



LDA Patient Guidelines

Guidelines for the Critical Three day period (Day Before/During/After LDA Shot)

Avoid

- All allergy foods- and FOR 3 WEEKS AFTER (FOLLOW HYPOALLERGENIC DIET IF UNSURE OR ADVISED BY ME)
 - All supplements (unless directed otherwise)
 - All environmental allergens (as much as possible)
 - Medications: check with me
 - Toothpaste (avoid sodium laurel sulfate in toothpaste/use baking soda or a natural toothpaste)
 - Fragrances (soaps/oils/perfumes)
 - Saunas, hot tubs, swimming pools with chlorine
 - Fatiguing exercise, extreme heat, sunburns
 - Chemical Contact
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- IV push of nutrients following the shot at the visit is helpful for most patients; please request this when you schedule your treatment.

Following the 3 day period, you will need to be on the following supplements for at least three weeks;

- Multivitamin/Mineral
- Zinc 20-30 mg in addition to the multivitamin
- Magnesium 200-400 mg, in addition to the multivitamin

**If you have any questions or concerns contact us at 604-678-8600
or clinic@acubalance.ca**