

I'm Almost Done with my Starter Kit. Now What?

A Guide to Transitioning to Maintenance Serum

As you begin the final dropper bottle in your Starter Kit, contact your physician about getting your Maintenance Serum. This will ensure that your Maintenance Serum arrives in time for a seamless transition. Refer to the label on your Maintenance Serum for the prescribed number of daily drops. Although the number of drops changed with the Starter Kit progression, your Maintenance Serum dose will not change. You will stay at this same number of drops for the duration of your allergy desensitization.

What if my Symptoms Persist Beyond the Starter Kit?

You should continue the serum daily. Humans are unique individuals, and their response to the serum can be unique, too. Many patients achieve freedom from symptoms as early as two to three months after starting treatment, but for some it may take up to a year to get the desired improvement.

What Can I Do to Protect Against Seasonal Allergy Flare-ups?

Even the best fortified immune systems may experience temporary symptom flare-ups when pollens are raging in spring and fall. Talk to your doctor if you feel your symptoms returning. They may be able to temporarily adjust your serum dosage or prescribe medications to get you over the seasonal hump.

How Do I Get Maintenance Serum Refills?

Each bottle of Maintenance Serum lasts about two to three months (depending on your formulation). A few weeks before you anticipate running out of your Maintenance Serum, contact your doctor for a refill.

Do I Need to Keep Coming in for Follow-Up Visits?

At follow-up visits, your physician can troubleshoot any seasonal symptom flare-ups or other challenges and ensure that you are progressing as efficiently as possible on your prescribed serum dose. If you have been on the serum for the recommended two to three years, your doctor can help wean you off and see if you have achieved immune modulation. Talk to your doctor about scheduling regular follow-up visits so that you can experience maximum improvement on the serum.

What if I Stop Taking the Serum Prematurely? Can I Get Back on it Again?

If you drop off the serum, progress will be delayed, and you risk losing the immune strength you have built up. It is critical to talk to your doctor about re-starting the serum as soon as possible. Delaying will only increase the amount of misery you experience and slow your improvement after you do start up again. Fortunately, the re-start process is usually quite simple. Your doctor can determine whether or not you need to be re-tested and calculate the proper dosage for resuming serum administration.

Will I Ever Be Able to Stop Taking the Serum?

While you may experience symptom relief quite quickly, the challenge is to re-train your immune system to stop overreacting to allergens permanently. Just like forming a new habit, this takes time. Long-term improvement usually requires that you continue with consistent doses of allergy serum for two to three years or even more. After this time, some patients achieve permanent desensitization (known as “immune modulation”). Others need to continue on a maintenance dose but find that the perks of staying symptom-free with a natural allergy treatment (no side effects from synthetic medications) are well worth it.