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LDI ALLERGY ANTIGEN
MIXTURE LIST

January 2021

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Contents of the Allergy Mixtures

Food Mix and Sub-Mixtures

“Food” Mix – Contains all of the following sub-mixtures, with all foods at roughly the same dilution relative to one another.

Nuts and Peanut are actually 1C (100:1) weaker than the others, because reactions to those foods are typically more severe. Only the Corn is made from a manufactured antigen concentrate vial with 50% glycerin as a stabilizer. ALL other foods (individual and mixtures) were made “from scratch” by blending up small amounts of whole foods in a Vitamix blender, drawing out some fluid and filtering it through a Millipore.

This was done because the glycerin used in stock manufactured antigens is almost always derived from corn; and people who are highly allergic to corn react badly to all other manufactured antigens (including the LDA mixtures). I had great difficulty treating patients with severe corn allergy using the old LDA mixtures because they had unpredictable and variable reactions that could not be optimized. That is no longer a problem using these new antigens.

This new approach also allows us to give doses at stronger concentrations than the old LDA antigens came in, which seemed to leave at least 10% of patients unsuccessfully treated; and we can now split up various subgroups to give them at different dilutions for more complex allergy cases.

Food Sub-Mixtures (some are individual foods):

Treatment ranges are 3C-11C with the exception of Corn. The Corn antigen treatment range is 3C-18C.

Corn – (“Corn”)

“Food (-) Corn” New 4/2020

New 4/2020: Use with patients who need “Corn” at more diluted dose. Contains all sub-mixtures in the “Food” antigen minus the “Corn.”

Cucurbits – (“Cuc”)

Cantaloupe	Cucumber	Honeydew	Watermelon
Zucchini	Squash: Acorn, Butternut, Kabocha, Pumpkin		

Dairy – (“Dairy”)

Yogurt Sour Cream Cottage Cheese Cow’s Milk (organic)
Cheeses: Asadero, Cheddar, Brie, Colby, Dubliner, Gouda, Havarti, Monterey Jack, Parmigiana, Provolone, Swiss

Egg – (“Egg”)

(Whole egg from my own free-roaming chickens)

Fish – (“Fish”)

Ahi (tuna)	Albacore (tuna)	Anchovy	Cod
Halibut	Opah	Salmon	Sole
Swain			

Fruit – (“Fruit”)

Apple (red, green fuji)	Apricot	Avocado	Banana
Blackberry	Blueberry	Cherry	Cranberry
Currant	Date	Egg Fruit	Fig
Grapefruit	Jackfruit	Kiwi	Lemon
Lime	Longon	Lychee	Nectarine
Orange	Papaya	Peach	Persimmon
Pear (Bartlett, comice, green)		Pineapple	Plum
Pomegranate	Raspberry	Star Apple	Strawberry

(Note: Melons are in the “Cucurbits” mixture)

Meats – (“Meat”)

Chicken	Moose
Beef	Pork
Duck	Turkey
Lamb	Venison

Nightshades – (“Night”)

Cayenne	Eggplant	Paprika	Potato
Peppers: Anaheim, Bell (orange, purple, red, yellow), habanero, jalapeno, Serrano, tomatillo, yellow chili			
		Tomato	

Tree Nuts – (“Nuts”)

Almond	Brazil Nut	Cashew	Coconut
Hazelnut	Macadamia	Pecan	Pine Nut
Pistachio	Walnut		

Peanut – (“Peanut”)

Shellfish – (“Shell”)

Mussel	Squid	Scallop	Shrimp	Octopus	Lobster
Crab	Oyster	Clam			

Soy – (“Soy”)

(Made from dried organic soy beans)

Other/Miscellaneous – (“Misc”)

(These are all plant-based foods from many categories, plus mushrooms, all placed into one big mixture because they don't tend to stand out as distinctly stronger allergies compared to other foods. They are listed in sub-groups to make it easier to find individual foods on the list; but they are all just in the same large mixture together “MISC”.)

- Crucifers-

Broccoli	Cabbage (green,
Cauliflower	Napa, purple)

- Grains-

Amaranth	Barley
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Farro
Kamut
Millet
Oat
Quinoa
Wheat (Semolina)

Rice (Arborio, brown,
forbidden, wild rice)
Rye
Spelt

- Legumes-

Adzuki
Black Eyed Peas
Fava
Garbanzo

Green Bean
Lentil (green, red)
Lima
Mung

Navy Peas (green,
yellow)
Pinto
Red Kidney

- Seeds

Chia
Flax

Hemp
Pumpkin

Sesame
Sunflower

- Other-

Artichoke
Asparagus
Basil
Beets (gold/red)
Bok Choy
Cane Sugar
Cacao
Carrot (orange, purple, white)
Celery
Chard (green, red)
Chicory
Chives
Cilantro
Cinnamon
Cloves
Cocoa
Coffee
Collard Greens
Coriander
Cumin
Dandelion
Dill
Endive
Erythritol
Fennel

Garlic
Ginger
Greens
Green Tea Kale
Honey
Lettuce (green, iceberg, red,
romaine)
Marjoram
Mint
Mustard Greens
Nutmeg
Onion (green, yellow, red)
Palm Sugar
Pepper (black, white)
Radish
Rosemary
Savory
Spinach
Stevia
Oregano
Parsley
Sage
Sweet Potato (orange,
purple)
Thyme
Turmeric

Vanilla
Vinegar (white)
Watercress
Yam

Environmental (“Env”) Mix and Sub-Mixtures

Expanded 10/2020-Grass and Dust samples expanded.

Expanded 4/2020:

The composite “Env” mixture is comprised of equal parts of the seven sub-mixtures listed below. For this mixture I ordered the sub-mixtures from an antigen supplier, having the individual subgroups assembled for me the way I wanted.

The individual subgroups are available as separate mixtures/dilutions as well, so you can tailor therapy to the individual who may react to one category at a different dilution from another (e.g. anaphylactic reaction to cats, but only mild hay fever from tree pollens).

The Trees, Grasses, Weeds, and Molds mixes are very similar to those items within the “IC” mix that has been included with LDA kits for year. There are some minor differences here and there, some individual species I’ve added that were not in the IC, and a few things I could not find to include – mostly trees and grasses. I believe my Molds mix is more extensive, which may be of help to some with mold sensitivity.

The major difference is within the Animals, Mites and Insects/Bugs, Dust subgroups. The IC mix did not have very many animals represented and very few insects/arthropods (cockroach, two species of dust mites, and maybe a couple others).

My Animals mix includes 43 animals, and the Insects/Bugs mix holds 33 types of creepy little arthropods.

The Mites sub mixture includes 18 total species, rather than just the two most common dust mites that were in the LDA mixture. This includes species that can cause human infestation like scabies, and other endemic skin mites.

I do not know if the “Bugs” mix could possibly help with allergies

to wasp, bee or ant venoms, or perhaps mosquito bite reactions; but the samples are made from whole insects ground up and should therefore include some trace of the venoms. This is NOT the intent however, and these mixes should NOT be used to treat venom reactions in place of conventional immunotherapy that has a good success rate.

“Animals”

Alligator	Horse
Antelope	Lamb
Armadillo	Lizard
Bison	Moose
Caribou	Musk
Cat	Ostrich
Chicken	Ox
Cow	Pheasant
Crocodile	Pig
Dog	Quail
Duck	Rabbit
Elk	Rattlesnake
Emu	Turkey
Goat	Wild Boar
Rodent Mix within Animals:	
Agouti	Marmot
Beaver	Mouse
Chipmunk	Porcupine
Dormouse	Prairie Dog
Gopher	Rat
Guinea Pig	Squirrel
Hamster	Vole
Lemming	

“Bugs”

Black Ant	Honeybee
Fire Ant	Horse Fly
Red Ant	Hornet
Bed Bug	Louse
Bumblebee	Mayfly
Butterfly	Mange Mite
Caterpillar	Moth
Cockroach	Mosquitoes (Aedes, Culex)
Chigger	Notoedres
Deer Fly	Red Bugs
Dermacentor	Spiders (Black Widow, Brown Recluse, Funnel Web, Trap Door, Wolf)
Flea	Scorpion
House Fly	

SandFly
Tarantula
Tick(Ixodes)

Dust new 10/2020

Collection of household dust from California, Colorado, Connecticut, Florida, Hawai'i, Indiana, Kansas, New York, Texas, Ohio, Oregon, Pennsylvania, Washington.

Grass Expanded 10/2020

Bahia	Meadow Fescue	
Beach	Orchard	
Bent	Perennial Rye	
Bermuda	Plantain	
Blue Grama	Quack	
Bluegrass	Quack/Couch	
Brome	Red/Top	
Brome, smooth	Reed	Salt
Broncho	Sorghum Grain	
Canada	Sudan Sweet	
Blue Canary	Clover	
Canary Reed	Sweet Vernal	
Columbus	Timothy	
Creeping Bent	Velvet	
Dog's Tail	Western June	
English Foxtail	Western Wheat	
Gramma	Wild Oat	
Johnson	Corn (grassseed)	
June		
Koeler's		
		New addition 10/2020: Scotch broom

Mites

Acarus sino
 Blomia tropicalis
 Demodex brevis, folliculorum
 Cheyletiella blakei, parasitovorax, yasguri
 Euroglyphus maynei
 Dermatophagoides farina, pteronyssinus
 Eurotombicula alfredodugesi
 Liponyssoides sanguineus
 Otodectes cynotis
 Pyemotes hertsi, tritici, vectricosus
 Sarcoptes scabiei
 Tyrophagus putrescentia

“Molds” expanded 4/2020

Absidia ramosa	Acrothecium robustum	Alternaria
Aspergillus (flavus, fumigatus, niger, nidulans)		Botrytis cinerea
Candida tropicalis	Cephalothecium	Chaetomium globosum
Curvularia	Epicoccum nigrum	Fusarium oxysporum
Geotrichum candidum	Gliocladium fimbriatum	Helminthosporium
Humicola grisea	Microsporum audouinii	Microsporum canus
Monilia spp.	Mucor (mucedo, plumbeus, racemosus)	
Mycogene perniciososa	Neurospora (crassa, intermedia)	
Nigrospora oryzae	Paecilomyces variotii	Papularia
Penicillium (camemberti, chrysogenum, expansum, italicum, notatum, roquefortii)	Phoma destructiva	Phycomyces blakesleeanus
Pullularia	Rhizopus stolonifer	Rhodotourola
Saccharomyces cerevisiae	Scopulariopsis brevicalus	
Spondylocladium	Sporotrichum pruinosum	Stachybotrys chartarum
Stemphylium	Streptomyces griseus	Syncephalastrum racemosum
Tetracoccosporium paxianum	Trichoderma	
Trichophyton schoenleinii	Verticillium albo-atrum	

4/2020 expanded:
 Rinkle Mold Mix A, B, C
 Unspecified car air conditioner mold
 Cladosporium

“Trees”

Acacia	Alder (Red, White)	Almond	Apple	Apricot
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Arbutus Ash (Green, Oregon, White) Aspen Quaking
 Australian Pine Beech Birch (Red, River, White) Black Cherry
 Black Oak Black Spruce Black Walnut Box Elder Buckeye
 Cedar (Eastern Red, Juniper, Mountain, Pinchot, Red) Cherry Chestnut
 Chinese Elm Cottonwood Cypress (Bald, Italian, Lawson, Lemon, Leyland, Pond)
 Eastern Sycamore Elm Eucalyptus
 Filbert Fir Grapefruit Hawthorn Hazelnut
 Hemlock Hickory-Pecan Hickory-Shagbark
 Juniper (Chinese, Creeping, Rocky Mountain, Savin, Shore)
 Lilac Linden Live Oak Loquat Magnolia Mango
 Maple Melaleuca Mesquite Mulberry (Ash, Red)
 Oak (Bur, Red) Olive Orange Palm (Cabbage, Coconut,
 Florida Thatch, Royal Palm, Saw Palmetto) Peach Pear Pine Pinion
 Plum Poplar Privet Quince Sweet Gum
 Sycamore Tulip Poplar Walnut Walnut, Black Willow
 Willow, Black

“Tropical Flowers/Pollen” new 4/2020

Kailua-Kona Coffee Flower
 Mango flower, bark, sap
 Collection of local flowers pollen-unspecified
 Hilo, Hawai'i Bee Pollen
 Oregon Bee pollen

“Weeds”

Atriplex Baccharis Bitter Sneezeweed
 Carelessweed Chickweed Cocklebur Dandelion
 Dog Fennel Fireweed Goldenrod Jimsonweed
 Lambs Quarters Marsh Elder (Burweed, Giant) Mayweed
 Mexican Tea Mouse Tea Mugwort, common Nettle
 Palmer Amaranth Pigweed and Spiny Pigweed Plantain
 Rabbit Brush Ragweed Red Sorrel Sage
 Shadscale Sheep Sorrel Thistle Western Water Hemp
 Wingscale

Chemical (“Chem”) Mix

This mixture was made by collecting small samples of hundreds of different chemical products and man-made substances in a jar, all mixed up together.

This included soaps, detergents, cosmetics, toothpaste, deodorant and all other manner of personal care products.

It included solvents and cleaners, paints and paint thinners, nail polish and nail polisher, and other similar items.

I included gasoline and diesel, engine oils, 2-cycle oil, bar oil for chainsaws, and various other petrochemicals.

It includes all sorts of lawn and garden chemicals like fertilizers, pesticides, bug spray and the like.

I went through stores like Target and Lowe’s and squirted samples of everything I could get my hands on.

I went through a friend’s shop who is an auto mechanic.

I went through another friend’s warehouse space who has a large construction company.

I made sure to add a sample of Formaldehyde, which is have as a standard antigen vial.

I included a paper clip, penny, nickel, cheap earring, pieces of plastics and nylon and other synthetic fabrics, cotton balls, magazine pages and newspaper samples, and other things I could get my handson.

Let’s just say that jar is a very scary sight.

This mixture has literally thousands of individual chemicals in it.

My new Chemical mix has proven to be MUCH broader in scope/coverage and therefore far more effective.

The dose range is 3C-10C for the Chemical mixture.

Others

There are some items that I made as separate individual antigens or antigen mixtures and are not within the other broader mixtures. They are more likely to end up being used alone, or are just typically somewhat obscure and isolated in terms of reactivity. This list is likely to grow and change over time.

***“Artificial Colors”**

(Red 40, Blue 1, Yellow 5 and 6): dose range 4C-8C

“Citric Acid” New 1/2021

Suspected range is 3C-10C

***“Essential Oils”**

(the entire collection offered by both Young Living and DoTerra companies all pooled together) 4C-10C

***“Gluten”**

(by itself): dose range 3C-10C

***“Histamine/Histidine”**

(also available with the LDI antigens, for those who don't use the Allergy series)
dose range 3C-8C

“Latex”

4C-10C

“MSG”

I have not seen a response to this antigen suspected range 4C-8C

“PIO” New 10/2020

Poison Ivy and Oak. Suspected treatment range 4C-8C¹