

Hi

The next two pages are the low dose Naltrexone (LDN) brochure.

The brochure is meant to be printed on both sides of one sheet of 8.5" x 11" paper and then letter folded.

If you do not have a duplex printer,

1. Print page two, which is the outside and cover
2. Put the paper back in the printer
3. Print page three
4. Fold twice.

Please print, fold and distribute as many as you like.

And also send this pdf along to whomever you choose.

A link to download is also at

[www.ldn-help.com](http://www.ldn-help.com)

and

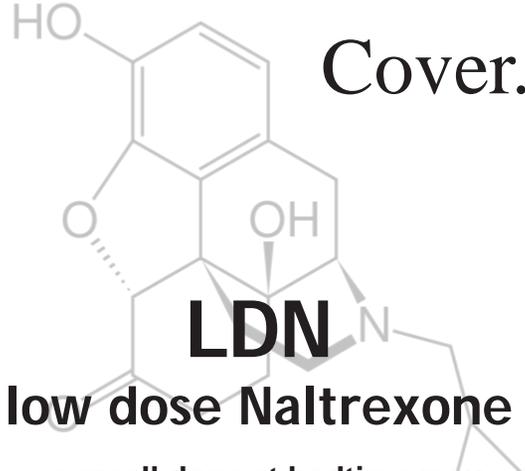
[www.ldn-database.com/lowdosenaltrexone.pdf](http://www.ldn-database.com/lowdosenaltrexone.pdf)

Thanks

[Foxhillers@aol.com](mailto:Foxhillers@aol.com)

April 2009

PS - If you would like this brochure to focus on one specific disorder or disease, please contact me for customization.



**Cover.**

**LDN**

**low dose Naltrexone**

**...a small dose at bedtime may lead to a big improvement in the quality of life...**

cancer  
HIV/AIDS  
infectious diseases  
autoimmune disorders  
central nervous system disorders

*At doses between 1.75 and 4.5 mg, taken between 10 pm and 2 am, Naltrexone binds to **opioid receptor sites** and results in an increase in endorphin and enkaphaline production that is believed, theorized, to produce a prolonged up-regulation of vital elements of the immune system.*

*This action is known to stop progression of some diseases and disorders.*

For more information, please go to [www.lowdosenaltrexone.org](http://www.lowdosenaltrexone.org)

## LDN Resources

**Conference videos** by Cyndi and A. Lenz.  
[http://www.youtube.com/results?search\\_query=low+dose+naltrexone](http://www.youtube.com/results?search_query=low+dose+naltrexone)

### Books

Up the Creek WITH a Paddle, Mary Bradley  
 Google LDN, Joseph Wouk  
 The Promise of LDN Therapy, Elaine Moore  
 Those who suffer much, know much, Cris Kerr

### Websites

lowdosenaltrexone.org  
 ldn-help.cpm  
 ldn-database.com  
 ldn4cancer.com  
[en.wikipedia.org/wiki/Low\\_dose\\_naltrexone](http://en.wikipedia.org/wiki/Low_dose_naltrexone)  
[skipspharmacy.com](http://skipspharmacy.com)

*Crystal, MS, Transverse Myelitis with LDN*  
[freewebs.com/crystalangel6267/index.htm](http://freewebs.com/crystalangel6267/index.htm)  
*Noreen Martin, LDN AIDS*  
[www.noreenshealthdiner.com/noreen\\_bio.html](http://www.noreenshealthdiner.com/noreen_bio.html)  
*Dr Lawrence's MS Resource Centre, UK*  
[msrc.co.uk/index.cfm?fuseaction=show&pageid=777](http://msrc.co.uk/index.cfm?fuseaction=show&pageid=777)  
*Dr Dach's LDN page*  
[jeffreydach.com/2007/08/01/low-dose-nalotrexone-ldn-by-jeffrey-dach-md.aspx](http://jeffreydach.com/2007/08/01/low-dose-nalotrexone-ldn-by-jeffrey-dach-md.aspx)

[www.ldnitalia.org/](http://www.ldnitalia.org/)  
[low-dose-naltrexone.de/](http://low-dose-naltrexone.de/)  
[www.ldn.no/](http://www.ldn.no/)

### Support groups

<i>Yahogroup name</i>	<i>members</i>		
lowdosenaltrexone	6,000	LDN_4_cancer	349
ldnsupport	155	LDNforCFS	7
Spotlight_LDN	618	Healingparkinsons	51
LDN_Users	574	LDN-for-PLS-HSP	40
Autism_LDN	2,100	googleldn	43
LDN_HIVAIDS	68	<i>total members</i>	<i>10,005</i>

### Stop progression with LDN.

If I had an auto-immune mediated disease, the one drug that I would take is low dose Naltrexone (LDN).  
 Skip Lenz, Pharm. D., Skip's Pharmacy, FL

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## LDN compounded types

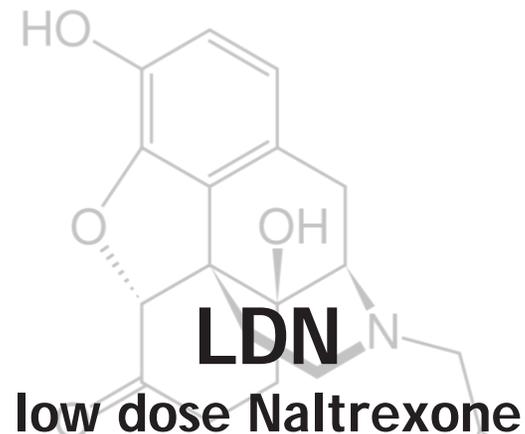
Low dose Naltrexone (LDN) is available as capsules or transdermal cream. In capsules, it is important to use a fast-release filler like avicel, lactose or sucrose. Pharmacists may contact Coastal in Georgia, USA, for the transdermal formula developed for Jaquelyn McCandless, MD.

### Some LDN compounding pharmacies

Pharmacy	Phone
Irmat Pharmacy, New York, NY	(212) 685-0500 (800) 975-2809
Gideon's Drugs, New York, NY	(212) 575-6868
The Compounder Pharmacy, Aurora, IL	(630) 859-0333 (800) 679-4667
The Pharmacy Shop and Compounding Center, Canan-, NY	(585) 396-9970 (800) 396-9970
McGuff Compounding Pharmacy, Santa Ana, CA	(714) 438-0536 (877) 444-1133
Skip's Pharmacy, Boca Raton, FL	(561) 218-0111 (800) 553-7429
Coastal Compounding Pharmacy Savannah, GA (transdermal LDN)	(912) 354-5188 (866) 354-5188
Wellness Pharmacy Birmingham, AL	(205) 879-6551 (800) 227-2627
Smith's Pharmacy, Toronto, Canada	(416) 488-2600 (800) 361-6624
Dickson Chemist, Glasgow, Scotland	+44-141-647-8032 +44-800-027-0673

As usual, I want to emphasize that seldom is LDN a stand-alone treatment, but accompanies other strategies the body needs, especially a healthy diet. It may take some patients longer to respond to LDN as they may be colonized with pathogenic yeast and bacteria, particularly those with autism or GI disorders such as crohn's. Up to 30% of us have some degree of wheat and casein intolerance, meaning that these foods create opioid-like compounds in the gut and brain, making proper food absorption impossible and encouraging mucosal invasion of pathogenic bacteria and fungi. I now use a negative reaction to LDN's opioid blocking as an important tip-off to the possible presence of these compounds which lead to gut inflammation and the need to address diet and treatment of pathogenic bacteria and yeast for optimum results.

Jaquelyn McCandless MD



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For more information, please go to [www.lowdosenaltrexone.org](http://www.lowdosenaltrexone.org)

# Low dose Naltrexone

LDN may well be the most important therapeutic breakthrough in over fifty years. It provides a new method of medical treatment by mobilizing the natural defenses of one's own immune system.

David Gluck, MD, <http://ldninfo.org/>

## What LDN is

LDN is a very low dose (1.75 mg to 4.5 mg) of Naltrexone, an off-patent pharmaceutical that requires a prescription and a compounding pharmacist to fill it.

## What LDN does

It is postulated that Naltrexone produces its effects by competitively displacing opiate molecules at opiate receptor sites as well as by blocking the narcotic access to the opiate receptor sites. By doing so, LDN may stop progression of diseases and disorders.

## When to take LDN

Between 10 pm and 2 am. The brief blockade of opioid receptors between 2 a.m. and 4 a.m. that is caused by taking LDN at bedtime each night is believed - theorized - to produce a prolonged up-regulation of vital elements of the immune system by causing an increase in endorphin and enkephalin production.

## Brenda's LDN report

"The reason I write this is because I made a switch to daytime LDN dosing from night time as a trial.

I have chronic progressive *Multiple Sclerosis*. Bernard Bihari, MD, told me that for me to get the best boost in endorphins, enough to halt the progression of my type *MS*, it was best to do the night dosing. He was correct, on daytime dosing my *MS* came back to life. I switched back to night dosing and all is well.

I've been on LDN 5 years and my *MS* is in remission.

If my grandma gets her LDN too early, say 7 or 8 pm, her *Alzheimer's* symptoms are much worse than if she gets her dose at 10 pm during Daylight Saving Time and 9 pm off DST. The DST thing really does make a difference and my grandma's a great one for testing this.

## What disorders LDN may help with

Bernard Bihari, MD, as well as other physicians and researchers, have described beneficial effects of LDN on a variety of diseases:

### Cancers:

Bladder Cancer  
Brain Cancer  
Breast Cancer  
Carcinoid  
Colon & Rectal Cancer  
Glioblastoma  
Liver Cancer  
Lung Cancer (Non-Small Cell)  
Lymphocytic Leukemia (chronic)  
Lymphoma  
(Hodgkin's & Non-Hodgkin's)  
Malignant Melanoma  
Multiple Myeloma  
Neuroblastoma  
Ovarian Cancer  
Pancreatic Cancer  
Prostate Cancer (untreated)  
Renal Cell Carcinoma  
Throat Cancer  
Uterine Cancer

### Other Disorders:

ALS (Lou Gehrig's Disease)  
Alzheimer's Disease  
Ankylosing Spondylitis  
Autism Spectrum Disorders  
Behcet's Disease  
Celiac Disease  
Chronic Fatigue Syndrome  
CREST syndrome  
Crohn's Disease  
Emphysema - COPD  
Endometriosis  
Fibromyalgia - FMS  
HIV/AIDS  
Irritable Bowel Syndrome - IBS  
Multiple Sclerosis - MS  
Parkinson's Disease  
Pemphigoid  
Primary Lateral Sclerosis - PLS  
Psoriasis  
Rheumatoid Arthritis - RA  
Sarcoidosis  
Scleroderma  
Stiff Person Syndrome - SPS  
Systemic Lupus - SLE  
Transverse Myelitis  
Ulcerative Colitis  
Wegener's Granulomatosis

*Is LDN right for you?  
Can it STOP  
the progression of  
disorders in your  
body, too?*

My grandma's got advanced *Alzheimer's* as well as *cancer* and when her LDN is not administered properly by my aunt, it's quite noticeable.

Dr. Bihari insisted my mom take LDN at night due to her *breast cancer* being an aggressive type and stage III, said she needed the blockade to take place during the 2 am to 4 am time frame. Mom's been breast cancer free 4 years on LDN, she refused chemo.

My grandma's *squamous cell carcinoma* tumor was surgically removed Dec 2005 and cancer has not returned. My grandma started LDN Aug 2005, her *Alzheimer's* has not advanced since going on LDN, she's 90. Brenda"

## LDN research and papers

- ÿ A positive multi-institutional clinical trial in Italy of LDN for heretofore untreatable PPMS, completed in fall 2007, published Sept 2008 in "Multiple Sclerosis".
- ☆ÿ A Phase II placebo-controlled clinical trial of LDN for Crohn's disease at Penn State.
- ÿ A Phase II placebo-controlled clinical trial on the efficacy of LDN for children and adolescents with Crohn's disease at Penn State.
- ÿ A clinical trial of LDN in HIV-infected citizens of Mali, the first scientific study of LDN for HIV/AIDS in Africa, implemented in Oct. 2007.
- ÿ A study of LDN in the treatment of MS at the University of California, San Francisco, implemented in early 2007.
- ÿ A clinical trial of LDN in the treatment of fibromyalgia at Stanford Medical Center implemented in October 2007.
- ÿ A study by the MindBrain Consortium in Akron, Ohio of, especially, the affective changes in MS treated with LDN, begun late 2007.
- ÿ An animal research study at Penn State of naltrexone in a model of a disease that mimics MS, via a small grant from the National MS Society.
- ÿ Animal research on neurodegeneration at NIEHS, suggesting a protective role for naltrexone.
- ÿ See [ldninfo.org](http://ldninfo.org/) for links to the above research.

- ☆ **Reversal of Signs and Symptoms of a B-Cell Lymphoma in a Patient Using Only Low-Dose Naltrexone**  
Burton M. Berkson, Daniel M. Rubin, Arthur J. Berkson  
*Integr Cancer Ther*, September 2007; 6; 293

**Low-dose naltrexone for disease prevention and quality of life.** Brown N, Panksepp J.  
*Med Hypotheses*. 2009Mar;72(3):333-7 .Epub 2008Nov 28

**Ask your prescriber to consider prescribing LDN for you.  
Take a copy of this brochure.**

[ldn-help.com](http://ldn-help.com)