

**22nd August 2020**



**Dr Bob Lawrence**

***Dr Bob Lawrence passed away  
on 20th August 2020***

Dr Bob was one of the first doctors in the UK to prescribe LDN, he had time for everyone and anyone who contacted him!



**Joy Miggins, Dr Bob's right-hand woman  
wrote a poem in his memory.**

**Linda Elsegood** "I owe my health and life to Dr Bob without him I wouldn't have had LDN prescribed for me back in 2003 nor would I have founded the LDN Research Trust in 2004, which has helped 100,000+ people around the world.



He was unique in many ways and will be missed by thousands!"

*You were a complex man  
But you helped so many people  
Have a life they never dreamed of  
Hope when it was hopeless  
You were undeterred by criticism  
Fought for your principles  
First, do no harm, you never forgot*

*You were also my friend  
We were a great team  
I learnt so much from you  
Was a privilege to learn  
I kept you grounded  
I know that for sure  
You learnt from me too  
I shall miss you Dr Bob xx*

.....



**The Latest LDN Q&A's answered by our Medical Advisors and Medical Members**

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*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](mailto:jill@dietforhealth.com). Jill will respond to you!



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