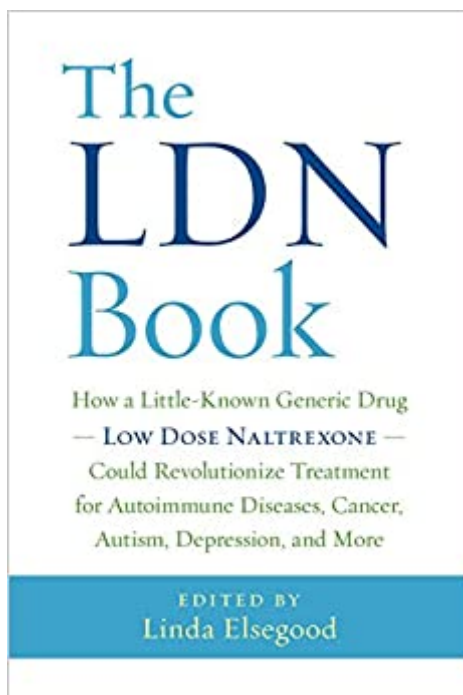


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# The LDN Book: How A Little-Known Generic Drug — Low Dose Naltrexone — Could Revolutionize Treatment For Autoimmune Diseases, Cancer, Autism, Depression, And More



## 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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in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems

## Customer Reviews

"I first came across LDN several years ago when a medical colleague said I should look into its positive effects in patients with MS, Crohn's disease, and other autoimmune disorders. I was so impressed with what I read that I helped submit a petition to the UK government to ask for funding for further research into this inexpensive drug. But, as with so many petitions, no progress was made. I hope The LDN Book, which presents up-to-date findings that again confirm the efficacy of this safe, cheap, generic drug in helping to control many chronic, disabling

conditions. It is read by those in the Department of Health and by all doctors caring for patients with autoimmune disease. In the UK, LDN has been stranded in limbo; maybe now the time has come for it to be accepted as a recognized therapy that could, at least, be tried on those suffering such long-term diseases of the immune system.

—Dr. Chris Steele, MBE, general practitioner; a medical presenter on ITV's *This Morning*

“As a practicing physician who has used LDN as a cornerstone therapy for over fifteen years, I can say without equivocation that LDN is the most important and successful medicine I have ever used. I often joke that if not for LDN I couldn't pay my mortgage; I've had so many new patients referred to me by someone whose life has improved dramatically through the use of LDN. And despite my knowledge and experience with LDN, I've learned a great deal from *The LDN Book* aspects of its basic science I hadn't known, new uses, and how its uses can inform us about the causes of various diseases. This is a wonderful book for any patient with an autoimmune disease, cancer, depression, or a host of other conditions and is a must-read for any physician whose goal is to help their patients.

—Dr. Thomas Cowan, author of *The Fourfold Path to Healing* and coauthor of *The Nourishing Traditions Book of Baby & Child Care*

“Low Dose Naltrexone (LDN) was discovered by my husband and partner, Dr. Bernard Bihari. Incredibly informative and superbly written by various members of the medical profession sharing their experiences using this extraordinary drug, *The LDN Book* honors his legacy in helping patients suffering from autoimmune and other diseases to regain their health and their lives.

—Jacqueline Young

Linda Elsegood is the founder of the LDN Research Trust, which was set up in the UK as a Registered Charity in 2004, and is the editor of *The LDN Book*. Diagnosed with MS in August of 2000, she started LDN therapy in December of 2003, and now has a better quality of life and hope for the future. Through the Trust, she has connected thousands of patients, doctors, and pharmacists around the world with information, articles, and patient stories about LDN.

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.

This book presents up-to-date findings that confirm the efficacy of a generic drug. This is a must read for anyone suffering with an autoimmune disease. This generic drug gives them a chance to regain their health and therefore their lives.

Excellent book written by doctors. It explains LDN in layman's terms, but with sufficient scientific and medical perspective to satisfy other doctors. Finally!

The book came promptly. It has very good basic info for those considering the use of Low Dose Naltrexone. I was hoping for a bit more than what this book offered, maybe unrealistically as the treatment and response can be very individualistic. It's definitely a good start for someone new to or considering LDN.

Excellent book about amazing low dose naltrexone. Specially the chapter on thyroid diseases. Really helpful, thought provoking and informative. Two thumbs up

My son has ulcerative colitis and I'm hypothyroid and it is great to know that some people are getting over these auto immune conditions - even though this is a little-known process. By the way, LDN should be dirt cheap because the product is out of patent and any drug company can make it so don't buy big pharmaceutical nonsense about cost.

A little too scientific for me. Too much info for my brain when I read it. Loved reading the "healing" stories though- my favorite part.

The most comprehensive book on LDN you can read. Concise and short chapters, well laid out information and easy to find references. This one is a keeper!

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