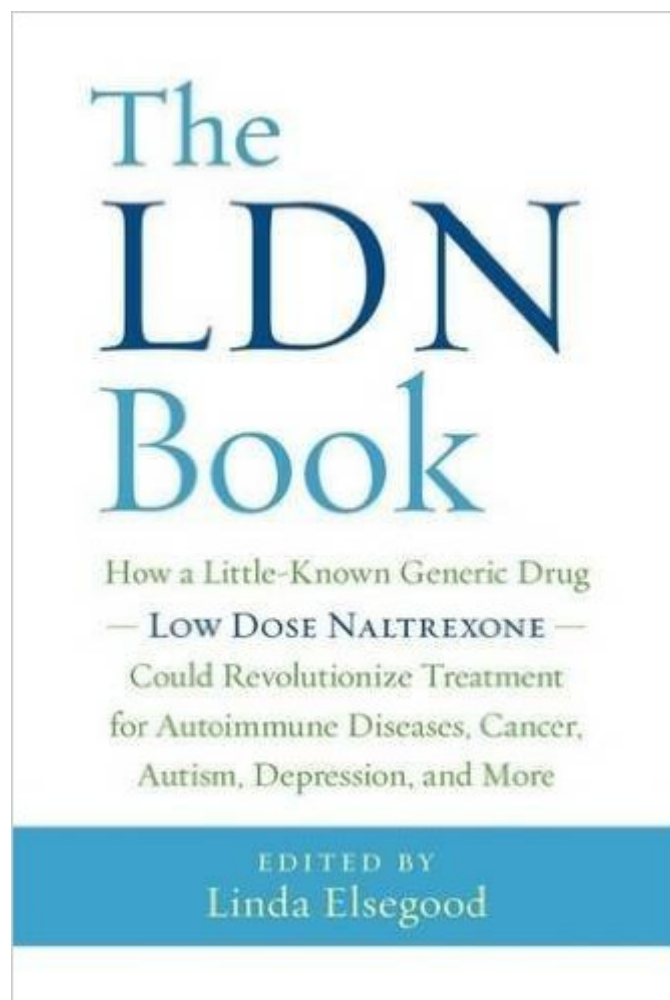


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# **The LDN Book: How A Little-Known Generic Drug \_ Low Dose Naltrexone \_ Could Revolutionize Treatment For Autoimmune Diseases, Cancer, Autism, Depression, And More**





## Synopsis

Low Dose Naltrexone (LDN) holds the potential to help millions of people suffering from various autoimmune diseases and cancers, and even autism, chronic fatigue, and depression, find relief. Administered off-label in small daily doses (0.5 to 4.5 mg), this generic drug is extremely affordable and presents few known side effects. So why has it languished in relative medical obscurity? The LDN Book explains the drug's origins, its primary mechanism, and the latest research from practicing physicians and pharmacists as compiled by Linda Elsegood of The LDN Research Trust, the world's largest LDN charity organization with over 19,000 members worldwide. Featuring ten chapters contributed by medical professionals on LDN's efficacy and two patient-friendly appendices, The LDN Book is a comprehensive resource for doctors, pharmacists, and patients who want to learn more about how LDN is helping people now, and a clarion call for further research that could help millions more.

## Book Information

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## Customer Reviews

The reason I gave the book four stars not 5 is that being on LDN for a while I found that it is more clinical than one for non medical professionals. Perhaps another book needs to be written that a layman can understand and that has reports given by people like me who have benefited so tremendously from LDN. My story is that I have many Auto-immune diseases. Hashimotos Thyroidites, Fibromyalgia, Asthma, Arthrites, Psoriasis, to name many of them. I had pain from damaged tendons, Fibromyalgia, brain fog, memory problems that I thought came from aging as

well as these diseases. Trouble breathing, walking any distance, and not being able to sleep. I was taking Amytriptelyn for sleep, the given drug for Fibromyalgia. Could not remember a name I had just heard. A report came out that Amytriptelyn was effecting the brain. and decided I had to get off it. My sister had been on LDN for various AD and had been taking LDN. After reading up on it on some of the sites, I decided to try it. I brought all the info I had on it to my doctor and after 1/2 hour of convincing him to give me an Rx, he did saying we would see what happens and evaluate it in a few months. I started on a small dose taking it with the Amytriptelyn the 1st night. I slept thru the night, waking one and falling back to sleep. In the morning I realized the nasty pain I had in my right shoulder that kept me up every night was not there. I was able to touch my upper arm and felt no pain. My tendon had been mostly destroyed from a medication and could not be repaired. 6 months later I still have no pain. It did not repair itself, but I felt no pain without taking anything harmful. On that first day my brain fog was gone. I could hardly believe it. I was able to breath with ease, something I could not do for many years. I was able to walk the length of my house without stopping every 10 steps. I noticed my energy level went up without me being Hyper Thyroid. Over a weeks time I found I could do things I hadn't done in years. I cleaned and organized my closets and home. I have Scoliosis and had found over the past year I was stooping over. Sitting at the computer one day I got a sharp pain in my spine and thought I was going to be in trouble. I slowly got up and to my amazement found I was standing straight. I think my endorphins relaxed my muscles or whatever. It was a miracle for me. I knew from my sister that her friend who had MS was able to walk again after taking LDN. My memory came back and is now phenomenal. If I watched a movie on T.V. before, I could not remember the name of it after it started. Now I remember the name of movies and the actors in them that I saw yesterday and months ago. It is just extraordinary and if it did not happen to me I would probably not believe it. My pulse dropped 10 points from 80 to 70. and I lost 20 lbs without making any changes in my diet or lifestyle. All I can say is that LDN has truly been a miracle for me. I enjoy life now and feel so alive. I stopped taking Amytryptoline after the first night and have stayed on the low dose of 1.5mg that I started on. I hope people read this as I am not the only one who has found this to be a miracle drug. It may help you understand what it can do if you can't understand the clinical information in the book.

Very extensive coverage with many chapters written by doctors who have been working with LDN for years. Easy enough for the lay person as long as you skip the more in depth paragraphs as those are written from doctor to doctor in my opinion. Up to the date information on LDN, something that I believe will be mainstream in a short time. It's gaining a lot of followers on the internet. People

are not getting the help they need for autoimmune disorders. You will find in this book, most doctors are held back by existing business models that won't allow them to do anything outside of a set of rules decided by the healthcare provider. I understand that rules need to be in place, so I get it, just wish people could get the help they need with something that shows so much promise and has very little downside. Who hasn't had vivid dreams or some insomnia at times in their lives. Those side effects (if one has them) only last 1 - 1 1/2 weeks, then they are gone.

Of the books about LDN written so far, this is by far the best. It is a compilation of reports by practicing healthcare professionals describing their successful use of LDN in the treatment of multiple sclerosis, lupus, inflammatory bowel disease, fibromyalgia, chronic fatigue syndrome, thyroid disorders, restless leg syndrome, depression, autism spectrum disorders, and cancer. Included is the history and pharmacology of LDN, and a very helpful section with frequently asked LDN-related questions and answers. I highly recommend this book!

The audience is for people who enjoy science details. I love Chapter 2. This person understands what I have learned by experience. Chapter 5 also was awesome. It says to not use TSH for thyroid...not helpful and it explains why. This book was very validating and I enjoy the science details. LDN may help people avoid other drugs since LDN may help heal the root cause for brain/body health issues....Celiac. LDN is for Celiac health issues...thyroid/cancer/MS/Diabetes/ADD/losing hair/depression/fibromyalgia/alcoholism/addictions etc. (Book: Dangerous Grains lists health issues due to Celiac). Tests may not work to diagnose Celiac. LDN helps block hidden gluten. A person still needs to try to not eat gluten since a person can override the low dose of LDN. LDN helps heal the gut lining/helps the immune system work right. It costs about \$1 from a compounding pharmacy/Alternative doctor usually. 3 -4.5mg of LDN may help taken at night usually or in the morning if LDN keeps a person awake. LDN is stronger at night when opioid receptors kick in between 2-4 am. LDN in the morning helps, but not as much. LDN lasts 18 hours. LDN helps my brain/heal my intestines/helps my adrenals/liver/eyes/hearing/personality etc. LDN is a miracle. I am not ok without LDN since hidden gluten hurts me. 23% of supplements may have hidden gluten. Gluten maybe in meat basting/some spices...food in a box/bag/label,...lotions etc..Certified gluten free may have 20ppm of gluten which is too much. Microscopic gluten hurts me...takes 1 1 /2 months to heal from. Without LDN I feel like I am dying. I have MS and recently Lyme/coinfections. With LDN I am stable and strong. I get a cellulose filler. Ca filler may block LDN and corn starch filler maybe GMO and corn hurts me. I take

my thyroid medicine..wait an hour...take my LDN and wait another hour before I eat. I don't want food to block my medicine. LDN may help 99% of MS people and 85% of HIV people. LDN may help Lyme. People who catch Lyme may have been Celiac which lowers their immune system so Lyme grew and was hard to get rid of until they get Celiac help and LDN. I need no gluten/dairy/soy/sugar/GMO..take vitamins/good oils/minerals...probiotic..LDN..detoxing for my Celiac/MS/Lyme. LDN at night dehydrates me..acts like a diuretic and then constipation. LDN may have not have side effects for most people I know. It is a small white capsule and works like a miracle. Some people eat Paleo to avoid hidden gluten/gluten. I eat Celiac and still eat rice which has a 5 for gluten.This is what I do my my Celiac/MS/Lyme..short/long version:No gluten/dairy/soy/sugar/GMO and vitamins/good oils, LDN and detoxing help me. Vit D3 5000IU, zinc 50mg if detoxing, 2000mg fish oil , 20000mg evening primrose oil. 2000 mg lecithin, Phosphatidylserine/DMAE, krill oil, CLA, Coenzyme Q10, Rhodiola, Mg citrate 400mg, Vit C, 5000mcg of biotin, Nature's Plus- Source of life multiple, HCl and enzymes with meals, dairy free probiotic, Vit B12 methylcobalamin shot/spray/under the tongue kind/intrinsic factor kind, MTHF folate, coenzme Q10, rhodiola, may help brain/body/thyroid/depression/immune system and more. Gluten is wheat/barley/rye..oats may act like gluten with avenin. GMO corn/soy/canola oil may hurt. Amour thyroid maybe needed since gluten may made antibodies to the thyroid. Coenzymated B vitamins far from synthetic kind make make me calm.Sunlight (helps the immune system and helps to heal the gut lining),exercise, organic food, good water..not tap water, cooking by scratch pure food..... no food in a box/bag/premade/label/restaurant which may help avoid hidden gluten. Certified gluten free food may have 20ppm of gluten...too much. Nuts not sold in the shell/meat basting/some spices may have hidden gluten and lotion/make up etc. One restaurant cooks special for me...rice/veg/tea/extra mushrooms (no meat since the woks may have MSG/gluten in them).EDTA/DMPS IV chelations from an Alternative doctor, 600mg of cilantro, organic sulfur, Now brand- Detox support, Far Infrared Sauna and more may help detox. Hair tests show good minerals and heavy metals. Heavy metals can block thyroid and other chemical reactions in the body/brain.LDN may help block hidden gluten/heal the gut lining and help the immune system, but the Celiac diet is still needed. 100% no gluten..no hidden or microscopic gluten may help. Cutting back on gluten or cheating by eating gluten hurts the immune system. It may take 1 1/2 months to heal the gut lining after getting hidden gluten.Amour thyroid has some T3 and Calcitonin. Synthroid is only T4..may not convert to T3. Zn/Se/enough iron/strong probiotic may help convert T4 to T3 for thyroid.Alternative doctors/chiropractors/acupuncturists and more may help with health/vitamins etc.Longer version:[...]

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