

LDN In Practice

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Glasgow

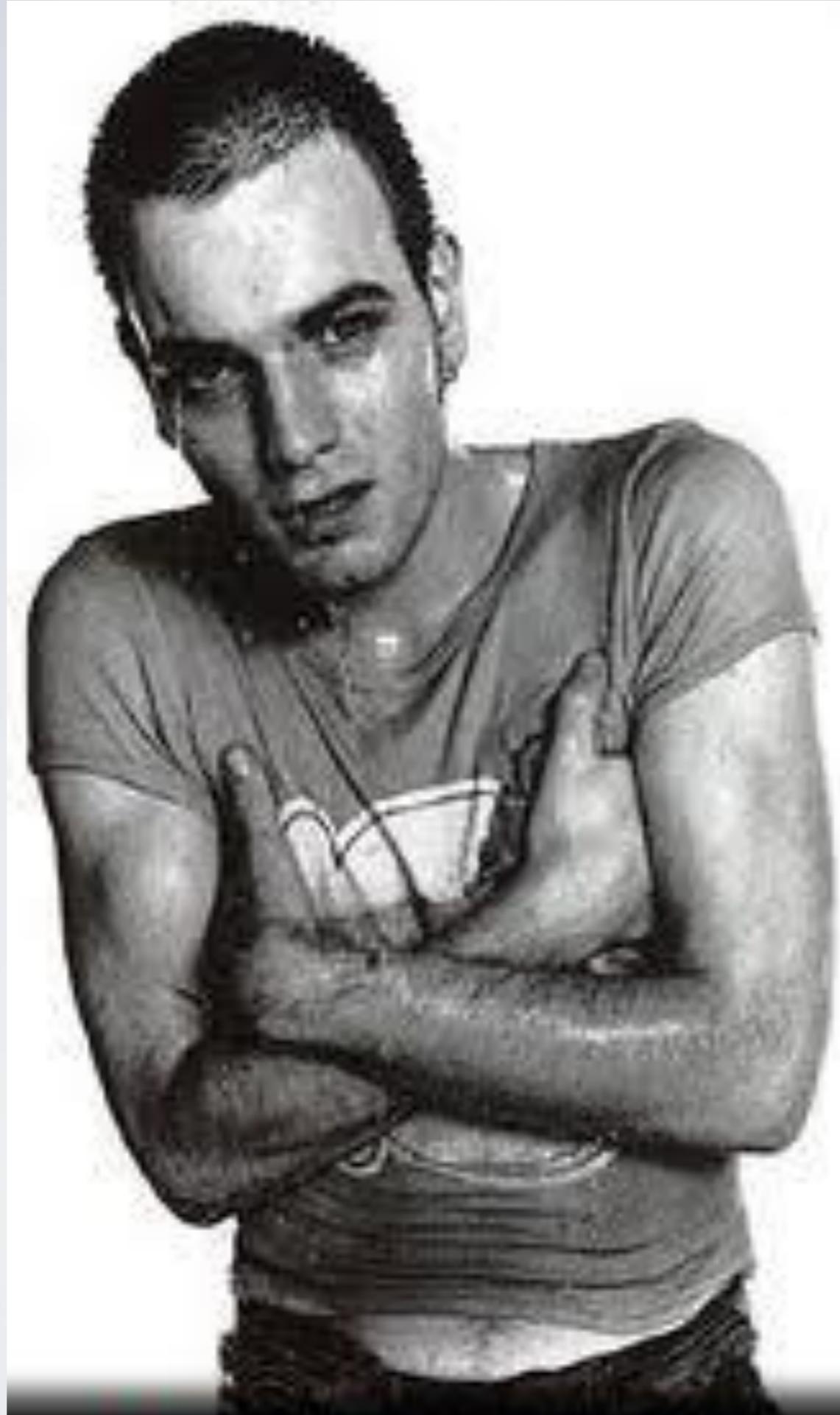
LDN

- Two practices
- NHS - 4,000 patients
- LDN - 75 patients
- Private practice - wide range of patients
- 12 countries - UK, Europe and USA/Canada
- 350 LDN patients



LDN

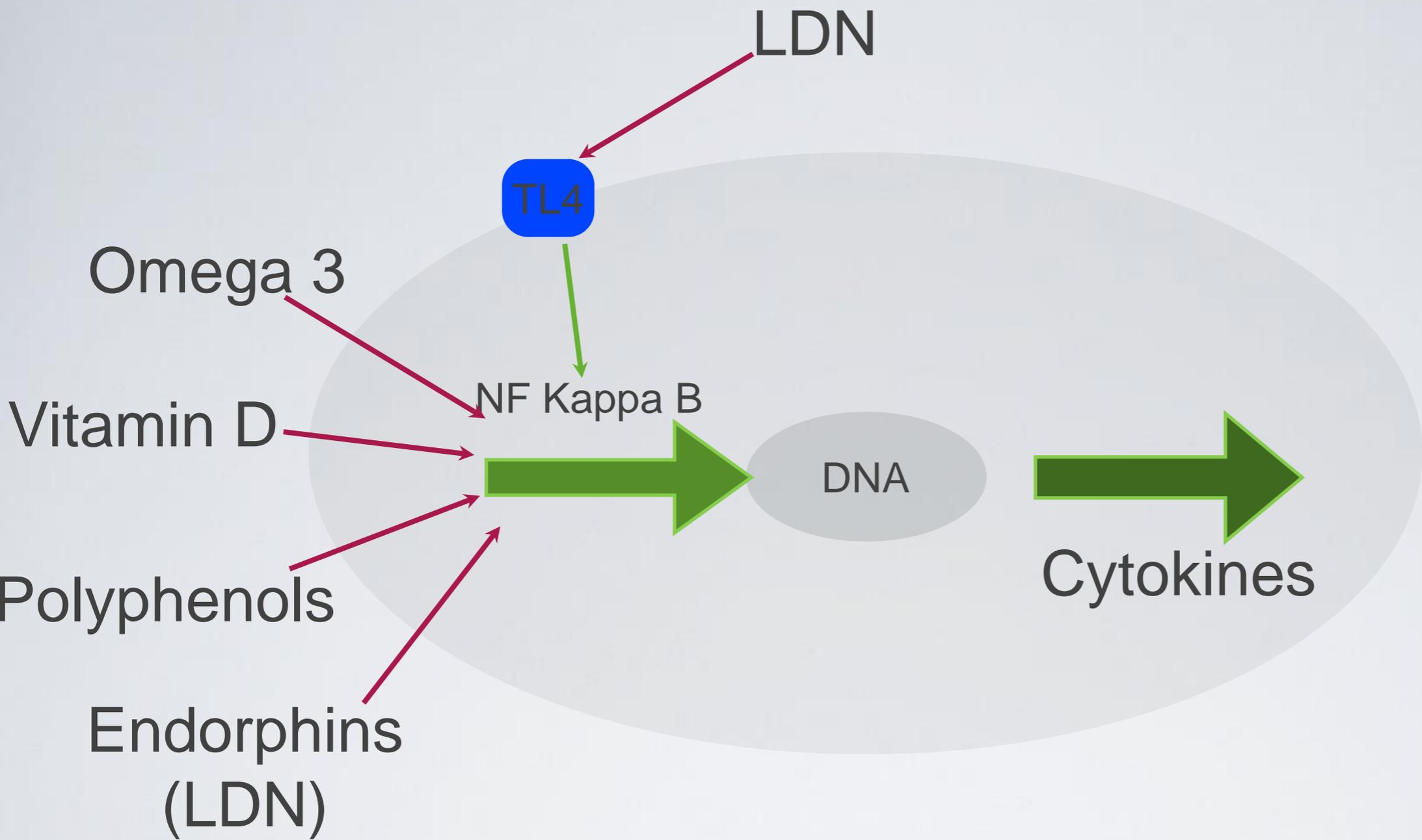
- GP 24 years East End Glasgow
- Addiction medicine 22 years
- Experience with Naltrexone in Addiction
- Safe but not effective
- Opiate blockade - low mood
- Poor compliance with treatment



HEROIN WITHDRAWAL

LDN

- 10 years LDN prescribing
- MS patients
- 3mg starting dose
- now titration from 0.5 - 1 mg
- titrate to max tolerated dose
- occasional split dosing



LDN - Mode of Action

Patient One

- 33 year old male
- Fibromyalgia
- Attending Rheumatology
- Pregabalin, Codeine, Amitriptyline
- LDN liquid 11mls twice daily (22 mg)

Patient One

- Severe muscular pain
- Walks with stick
- Given up employment
- Fatigue ++
- Low mood

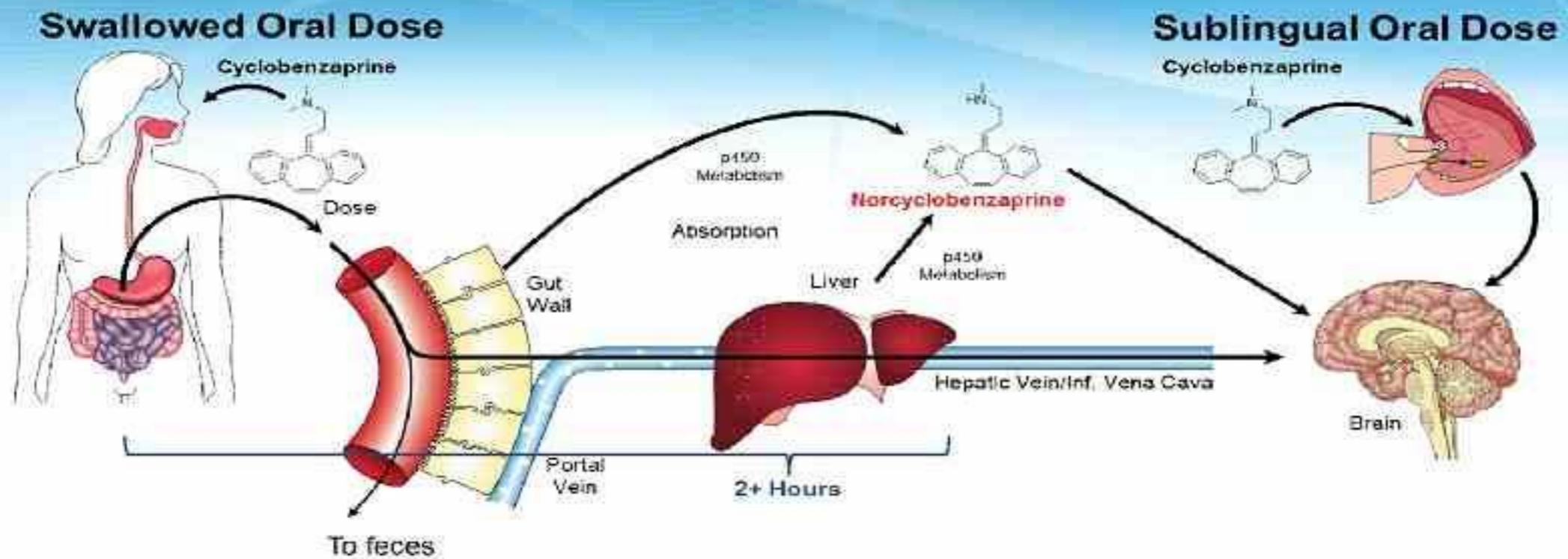
Patient One

- LDN dose limited by nausea
- Change to sublingual LDN drops
- New formulation
- Dickson's Pharmacy

Patient One

- Nausea reduced
- Pain improved
- Fatigue improved
- “One hundred times better”

Sublingual vs. Oral Delivery of CBP



Sub Lingual LDN

LDN FM

Arthritis Rheum. 2013 Feb;65(2):529-38. doi: 10.1002/art.37734.

Low-dose naltrexone for the treatment of fibromyalgia: findings of a small, randomized, double-blind, placebo-controlled, counterbalanced, crossover trial assessing daily pain levels.

[Younger J](#), [Noor N](#), [McCue R](#), [Mackey S](#).

Patient One

- Improved pain
- Improved QOL
- Increased dose to 12mg bd
- Increased bioavailability

Patient Two

- 35 year old female
- 12 year history of UC
- diagnosed autoimmune haemolytic anaemia Oct 2012
- started on prednisolone 60mg
- two sons keen on further pregnancy

Patient two

- Started on LDN Nov 2012
- Started Azothioprine 50mg 10 12 12 (LDN dose 4mg)
- Anaemia unchanged
- Improvement in anaemia at 5mg dose
- Became pregnant Jan 2012

PATIENT TWO

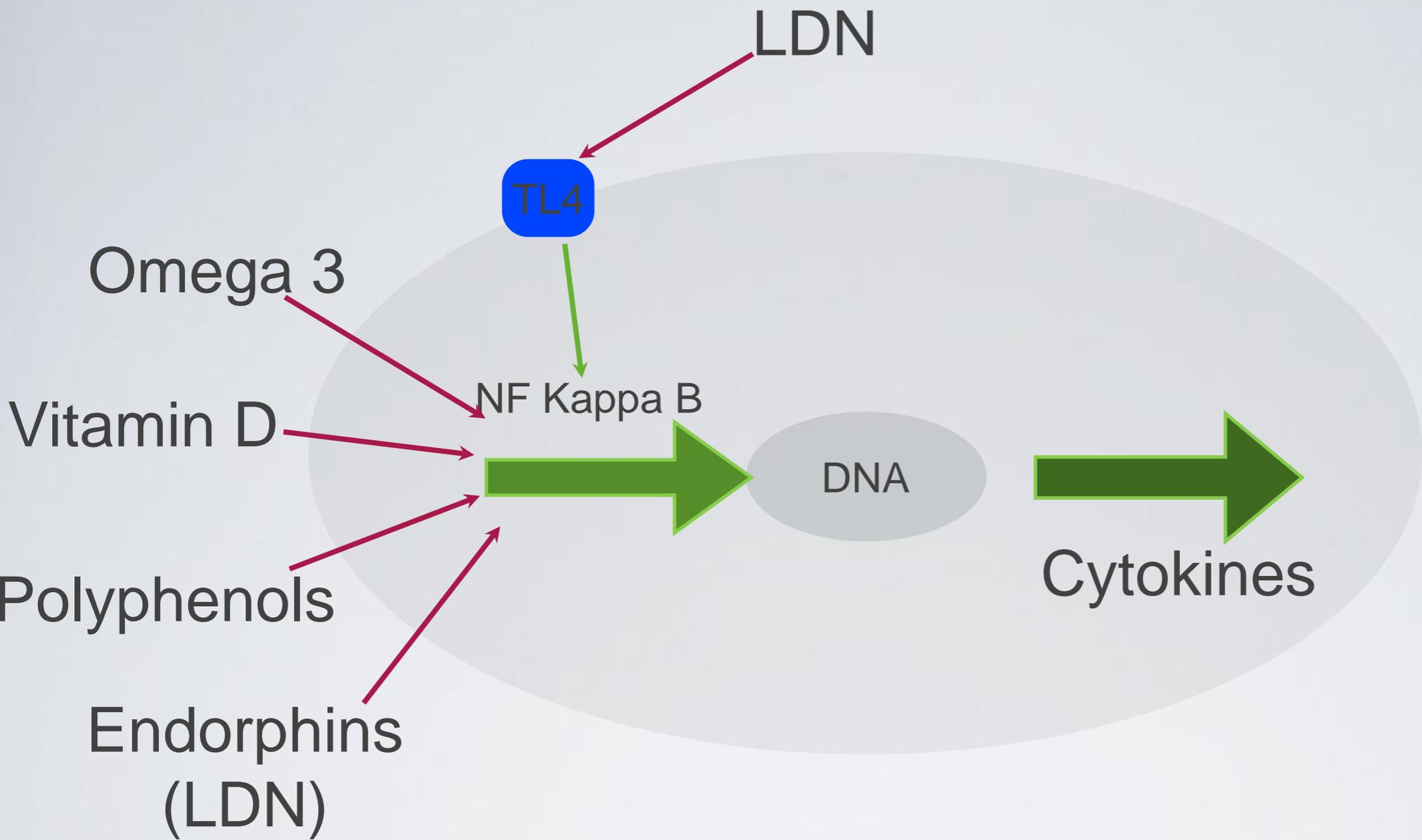
- Azothioprine increased to 100mg then 150mg
- Feb 2013 - Haemolysis worsens
- Hb 7.4
- Admitted to hospital
- Miscarriage - PPH

Patient Two

- Stopped Azothioprine Feb 2013
- LDN up to 9mg daily
- 4.5 mg cap twice daily
- Haemolysis stops Hb up to 12 g/l
- UC symptoms settled but can't miss a dose !

Patient Two

- Add polyphenols - Mangosteen blend
- Specific Carbohydrate Diet
- Earthing - sheet
- Off steroids Aug 2013
- Ongoing remission considering further pregnancy



LDN - Mode of Action

Patient Two

- LDN 9mg (4.5mg twice daily)
- Omega 3 - high dose
- Polyphenols
- Vitamin D
- Earthing/Meditation/Positive thinking

Earthing

The most important
health discovery ever?



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Foreword by James L. Oschman, Ph.D.,
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Summary

- LDN - safe effective treatment
- Complex cases - multiple pathologies
- Most effective treatment FM/CFS
- Safe in all ages
- Use in pregnancy safe