



17th August 2020



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 blogs



[Stop Slathering on Toxins](#)



[Seven Different Ways to Fight Inflammation](#)



[Should we eat gluten?](#)



[7 different ways to reduce inflammation through diet](#)



[Foods that can improve sleep](#)



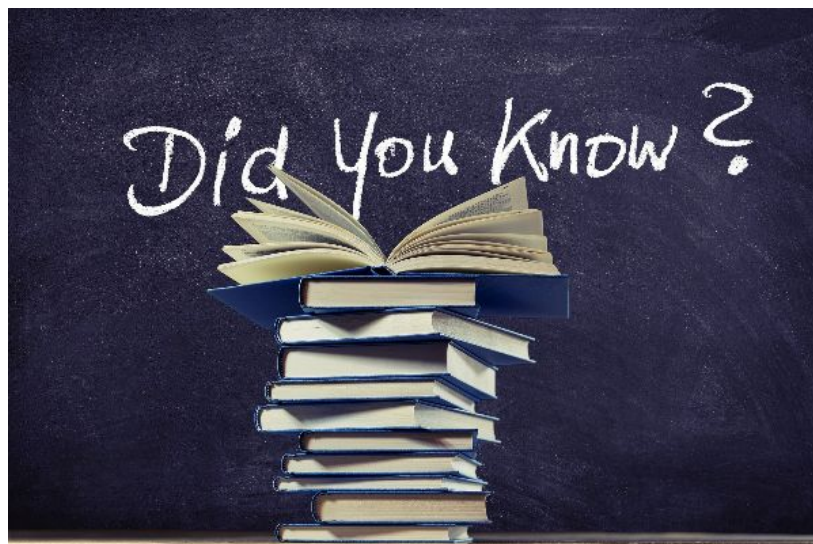
[Nutritional approaches to reduce fibromyalgia pain](#)

Past Blogs

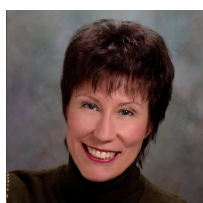
[BPA and BPA-free plastic food containers are both disasters for our health](#)

[Trying to lose weight? Put your kitchen counter tops to work!](#)

[Eating to Help LDN Help You](#)



LDN Articles



[LDN/Ketamine for COVID-19 by Dr Pamela Smith](#)

[Low Dose Naltrexone and chronic pain - Pradeep Chopra, MD](#)



[Autism Spectrum Disorder and the promising treatment with Low Dose Naltrexone by Paula Johnson](#)



[Jill Cottel, MD shares a pain story.](#)



[What is Lyme Disease - Dr Darin Ingles](#)



[Chronic Pain and Low Dose Naltrexone by Paula Johnson](#)



[My experience with Low Dose Naltrexone By David Gluck, MD](#)



[Hashimoto Thyroiditis and Low Dose Naltrexone \(LDN\) by Paula Johnson](#)



[LDN and Psoriasis by Dr Pamela Smith](#)



[Psoriasis and Low Dose Naltrexone by Paula Johnson](#)



[LDN used in pain management - Dr Samyadev Datta](#)



[Syndrome by Dr Pamela Smith](#)



[New Formulation of LDN - Sublingual Drops](#) - **Pharmacist Stephen Dickson**

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