



NAVIGATING THE LDNRT APP

LDNRT

LDN RESEARCH TRUST

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Using the LDNRT APP

The LDNRT APP was developed to provide simplicity to navigating the website by providing links to the most commonly requested access. The app also provided a form that will allow LDN users to track and provide information to their medical professionals.


This document is intended to help guide you through using the app and completing the form.

Accessing the APP

Once you access the link, you will get an option to save a shortcut to your home screen or desktop.

To get a copy of the LDNRT APP, go to this link, <https://form.ldnresearchtrust.org/app/221215784789972>



A shortcut similar to this -  - will be added to your desktop or home screen if you elect to save the link. This link will be used to access the tool when you need access to it quickly, and it is recommended that you install it on your home screen or desktop.

Using the LDNRT APP


Once opened, you will see a screen similar to this.

You can then easily use the tool to navigate to different areas of the LDNRT website through the quick links.

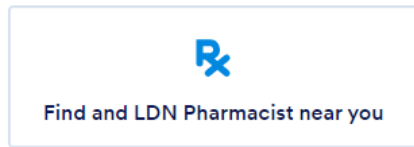
Quick Links

Find a Doctor or Prescriber Near You



Click on the  button to quickly get to the LDNRT webpage and find an LDN prescriber closest to you.

Find a Pharmacist Near You



Click on the button to quickly get to the LDNRT webpage and find an LDN Pharmacist closest to you.

Find a Nutritionist Near You

Click on the button to quickly get to the LDNRT webpage and find a Nutritionist closest to you.

Access to LDN Guides

If you are looking for LDN guides, you can get to them quickly by clicking the button.

Access to Clinical Trials

To look up or research information obtained through clinical trials, click the button to go to the LDNRT webpage providing the information quickly.

Search Data on Specific Conditions

To get information on specific conditions LDN could help with, click the button to go to the LDNRT webpage providing the information quickly.

Search for Conditions being treated with LDN

To get information specific to the conditions currently being treated with LDN, click the button to go to the LDNRT web page quickly.

Access to the LDN Market Place

To quickly get access to the LDNRT Marketplace webpage, click the button.

Contact LDN Research Trust

Click the button to contact the LDN Research Trust team.

Make a Donation

LDN Research Trust is a non-profit charity organization that is dependent on charitable donations. If you like the work that LDNRT has done and would like to donate, click the link under donation

Donations

The LDN Research Trust is a non-profit charity, which receives no funding. To continue to offer this App and Health Tracker, donations would be appreciated.

[Click or tap here to make a donation.](#)

to make a contribution to the LDNRT on the webpage. Your support is greatly appreciated and will allow us to continue our mission.

Health Tracker

The health tracker is a form that stores data securely and compliantly, and your personal details are not shared with any 3rd party.

You can track information about your health and will be asked questions as to your condition(s), when diagnosed, your current diet, medications, dosage, and more. The form will also allow you to keep a running diary to track information that you may forget when discussing it with your doctor. The information you enter is completely safe and secure, and only you can share it. Below are instructions on how to complete the form. Once submitted, you will immediately receive an email with a link to return to the form to update it as well as a PDF document with the information you entered.

Starting the new Health Tracker

From the LDNRT APP, click on the button to launch the tracker. The Health Tracker button on the APP will always start a new record. You cannot use the link in the APP to make updates and track your history. To track your history, you must use the link emailed to you upon completion.

Section One – Terms and Conditions

LDN Health Tracker Form

By clicking this checkbox, you agree to the terms and conditions. Agree is required to use the App. You must scroll to the bottom of the agreement below before you can check the checkbox. *

The New LDN Health Tracker App

End User Licence Agreement

PLEASE READ CAREFULLY BEFORE PROCEEDING.

This end-user licence agreement (EULA) is a legal agreement between you (End-user or you) and LDN Research Trust, Registered Charity Number: 1106636, having their

Continue

In this section, you must **click the checkmark** to be able to continue. Before clicking the checkmark, you must **scroll to the end of the terms and conditions.**

Section Two – Personal Information

Your Personal Information

Name *

First Name Last Name

Email Address *

confirm your email

example@example.com

Date *

Date

Age *

Country *

Gender *

Male

Female

Gender Neutral

Height *

Condition(s) and Diagnosis Date(s) *

What symptoms did you have before starting LDN? *

Are you taking LDN? *

Not Started

Yes

Stopped: Explain why you stopped

In

In this section, you must enter all the information for every box with a red *, which is every field. If you fail to answer and of the questions, you will get a red box around the question and an error message instructing you that you failed to answer a required field. Once all questions are answered, click the next button. Follow all instructions with each question.

Section Three – Symptoms, Improvements, and Other Medications

Symptoms, Improvement and Other Medications

Have you completed this section before? *

Yes and my details are still the same and have not changed

Yes but I need to update some information

No, I have never filled this form out before

How long before you noticed any improvements taking LDN? *

1-6 days

1-2 weeks

3-4 weeks

Over a month

Other: Provide details

Please type another option here

This field is required.

Unexpected benefits of taking LDN *

better sleep

improved mood

overall sense of well-being

better energy

less pain

Other: List any other benefits

What other therapies were used in conjunction with LDN? *

Type here...

Have you been taking LDN for at least 6 months? *

Yes

No

What symptoms do you currently have? *

Type here...

How many prescription medications did you take before LDN? *

Please Select

How many prescription medications do you take now? *

Please Select

Back Next

As with the previous section, fill in all required information and click the next button. Follow all instructions with each question.

Section Four – Diet and Nutrition

Have you completed this section before? *

- Yes and my responses are still the same
- Yes but I need to change a few of my answers
- No

Do you follow a diet lifestyle? *

- Yes
- No

Do you take any supplements? *

- Yes
- No

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Next

Answer all questions and click Next. Follow all instructions with each question.

Section Five – Review Form

Review Form

You are required to complete this form monthly, it can be used as often as you wish

The following questions are for you to rate your levels before you started taking LDN. Please rate the levels with 1 being extremely low, or almost non-existing and 10 being extremely high or intolerable, or any level in between. *

	Rate from 1 to 10
How was your Physical Pain Level	▼
How was your Physical Fatigue Level	▼
Was your life meaningful and with purpose	▼
How well were you able to communicate with friends	▼
Did your Physical Environment meet your needs	▼
When possible to think clearly	▼
How easy was it to get information from your food/news/leaves	▼
How badly did you feel about how your condition affects the people you care about	▼

What is your weight *

What exercise did you do last month *

What types of aids have you used recently *

- Wheelchair
- Crutches
- Walking Stick (cane)
- Electric Scooter
- Walking Frame
- Rollator
- Hicet
- None

How many prescription medications did you take last month? *

What symptoms do you currently have? *

What dose of LDN are you currently taking? *

- .05 mg
- 1 mg
- 1.5 mg
- 2 mg
- 3mg
- 4.5 mg
- Other: Enter Dose

Approximately how many days a week do you generally get dressed? *

Approximately how many days a week do you go out? *

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Next

Complete each section and click next. Be sure to follow the instructions with each question.

Section 6 – Personal Journal and GPDR Agreement

Personal Journal - Start each new entry with the current date to better track when your entries are made.

5/18/2022 - This is the start of my journal

You can choose to make entries as often as you like to track your health. Start each entry with the current date to better track the dates you made the entry.

Before clicking submit or save you can review or change your information, using the back buttons. After making edits, use the next buttons to get back to the submit button.

Submit this form if you are finished with all your edits and appenditures.

After submitting this form, a copy will be sent to the email address you provided in the personal information section, which you can then share with your doctor or pharmacist for them to monitor you if you choose. You will also receive a link at the end of the email that will allow you to return to this form to make updates and continue your journal.

[Thank you for using our LDN Health Tracker App, we are confident it will be of great value to you and those monitoring you.](#)

Please visit our website www.ldnresearchtrust.org for all our LDN information.

[GDPR Agreement](#) - I consent to this website storing my submitted information so that LDNRT can respond to me. *

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Submit

When entering information in the personal journal, start each entry with a date to ensure proper tracking of each entry. After starting your journal, click the GDPR checkbox to agree then click submit. It is recommended that you click on the link for the GDPR Agreement to read the agreement before clicking the checkbox and submitting.

Once submitted, you will receive an email with a PDF document listing all your entries, and a link that will allow you to return to the form to make updates to your journal or information.

Updating information in a submitted Health Tracker

After submitting the Health Tracker Form, you will receive an email with a pdf attachment showing the information you have entered or updated. In the text of the email, there will also be a link that you will need to use to make updates or to continue updating your running diary.

[YOU MUST USE THAT LINK TO VIEW YOUR HISTORY, UPDATE YOUR INFORMATION, OR EDD ENTRIES INTO YOUR DIARY.](#) It is recommended that you after clicking on the link, you save it to your favorites in your browser or on your mobile device.

Updating your existing information

You will have an email from LDN Research Trust with the following text in the body, along with an attachment.



Attached you will find a PDF file with all the information that you have entered in the LDN Health Tracker Form. Keep this file for your records as you can print the file later to present to your health professional or send a copy of the pdf directly to them.

Click this link, [Edit Submission](#), if you want to return to this form to continue updating your journal. After each update, you will receive a new PDF file with your updated information.

Save the link to your favorite places in your web browser to continue making edits anytime you need to access the form. You can only use this link to make edits and continued log entries that will keep a history.

Click on the link that says edit submission, and you will be taken back to your completed form.

Click Continue to the Terms and Conditions page as it should still be checked. If it is not checked, scroll to the end, click the checkbox again, and click continue.

On the Personal information page, there is a new question that you must select.

Do you need to make updates to existing information or just updating your journal?

*

- Updates to existing information only
- Updates to Journal only
- Updates to both existing information and Journal

If you want to update existing information without updating the journal, click on the first selection.

If you want to add information to your journal without updating your questionnaire, click on the second option.

If you want to update both, click on the third option.

After making your selection, click the next button, and for options 1 and 3, you will be guided through the entire form. Edit your selections and click next at each section.

Adding entries to your Running Diary

Follow the same process as the section above in updating your existing information and select option 2 to the question:

Do you need to make updates to existing information or just updating your journal?

*

- Updates to existing information only
- Updates to Journal only
- Updates to both existing information and Journal

Click Next after making your selection, and you will be taken directly to the last section, where you can update or add to your journal. Remember to start the journal with today's date so you can easily track your entries.

Click submit when done.