Children’s food allergy treatment should be just as unique as they are.
We transform lives from fear and isolation to hope and freedom.

Founded by Dr. Inderpal Randhawa, The Southern California Food Allergy Institute (also known as SoCal Food Allergy) is a nonprofit dedicated to providing innovative and safe treatment for the 6 million children in the U.S. who suffer from food allergies.

Our goal is simple: For all children to safely eat whatever they want.

Safety-oriented

We are affiliated with Miller Children’s Hospital in Long Beach, California, the 6th largest children’s hospital in the country, allowing us to provide therapy in a safe and secure hospital setting.

Patient-focused

We offer a form of oral immunotherapy (OIT) that desensitizes children over time to the foods to which they were previously allergic. Our top priorities are safety, the goal of free-eating, efficiency (most foods treated within 6 weeks), and long-term follow-up care for years to come. Our therapy is exceptional because we are 100% focused on precision medicine: Our protocol is specifically tailored to each patient’s unique immune system.
Any child. Any allergy. No restrictions.

SoCal Food Allergy has an open access model without any qualifications for treatment. We treat the entire spectrum of the disease — from the prototypical to the most severe cases. While most of our patients are allergic to the eight most common foods (eggs, wheat, soy, tree nuts, milk, fish, peanuts, and shellfish), we treat even the rarest of food allergies, as well. Our primary patients are children up to age 21, but we are equipped to treat patients of any age.
Over 10 years of treatment.

Oral immunotherapy (OIT) is food-based immunotherapy for food allergy.

Comparable to allergy shots, which have been safely and effectively used in mainstream medical practice since the 1930s, OIT uses a specific, standardized dose escalation of whole food product (peanut, milk, etc.) over a period of time to induce desensitization (or tolerance) of that food in a food allergic patient. Through OIT, the immune system no longer recognizes that food as something foreign or dangerous, and instead learns to accept that food. Studies have shown that patients who regularly eat a maintenance dose after achieving desensitization remain tolerant.

Since 2005, nearly 1,700 “graduates” of Dr. Randhawa’s OIT program are able to eat a normal U.S. dietary intake of their previously allergic food.

Nearly 1,700 graduates and counting.
We’re growing and need your help.
Children’s food allergy treatment should be as unique as they are.

SoCal Food Allergy’s OIT program is based on the concept of precision medicine. Supported by both the U.S. Food and Drug Administration and National Institutes of Health, precision medicine is an innovative approach that takes into account individual patient differences, providing clinicians with the ability to select which treatment will work best for each patient.

Unlike other OIT programs that are designed for an “average patient,” SoCal Food Allergy’s precision medicine approach involves an assessment of each patient’s immune system to predict how that patient will respond to specific food proteins. As a result, our medical team is able to design an OIT protocol that is specifically tailored to each patient’s immune system reactivity. The result is unmatched predictability, safety and long-term success. We believe precision medicine is the future of medical therapy.

Clinical trials related to food allergy have several drawbacks. Access is extremely limited, and many participants are excluded due to their age, their severity of allergies, other conditions, or other reasons. Trial parameters often require clinicians to establish an “eliciting dose” by putting the participants selected into potentially life-threatening anaphylaxis before treatment. Many of the participants who continue with a trial receive a placebo instead of treatment. Those participants who are treated receive the trial’s preset, standardized protocol, regardless of their individual needs, preferences, or resulting side-effects. Trial goals are study-based, not patient-based, and patients receive no follow-up care or long-term monitoring. For these reasons, many families decide against participating in clinical trials.

At SoCal Food Allergy, our treatment model is the polar opposite. We look at our patients one at a time by utilizing a battery of diagnostic tests, an extensive patient history, and an assessment of the immune system’s reaction to food. Then we develop a customized, strategic protocol for each patient. With that bank of knowledge, there is no need for a patient to endure anaphylaxis.
Every SoCal Food Allergy patient is treated individually.

Stage 1: Intake & Diagnostics

1 DAY
- 90-minute consultation with physician
  — including full patient history and examination
- Lab work and other testing as needed, such as:
  - Third Generation Component Resolved Diagnostics (blood)
  - Skin prick testing
  - Specific IgE Blood testing (i.e. RAST)
  - Immune function analysis
  - Lung function analysis
  - GI testing
  - Patch testing

Stage 2: Review and Recommendations for Treatment

4-6 WEEKS
- Allergy phenotype classification and food categorization (i.e. “allergic,” “sensitized,” or “tolerant”)
- Diagnosis of any connected and underlying conditions (i.e. immune deficiency, etc.)
- Pre-OIT treatment of any underlying and connected conditions (i.e. environmental allergies, asthma, etc.)
- Physician presents a patient-specific plan for OIT
Stage 3: Oral Immunotherapy

- Many patients are safely treated at the SoCal Food Allergy OIT Clinic, located across the street from Miller Children’s Hospital, where doses and challenges are administered by a physician and vitals are monitored by our professional medical team. Any patient determined to be at “higher risk” will be treated in the hospital with emergency facilities on site. All patients have 24-hour on-call support.

- Challenge any foods to which a patient is determined to be “tolerant” at an adult passing dose (i.e. 10-12 grams for most tree nuts).

- Foods to which a patient is “sensitized” will be subjected to daily dosing with first dose given in the office. After approximately 4-6 weeks of home dosing with 24/7 on-call support, the patient undergoes an in-office challenge. Once patients achieve an adult passing dose, they are instructed to consume a regular “maintenance” dose comparable to regular U.S. dietary intake.

- Foods to which a patient is “allergic” will be introduced in the office under monitoring at an eliciting dose (established by results of comprehensive diagnostics). The patient then doses at home for approximately 6 weeks (sometimes longer for peanut), including weekly updoses, with 24/7 on-call support. Patient returns for an in-office large dose escalation or challenge and continues eating a daily “maintenance” dose until laboratory values allow a reduction in dosing over time.

- Costs: In-network provider with many insurers and minimal additional out-of-pocket costs.

Stage 4: Long-Term Monitoring and Follow-Up Care

Larger maintenance doses taken less frequently (i.e. 30 grams of peanut eaten monthly) increase patients’ safety, improve their compliance, and allow graduates to consume as much of their former allergen as they want. Once our patients achieve immunological dietary tolerance, we continue to monitor and follow them over the long term.
The only hospital-based oral immunotherapy program focused on precision medicine.

Safety is our number one priority and the hallmark of our program. Since 2005, we have safely conducted over 16,000 challenges. Millions of doses have been dosed at home with the rate of epinephrine use 0.004%. Less than 5% of our patients experience any frequent adverse events.

The customized, strategic use of medications minimizes side effects (i.e. reactions) and improves the likelihood of success. And we create customized emergency plans for every patient with 24-hour on-call support.

Our process begins with the relationships that we cultivate with our patients. The demands, discipline, and time commitment of oral immunotherapy can be intimidating to parents, and even more so to children who are suddenly told to eat the foods that previously made them sick. Earning and maintaining every child’s trust is critical to ensuring successful outcomes. Children who live with food allergies experience anxiety on a regular basis, but during their oral immunotherapy at SoCal Food Allergy, they know that they are safe.

We treat our patients at Miller Children’s Hospital and in our state-of-the-art OIT clinic located across the street.
Revolutionizing food allergy treatment. Right now.

— Precision medicine approach, tailored to the individual child.

— Over 10 years of treatment

— Nearly 1,700 patients (as of October 2016)

— 99% success rate

— Safety without compromise

— More peanut and seafood patients than anyone in the world (as of October 2016)

— Access to all who need care (no restrictions or qualifications for treatment and most insurance coverage and Medicare accepted)

— No limitations on foods treated

— Long-term follow-up care for every patient

— Strategic use of Xolair and other interventions, only when necessary and in patient’s best interests

— Freedom to eat a normal U.S. diet

— Speed of treatment (tolerance to most foods achieved within 6 weeks)

— Research conducted in longitudinal, cohort, and control models

— No need for in-center EpiPen use in over 10 years
In addition, Dr. Randhawa had experience desensitizing lung transplant patients with life-threatening allergies to critical and indispensable anti-rejection drugs that utilized a patient-specific desensitization protocol. These experiences, and his collaboration with national allergy and immunology specialists, informed Dr. Randhawa’s precision medicine approach to treating food allergy.

Since 2005, Dr. Randhawa has treated patients with life-threatening allergies to peanut, tree nuts, milk, egg, wheat, soy, seafood, seeds, and other foods using precision medicine oral immunotherapy (OIT). As of October of 2016, Dr. Randhawa has successfully treated nearly 1,700 patients using his unique, research-based OIT protocol, achieving an unmatched 99% rate of success.

Dr. Randhawa serves as the program director and research coordinator in two fellowship programs at the David Geffen UCLA School of Medicine and UC Irvine — Miller Children’s Hospital. In addition, he practices clinical medicine in pulmonary diseases, immune deficiencies, allergy and transplant medicine. Dr. Randhawa is also the Founder and Medical Director of the Translational Pulmonary and Immunology Research Center (TPIRC).

Dr. Randhawa received his medical degree from Northwestern University’s Feinberg School of Medicine. After completing a combined internal medicine/pediatrics residency, he completed training in Clinical Immunology & Allergy at UCLA and pediatric and adult pulmonology at UC Irvine — Miller Children’s Hospital. Dr. Randhawa has authored over 150 peer reviewed abstracts and research publications and has served as primary investigator in over 25 clinical trials.

He is married with three children.
Gabriel (8)

MILK  EGGS  TREE NUTS  PEANUTS  SESAME

“OIT has changed my life by allowing me to participate in eating all the foods that other people are eating. I can now eat cake at birthday parties with my friends. I am no longer excluded and that makes me very grateful to Dr. Randhawa!”

Cara (8)

TREE NUTS  PEANUTS

“It’s awesome that I can go to birthday parties without worrying about bringing my own cake. I love being just like all my friends!”

Dot (3)

MILK  EGGS  WHEAT  MACADAMIA  PINE NUTS

“I can drink milk, eat ice cream and nuts! Dr. Randhawa is nice!”

Laila (5)

MILK  TREE NUTS  PEANUTS

“Dr. Randhawa has changed my life by making me not allergic to nuts. This Halloween I can eat all my candy!”

Mason (7)

TREE NUTS  SOY

“Because of Dr. Randhawa I can eat so much more now. I am so thankful for him. He’s changed my life.”

Owen (11)

MILK  TREE NUTS  PEANUTS

“It was amazing when I was able to fly by myself to my grandparents’ house. Just a couple of years ago, I would’ve not been able to because there would have been peanuts on the plane, and it could’ve been life-threatening. But I was able to go and I had a great time!”

Monty (6)

EGGS  PINE NUTS

“I’m super happy I can eat ice cream now. Dr. Randhawa has meant that I don’t have to take my own birthday cake to parties any more. That makes me so happy.”

Ben (18)

TREE NUTS  PEANUTS

“For my entire life, the subject of food and eating carried anxiety with it. Since I started Dr. Randhawa’s program, I’ve been able to expand my diet to be more diverse, more healthy, and anxiety-free!”
“If funded appropriately, SoCal Food Allergy can provide all the medical education, clinical protocol development, scientific research support, and long-term advocacy support to create the first sustainable model for food allergy therapeutics that has ever existed.”

DR. INDERPAL RANDHAWA