

Integr8 Health offers sublingual immunotherapy (SLIT) for respiratory and food allergies. SLIT works by exposing the immune cells in your mouth to individualized, precise levels of the antigens to which you are allergic. It is safer, more convenient, and more effective than allergy shots.

Sublingual immunotherapy is easy to use: you simply place one drop of a custom formulation under the tongue three times daily. The treatment helps your immune system build a tolerance to the substances that cause allergies, known as antigens. The drops work similar to allergy shots, but the delivery of a liquid drop under the tongue can be safer, easier, and more convenient.

Research has proven allergy drops' effectiveness, and you can safely administer them at home which means fewer office visits for you. Drops can be used safely for a broader range of patients including infants and children, people with chronic health conditions who are not candidates for, or who prefer not to have shots, and are also an effective treatment for food allergies. The World Health Organization also supports the use of allergy drops as an effective alternative, and their use is rapidly growing worldwide. Most importantly, the treatment provides you with an opportunity for lasting, permanent benefits.

Depending on the intensity of your allergic sensitivity, a treatment course may take 1-5 years to fully and permanently resolve the allergy, but symptomatic benefits appear much sooner. Every 3 months, you will receive a new bottle of drops with an increased potency. But that doesn't mean you have to wait that long for results – if there is a particular season that's always bringing you allergic symptoms, we can additionally offer pre-seasonal allergy drop treatment to help you avoid those symptoms.

The only side effect patients may experience is a mild itching in the mouth after the first few applications of the drops and again each time the prescription strength is increased.

Personal message from Dr. Dustin Sulak:

I tested this protocol on myself over the past 2 years and have experienced complete resolution of my allergy to dust mites with this treatment.

Since I was a child, I experienced stuffy and runny nose, itching and watering eyes, and sneezing. My symptoms were worse in the early spring (pollen) and early winter (dust mites). When I tested my immune system's allergic sensitivity (known as IgE) in October 2020, my dust mite levels were remarkably high, 24 kU/L; normal is below 0.1 kU/L! I also had less severe allergies to pollen and mold. Remarkably, after 18 months of treatment, my IgE levels have normalized and my symptoms have resolved. I will continue taking the drops for one more year to ensure these results are permanent.

Now that I know this is possible, I wish I hadn't waited all these years to address these annoying symptoms. Now that you know what's possible, please consider contacting us to address your allergies at their root.

How it Works:

- Schedule an in-office or telemedicine appointment for an initial evaluation and lab order.
- Our staff will help you coordinate a blood draw location. If you don't have insurance that pays for labs, we will help you find a lab that offers low cash prices.
- Your Integr8 Health provider will contact you to follow up on your allergy testing results, explain the treatment plan, and send your prescription to a compounding pharmacy that will mail you a customized blend of the allergens we found on your lab results.
- Every three months, we will send in a new prescription for a stronger treatment.
- We also offer a fast-acting pre-seasonal treatment that you can start 8 weeks before your problematic season for results this year!

Cost:

- Integr8 Health office visits: initial evaluation, lab result follow-up, and prescriptions sent every 3 months – \$200
- Cost of labs varies based on insurance, cash price ~\$150
- Annual follow up with lab review \$100 office visit plus lab cost
- Cost of SLIT drops varies based on the number of allergies being treated but is usually \$40-60/month