



11th August 2020



LDN Health Tracker App

Reminder!

for those using the LDN App and Hub

It is with great sadness I'm announcing we unable to continue financing the Free LDN App and the LDN Monitoring Hub.

Both the LDN App and Hub will be closed and removed on Monday 31st August, **please make sure you download all your data you wish to keep.**

Join our FREE

*LDN, Nutrition and Lifestyle
Community*

with

Nutritionist and Researcher Jill Brook



You're invited!

Come see our new LDN, Nutrition and Lifestyle section on our [website](#).

Our Research Advisor, Jill Brook, will be sharing research findings on how to feel better, eat better, and how to make lifestyle change easier.

Please send your question, recipes or idea's you would like to have included to jill@dietforhealth.com.
Jill will respond to you!

Check out these recipes

[Easy Awesome Almond Cheese](#)



[Citrus Grilled Salmon or Trout](#)



[Pesto stuffed chicken breast with bruschetta sauce](#)



LDN Questions and Answers

Answered by our Advisers and Medical Members.

The latest added:

[How do I start LDN?](#)

[Does LDN have the same limitations regarding Glaucoma or a closed I eye angle as SSRIs or anticholinergic medication like elatrolet, simbolta etc](#)

[How does LDN work in the body?](#)

[Does LDN boost the immune system?](#)

[For procedures or dental work requiring only novocaine as a local anaesthetic, should LDN be stopped? Does LDN block the analgesic effects of the novocaine?](#)



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