTANDING ANTIGENS

Antigens are substances that your body may perceive as threats, leading to immune reactions. These can be external (like pollen) or internal (such as bacteria or viruses your body carries).

External vs. Internal Antigens: External antigens often cause allergies, while internal antigens can lead to autoimmune responses. LDI helps manage reactions to both.

THE VACCINE ANALOGY

Opposite to Vaccines: Unlike vaccines, which stimulate the immune system to react, LDI aims to reduce or eliminate unnecessary immune responses and promoting tolerance.

Tolerance vs. Reaction: LDI is about building tolerance to antigens, not creating a reaction against them.

PROCESS OF DOSING

Finding Your 'Core Dose': This is the dose that best helps your body tolerate specific antigens and eliminates symptoms related to that antigen. It varies for each person and requires precise adjustments based on your feedback.

Response Variability: After each dose, your symptoms might improve, worsen, or stay the same. These responses are crucial for finding your treatment.

MISCONCEPTIONS ABOUT INFECTIONS

Not 'Killing' Germs: LDI isn't about eradicating pathogens (like bacteria or viruses) but altering your immune system's response to them. LDI will not replace the need for a detox, if toxicity is the issue. LDI will work in conjunction with a detox.

Reframing Chronic Illness: Chronic illnesses often involve the immune system reacting inappropriately to internal antigens, not necessarily active infections.

ROLE OF THE PATIENT

Active Participation: Your role in communicating and providing feedback is essential. LDI is a collaborative process requiring patient and practitioner to work closely together.

Patience and Adaptability: Finding the right LDI treatment plan is a journey that requires patience and an open mind to adjustments based on your body's responses. LDI offers flexibility to start or stop at any time.

Mindset and Its Impact on Treatment

Your mindset and psychological approach play a crucial role in the success of your LDI treatment. Understanding how your perceptions and attitudes can affect your treatment experience is key:

IMPACT OF ANXIETY, FEAR & TRAUMA

If you've experienced anxiety, fear, or past medical or emotional trauma, including PTSD, it's possible to perceive changes after a dose—even when the dose itself may not be the direct cause. These emotional responses are very real and can be powerful. Acknowledging and addressing them is an essential part of your healing journey, as unresolved trauma can create barriers to wellness.

It's also important to remember that trauma can express itself physically in the body. Together, we will explore whether your symptoms stem from the dose itself or are more reflective of psychosomatic or trauma-related responses. Careful tracking is key—please make note of the exact date a dose is taken, as well as any changes in symptoms, so we can better understand and support your body's process.

THE ROLE OF PERCEPTION

Our perception plays a powerful role in how we experience symptoms—both in ourselves and in others. After taking an LDI dose, it's natural to become more attentive to any changes in your body. This heightened focus can amplify your experience, making symptoms feel more intense than they truly are—much like how staring directly at the sun makes it seem even brighter.

This level of awareness is completely normal. However, it can sometimes lead to misinterpretations about the dose's effects. Understanding this helps us approach your treatment with clarity and curiosity, rather than fear or assumption.

MOVING FORWARD

If you have a reaction to a placebo, that response becomes a helpful reference point. It allows us to better understand your patterns and more accurately assess future reactions to actual LDI doses.

NAVIGATING NEGATIVE THINKING

Your mindset can deeply influence your healing journey. Negative or defeatist thinking may slow your progress or cloud your perception of how the treatment is truly working. Staying open, hopeful, and receptive to feedback—especially around your body's responses—can create space for greater clarity, trust, and transformation.

CONSIDER OTHER FACTORS

Before concluding that a worsening of symptoms is due to an LDI dose, it's important to consider other possible contributing factors—such as emotional stress, illness (like a cold or flu), physical injury, allergies, changes in medications, recreational drug use, or hormonal shifts. These influences can overlap with treatment timing and create confusion.

Taking a broader view helps us differentiate between a true response to the dose and unrelated changes in your condition, allowing for a more accurate and supportive treatment approach.

UNDERSTANDING PLACEBO

Placebo doses are a valuable tool in the treatment process. They can help save time, energy, and resources—especially when a negative reaction is reported. If a true LDI dose causes a flare, we must wait up to 7 weeks before trying again. However, when a response doesn't follow a clear or consistent pattern, a placebo allows us to gather insight and course-correct within just one week.

SIGNIFICANCE OF ACCURACY

Accurately tracking your symptoms is essential for effective LDI dosing. Sometimes, perceived reactions are shaped by expectations or heightened awareness rather than the dose itself. Staying objective helps us make informed decisions and adjust your treatment with clarity.

Dose Titration and Setting the Pace

As you begin your LDI journey, you'll enter the Dose Titration phase—a gradual process of adjusting dose strength to observe how your body responds. This is a time for patience, not haste, as discovering your optimal dose is highly individualized and requires thoughtful care.

UNDERSTANDING DOSE TITRATION

In the beginning, you'll receive gradually stronger doses, typically spaced one week apart, to help us understand how your body responds—whether positively, negatively, or not at all. This is a learning and adjustment phase.

Timing between doses may be adjusted on a case-by-case basis, depending on your unique response.

PREDICTING THE TIMELINE

It's impossible to predict exactly how long it will take to find your ideal dose—this process requires patience and trust. Rushing can lead to unnecessary setbacks or frustration. Your role is to choose a starting dose and help guide the pace, knowing that we typically allow one week per dose level as we move forward.

CHOOSING YOUR PATH

If your goal is faster results, we can start with stronger doses and move more quickly through the titration process—but this comes with a higher risk of triggering symptom flares. On the other hand, beginning with lower doses and increasing gradually may take more time, but it offers a gentler path with less risk of a flare.

BALANCING RISK & TIME

Your approach to treatment is a personal decision that balances the desire for steady progress with the potential risk of symptom flares. After our initial consultation, you'll receive a recommended starting point based on the severity of your symptoms, your sensitivity level, and Dr. Tecaya's clinical experience.

Keep in mind: starting at a lower dose may extend the process and could lead to frustration for some. As you choose your path, consider your own temperament and commitment to the journey—it's important that it feels sustainable for you.

INTERVAL BETWEEN DOSES

The timing between doses will depend on how your body responds. If there's no noticeable reaction, the next dose is usually taken about a week later. However, if there's even a slight positive shift, we may space out the next dose to proceed with care.

Your clear and timely feedback is essential in guiding this process. Every step during this phase brings us closer to your ideal dose—so patience and open communication are key allies on this healing path.

A STEP BY STEP GUIDE

We're glad you're here. As you begin your journey with Dr. Tecaya, here's what you need to know to get started—and what to expect during the initial phase of Low Dose Immunotherapy (LDI). This is the foundation of your treatment, and understanding the process will help you move forward with confidence and clarity.

STEP 1

Following your consultation with Dr. Tecaya, you will receive an invoice for your treatment. Once payment is received, your personalized antigens will be carefully prepared and shipped directly to you or you may pick them up.

STEP 2

Your antigens will arrive in small syringes with the needles removed, each clearly labeled to indicate the dose strength—these labels are essential for identifying your starting point. Upon arrival, please check the volume in each syringe, as changes in air pressure during shipping can sometimes cause bubbles or minor fluid displacement.

If you notice anything unusual or have concerns, don't hesitate to reach out via email.

STEP 3

Unless instructed otherwise, you'll begin with the syringe labeled with the highest number, as this represents the weakest dose. For example, if your set includes 6C, 5C, 4C, and 3C, you'll start with 6C.

STEP 4

When you're ready to take your dose, gently empty the contents of the syringe under your tongue. Hold it there for about 20 seconds before swallowing to support optimal absorption. This sublingual method allows the antigens to enter your system effectively. For infants and certain other individuals, holding the dose for 20 seconds may not be possible—but rest assured, LDI remains effective even without this step.

STEP 5

Internal Microbial Antigens: Over the next seven days, closely observe any changes in your symptoms. This window is especially important for understanding how your body responds to antigens related to microbes already present within your system.

STEP 6

Allergies Doses: If your treatment targets conditions caused by external triggers—such as food allergies—you'll need to “challenge” the trigger after the 7-day observation period. This means intentionally exposing yourself to the allergen to see how your body responds and assess the effectiveness of the dose.

STEP 7

Pay close attention to whether your symptoms stay the same, improve, or worsen compared to your usual response. This information is essential in evaluating how effective the dose was. Consider documenting your experience—take notes, time the reaction, or snap a quick photo to help us assess your progress accurately.

STEP 8

After completing your observation and any necessary challenge, please compile a brief report describing your experience and any changes in symptoms. For help structuring your report, refer to the guidance on page 11. Once completed, email your report to Dr. Tecaya before moving on to the next dose.

STEP 9

Dr. Tecaya will review your report and offer guidance on your next steps. Based on your response, this may include increasing the dose strength, repeating the same dose, or switching to a different antigen.

UNDERSTANDING BASELINE

Defining Baseline Symptoms

In Low Dose Immunotherapy (LDI), understanding your baseline symptoms is essential. Contrary to common belief, this doesn't mean being symptom-free. Instead, baseline symptoms refer to the usual, day-to-day symptoms you experience in response to internal or external antigens—your normal state of health prior to any LDI dosing. Identifying this baseline helps us accurately assess how your body responds throughout treatment.

Baseline Reaction Patterns

A baseline reaction pattern is a consistent set of symptoms that occurs when you're exposed to specific antigens. These patterns are unique to each person and serve as an important reference point in LDI treatment. Recognizing your baseline helps us differentiate between your typical responses and those that may be directly triggered by an LDI dose.

Monitoring Changes from Baseline

Evaluating the effectiveness of LDI relies heavily on tracking changes from your baseline state. Any notable shift in symptoms—whether improvement or worsening—within 24 hours of a dose is especially important. These changes offer valuable insight into how your body is responding to the LDI antigens and help guide future dosing decisions.

The Role of Baseline Symptoms in Treatment Adjustment

Your baseline symptoms play a vital role in helping us fine-tune your LDI treatment. By closely monitoring how your symptoms shift from this starting point, we can adjust doses more precisely to meet your individual needs. This personalized approach is at the heart of LDI's effectiveness.

REPORTING TO DR. TECAYA

Approximately 7 days after each dose—or as directed by your provider—please send a brief report of your experience to larrealab@tecayahealth.com. For timely and effective support, be sure to follow the instructions below carefully. Please note that additional or unrelated information may not be read or responded to.

PRECISE REPORTING

Date and Dose: Always include the exact date (MM/DD/YYYY) you took the dose, along with the specific antigen and strength (e.g., “Lyme 12C”). This ensures we can accurately track your progress.

Clear Response: Describe your experience using precise terms like “Better,” “Worse,” or “Same.” These simple, consistent descriptors help us evaluate the effectiveness of each dose with clarity.

SYMPTOMS AND CHANGES

Describe Changes, Not Just Symptoms: Focus on how your symptoms changed after the dose, rather than listing or describing the symptoms themselves.

Compare to Baseline: Share how your condition differed from your usual (baseline) state before the dose. If there was no noticeable change, simply state that—this is still valuable information.

Note Duration: If you experienced a change, let us know how long it lasted. This detail helps us fine-tune your treatment more precisely.

ALLERGY SPECIFIC REPORTING

If your treatment involves allergies, you may need to test your response to specific allergens after taking each dose. Observe and note any changes in your typical allergic reactions. For consistency, try to use the same exposure method each week until no reaction occurs and your symptoms improve.

Do's & Don'ts for Effective Communication

DO:


- Be concise. Share only the essential information in a clear and straightforward way.
- Stay consistent by using the same email thread for each report to maintain continuity.
- Be sure to report regularly—ideally about one week after each dose—so timely adjustments can be made.

DON'T:

- Avoid over-explaining. Long, detailed symptom descriptions can make it harder to interpret your response; instead, focus on what has changed.
- Don't speculate—if you're unsure whether a symptom has shifted, it's perfectly fine to note it as “Same.”
- Don't Delay reporting or save updates to send all at once. Submitting one report per dose helps Dr. Tecaya keep accurate records and guide your care more effectively.

EXAMPLE REPORT

If your treatment targets allergies, you may need to intentionally expose yourself to specific allergens after each dose to assess your response. Pay close attention to how your usual allergic symptoms change. For the most accurate results, use the same method of exposure each time and continue weekly until no reaction occurs and symptoms improve.

 New Message

To

Dr. KAM TECAYA

Subject

LDI Dose Report - [Your Name]

I'm writing to report my response to the recent LDI dose as follows:

Information:

Date Taken: 04/05/2024

Dose: Lyme 12C

Overall Response: Better!

Details:

- For the first few days after taking the dose, I noticed no significant change in my symptoms, suggesting the response was the **Same** as my baseline.
- On the fifth day post-dose, I began to experience a notable decrease in joint pain, which is one of my primary symptoms. This improvement was around **50%** compared to my usual discomfort levels.
- Additionally, the fatigue I usually experience lessened slightly, though not as significantly as the joint pain. I would estimate about **25% improvement** in energy levels.
- These improvements in symptoms lasted for approximately **four days** before returning to my baseline levels.

Other Observations:

- I did not introduce any new medications or treatments during this period that could account for the changes.
- My diet and environmental factors remained consistent with the norm.

SEND



L a r r e a N a t u r o p a t h i c M e d i c i n e



Excited to work with you!

Dr. Kam Tecaya

CONTACT

HOURS OF OPERATION

TUESDAY-FRIDAY: 9AM - 4PM

(CLOSED FOR LUNCH 12-1)

CONTACT

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