

# **The LDN 2017 Conference**

## **September 22 - 24, 2017**

**Portland, Oregon**

**Sheraton Portland Airport Hotel**



# LDN 2017

## PORTLAND, CONFERENCE

We are delighted to welcome those who have been able to travel to Portland and our global audience who are joining us via our unique interactive live stream service.

The LDN 2017 Conference is the only LDN focused event in the world and the premier auto-immune chronic disease and cancer conference of its kind. It is here where the LDN community comes to meet, share ideas and learn from each other. You have the unique opportunity to mingle and present your questions to the experts.

This unique conference will feature the latest information from 31 amazing speakers, on topics ranging from practical LDN advice about the dosing and mechanism of action of LDN, to the latest research on and experience with the use of LDN to treat a wide variety of autoimmune conditions, cancers, pain and mental health.

Admission to the conference includes online access to the recorded presentations and case studies

The LDN 2017 Conference CE credits for ND's: The Oregon Board of Naturopathic Medicine have awarded 27.75 and The American Association of Naturopathic Physicians have awarded us 26.

You won't want to miss our Expo Zone, dedicated to showcasing products and services from leading pharmacy companies from the USA, Canada, Germany and the UK.

This is a time of great promise. Numerous research studies as well as reports from patients, their physicians and pharmacists are showing tremendous breakthroughs and success using LDN for autoimmune disease, pain, cancers, mental health, autism and infertility. Our optimism must be backed by action and drive if we are to see LDN reach its full potential.

We would like to thank all the speakers for giving their time to be with us. Without them there would be no conference! I hope you have a rewarding time at our conference.



**Linda Elsegood: Founder & Trustee  
LDN Research Trust**

**A big thank you to all our amazing Volunteers for their dedication, who work tirelessly without pay. There are too many to list but everyone is appreciated for all they do!**

The conference is a charity event organised by the LDN Research Trust, a registered charity in the UK dedicated to enhancing awareness of Low Dose Naltrexone (LDN).



Special thanks to our  
**MC, Dr Mark Mandel**

### Sales and Marketing



**Jim Warner**



**Sandra Arthur**

We are honoured to have the help and support of our Diamond Sponsor Fritz Bell, better known years ago as “Good Shape” and his charity GivenShare Inc. We are grateful for his tireless efforts throughout the years to educate patients and physicians in the use of LDN.



## A word from our Gold sponsor:

Enovex's founder, Dr Ike, "As a compounding pharmacist, your job satisfaction is seeing the medications that you prepare make a difference, change lives and provide hope and relief for your patients. LDN is one of those medications, when prepared and used properly will give one of the best results. We are passionate about compounding and very optimistic about LDN and all the possibilities that it can offer to our patients. LDN is one of the most common compounds we make in our pharmacy and being a sponsor for the biggest event of the year was a natural extension of our pharmacy practice."



## Event Sponsors

Sincere thanks to our wonderful Sponsors, Exhibitors, advertisers and Supporters.



**Diamond:** Givenshare



**Gold:** Enovex Total Wellness Pharmacy



**Silver:** Dutchtest by Precision Analytical Inc.



**Silver:** Healthy Choice Compounding Pharmacy/  
Pacifica Pharmacy



### Beverage Sponsors and Information Table Exhibitors

American Integrative Pharmacy  
Holtorf Medical Group  
Lloyd Center Pharmacy

**Global Livestream Sponsor:**  
CareFirst Pharmacy

**Networking Party Sponsor:**  
American Integrative Pharmacy

**Speakers VIP Dinner Sponsor**

Dickson Chemist

### Merchandise Sponsors:

Belmar Pharmacy  
Research Nutritionals  
ZRT Laboratory

### Conference Supporters

Dickson Chemist  
Mark Drugs Pharmacy

**Media Sponsor**  
Townsend Letter

## Conference Etiquette

Please put cell phones and lap tops on silent mode. If you need to use your cell phone, please do so in a break. If you are entering or re-entering the conference room during a presentation, please take a seat at the rear of the room until the end of the presentation. Please be aware and considerate of the fact that we are live streaming the event, e.g. by

making sure you are in your seat before each session begins and avoiding unnecessary noise and keeping conversations for outside the conference room.

No photography or videography is permitted, however you will have free access to the live stream for 12 months.

## Q & A Information

Questions may be submitted to the experts on the Q&A panels, please write them on the notepads provided and hand to a volunteer. ZRT has generously provided pads and pens for this purpose.

Live stream participants should submit their questions via email to [questions@ldn2017.com](mailto:questions@ldn2017.com)

## Lunch Details

Lunches will be available from both the Coffee Shop and Concession Stand which can be purchased and eaten in the Cascade B & C Room or the Columbia Bar and Grill Restaurant.

### Coffee Shop:

Boxed Sandwich .....	\$12
Deli sandwich + GF, Roast veggi wrap (GF, option available)	
Boxed Salads.....	\$12
a vast selection available - ALL Dressings GF, DF, and VF	
Hummus box.....	\$12
Yogurt Parfait (berries, oats and yogurt).....	\$5.50
Fruit and Cheese (in a box).....	\$6.50
Yogurt.....	\$2.50
Whole Fruit:.....	\$1.50
Assortment of Bagels.....	\$3.75
Muffins, Danish, Scones .....	\$3.75
Coffee, espresso and specialty drinks: range from.....	\$3.75-\$5.75

### Concession Stand: The Concession stand will be placed in the Cascade Foyer

Boxed Sandwich .....	\$12
Same as coffee shop	
Boxed Salads.....	\$12
Same as coffee shop	
Yogurt Parfait (berries, oats and yogurt).....	\$5.50

### Columbia Bar and Grill Restaurant:

Buffet Lunch .....	\$13.50
either: salad bar, soup bar, sandwich bar, or a hot item	

## Breaks

Morning and afternoon breaks will take place in the Expo Hall and the Foyer just outside. In addition to water we have a selection of teas and coffee and a self service popcorn cart in the Foyer.

### Restaurant Lunch Menu

#### Salads

Traditional Caesar .....	\$12.50
House Smoked Salmon Salad .....	\$16
Fresh fruit plate .....	\$14.50
Cobb Salad .....	\$14.50
Baby Spinach Salad .....	\$14.75
Fried Chicken Chopped Salad .....	\$14.25

#### Sandwiches & More

Turkey Club Sandwich .....	\$13.50
Jamaican Jerk Chicken Sandwich .....	\$13.50
American Kobe Burger .....	\$14.50
Asian Chicken Wrap .....	\$13.50
Grilled Cheese Sandwich .....	\$12.50
Grilled Cheese Sandwich .....	\$12.50
Fish and Chips .....	\$15.50
Grilled Chicken Poblano Quesadilla .....	\$15.50
Pulled Chicken Tacos .....	\$12.50

\*\*\* Specific dietary requirement can be requested in the restaurant but not in the coffee shop or concession stand. There will be a longer wait for special orders.



Tosca Reno

Prevent  
Cancer

SV

Prevention is the New Cure!

[www.prevent-cancer.ca](http://www.prevent-cancer.ca)

- Reduction of carcinogenic pathologic inflammation using oral Low Dose Naltrexone (LDN)
- First doctor-endorsed, safety- and emission-tested electronic cigarettes in Canada for smokers unable or unwilling to quit (by Smoking Vapor™)
- Nutrition and fitness program with Eat-Clean Diet® founder, New York Times best-selling author, and TV personality Tosca Reno
- Primary prevention with high dose vitamin D and blood level monitoring
- Ultra-early cancer detection (ENOX2 protein detection) with ONCOblot® for secondary prevention



MEDICOR CANCER CENTRES

4576 Yonge St, Suite 301, Toronto, ON Canada M2N 6N4  
[prevent-cancer.ca](http://prevent-cancer.ca) | 416-227-0037 | [medicorcancer.com](http://medicorcancer.com)



## THE LDN RADIO SHOW

**This is your chance  
ask your questions**

**Every Wednesday  
9pm London time UK  
4pm Est time in the US.**

**To participate in LDN radio please  
email your questions to  
[linda.ldnrt@gmail.com](mailto:linda.ldnrt@gmail.com)**

**[www.ldnresearchtrust.org/ldn-radio-station](http://www.ldnresearchtrust.org/ldn-radio-station)**



- ✓ Our uniquely formulated LDN tablets have the benefit of dosing flexibility and less ingredients
- ✓ Nationally Accredited Compounding Pharmacy (PCAB/ACHC, VPP Inspected, PCCA and IACP Member)
- ✓ State of the art compounding facility
- ✓ Fast turnaround time and free shipping
- ✓ Licensed in over 30 states



**\$46.95/90 TABLETS**  
ANY STRENGTH 0.5-4.5MG

**\$24.95/30 TABLETS**  
ANY STRENGTH 0.5-4.5MG

Our compounded LDN immediate release tablets contains no calcium, lactose, gluten, corn, dairy, soy or dyes.  
Does not contain any fillers or binders that interfere with absorption.  
Multiple strengths available from 0.5mg to 4.5mg.

**OTHER LDN DOSE FORMS AVAILABLE:**

- Sublingual Tablets • Veggie Capsules • Oral Suspension (30 day beyond use date)
- Oral Sublingual Drops • Topical Creams

**CAREFIRST SPECIALTY PHARMACY**

844-822-7379 | 844-922-7379 | [info@cfsparmacy.com](mailto:info@cfsparmacy.com)

2200 Garry Rd Suite 1, Cinnaminson, NJ 08077

**THE LDN PHARMACY YOU CAN TRUST**



The National Academy of Hypothyroidism and Integrative Sciences (NAHIS) is a non-profit, multidisciplinary translational medical society dedicated to the dissemination of new information and training on the diagnosis and treatment of endocrine dysfunction and chronic multisystem disease, including chronic fatigue syndrome (CFS), fibromyalgia, Lyme disease and other vector-borne illnesses, autism, PANS and other autoimmune disorders. NAHIS also facilitates the implementation of effective innovative treatments via collaborative processes.

## **Immune modulating treatments that can be synergistic with LDN**

**Peptides  
Umbilical Cord Stem Cells  
Thyroid Training  
LDN**

**[NAHypothyroidism.org](http://NAHypothyroidism.org)**

**Come see us at our information table in the conference foyer.**



# LDN Expert Compounders

Mark Drugs specialize in the custom compounding of medications assuring that the client receives the proper prescriptions for their unique needs and conditions. They work with practitioners integrating knowledge and treatments of experts to create comprehensive health plans.

**LDN compounded in to:**

**Liquid | Capsules | Sublingual Drops | Cream | Tablets**

**We ship to Illinois, Florida, Indiana and Wisconsin**

**[www.markdrugs.com](http://www.markdrugs.com)**



Mark Drugs Roselle  
**PCAB ACCREDITED**  
Compounding Pharmacy

**Roselle**

**Email:** [info@markdrugs.com](mailto:info@markdrugs.com)

**Toll Free:** (800) 776-4378 FREE (1800progesterone)

**Phone:** (630) 529-3400 | **Fax:** (630) 529-3429

**Address:** 384 E. Irving Park Road, Roselle, IL 60172

**Deerfield**

**Email:** [mdnorthshore@live.com](mailto:mdnorthshore@live.com)

**Toll Free:** (877) 419-9898 FREE

**Phone:** (847) 419-9898 | **Fax:** (847) 419-9899

**Address:** 1020 N. Milwaukee Avenue, Suite 140,  
Deerfield, IL 60015





**Joseph Burrascano Jr., MD**  
*"Due to the research basis of these formulations, I think these products would be an important part of a practitioner's arsenal."*

**MITOCHONDRIA**



- ✓ Phospholipid membrane repair\*
- ✓ Krebs cycle support\*
- ✓ Clinically researched

**CYTOKINE SUPPORT**



- ✓ Promotes healthy cytokine activity\*
- ✓ Highly absorbable polyphenol blend\*
- ✓ Nrf-2 support\*

**ANTIOXIDANT**



- ✓ Targets hydroxyl radical group\*
- ✓ Crosses blood-brain barrier & cell membrane\*
- ✓ Nrf-2 support, which promotes healthy glutathione level\*

**DETOX**



- ✓ Clinically researched
- ✓ Supports detox pathways\*
- ✓ Promotes healthy mitochondrial function & NK cell function\*

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



# ThistlePharma

+44 1349 831166

[contactus@thistlepharma.com](mailto:contactus@thistlepharma.com)  
[www.thistlepharma.com](http://www.thistlepharma.com)

Our directors have been **compliantly** managing the safe UK supply chain in LDN for over 10 years.

Experts in the unlicensed and niche procurement markets, we can operate internationally to set up *and maintain* safe supply chain solutions for medicines.

Everything from managed access programs to bespoke design of batch manufacture.

We are experts in medicine supply chain solutions

## Reliable, Safe and Trustworthy

# Need RLS Relief?

Is it difficult to keep your legs still in the evening and do you experience leg discomfort?

**The RLS Clinic takes a new approach to restless legs syndrome treatment**






specialists in gastroenterology

**RLS Clinic**  
 Leonard Weinstock and Trish Myers, 11525 Olde Cabin Road, St. Louis 63141  
 Learn more at [www.RLSclinic.com](http://www.RLSclinic.com) Call 314-400-9912 for an appointment



# LDN 2017

## CONFERENCE SPEAKERS



Akbar Khan, MD



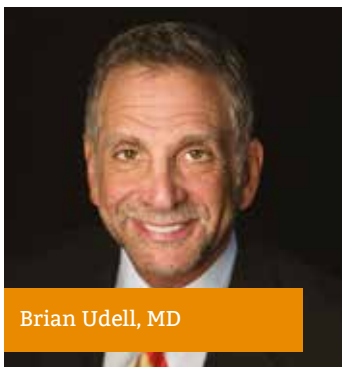
Anthony Turel, MD



Armin Schwarzbach, MD, PhD



Beth Livengood, NMD



Brian Udell, MD



Darin Ingels, ND



David Zava, PhD



Deanna Windham, DO



Debbie Rice, ND



Dr Laurie Marzell



Dr. Mark Mandel



Galyn Forster, MS, LPC



Ginevra Liptan, MD



Jarred Younger, PhD



Jill Brook, M.A.



Jill Cottel, MD

# LDN CONFERENCE SCHEDULE

## Friday

Exhibitors Opening Times - 8.30 Exhibitors Open | 6.30 Exhibitors Close

9:00	<b>Welcome</b>	Linda Elsegood
9:05	<b>Introduction</b>	Dr. Mark Mandel
9:10	<b>Using an Old Drug to Trick the Immune System into Healing Itself</b>	Stephen Dickson BSC (hons) MRPharmS
9:55	<b>Treating the Zebras in Primary Care</b>	Jill Cottel, MD
10:25	<b>Morning Break</b>	
11:30	<b>Multiple Sclerosis: Result-Based Immune Therapies Beyond Those Normally Offered</b>	Paul S. Anderson, NMD
10:45	<b>The Role of the Opioid System in Immune-Mediated Disease</b>	Anthony Turel, MD
11:45	<b>Q&amp;A</b>	
12:45	<b>Lunch</b>	
1:45	<b>Modern Laboratory Tests for Diagnosing Lyme Disease</b>	Armin Schwarzbach, MD, PhD
2:00	<b>Immune Dysfunction and Chronic Lyme Disease</b>	Kent Holtorf, MD
2:45	<b>A Novel Approach to Type 1 Diabetes Mellitus</b>	Paul Battle PA-C
3:00	<b>Afternoon Break</b>	
3:20	<b>Children are not Small Adults: Considerations for Medication Dosing and Delivery</b>	Deanna Windham, DO
3:50	<b>Psoriasis: A Novel Approach to Treatment</b>	Deanna Windham, DO
4:05	<b>Vitamin D and Autoimmune Disease: A Systematic Review of the Literature</b>	Jill Cottel, MD
4:20	<b>Q&amp;A</b>	
7-8pm	<b>Laughter Yoga Course</b>	Jill Brook, M.A.

## PARTNERS FOR YOUR LDN NEEDS AND MORE



**PACIFICA**  
COMPOUNDING PHARMACY

Pacifica Pharmacy in California is a PCAB-accredited pharmacy with a staff that has decades of compounding experience. We combine ongoing training, state-of-the-art equipment, and the highest quality ingredients to address a variety of healthcare needs in a truly personal way.

[www.PacificaPharmacy.com](http://www.PacificaPharmacy.com)

310.530.0831

CALIFORNIA



**The Healthy Choice**  
COMPOUNDING PHARMACY  
Since 1997

The Healthy Choice Compounding Pharmacy in New York has been on the cutting edge of innovative treatments, educating practitioners and patients since 1997. We have a new, state-of-the-art USP 800 compounding lab, where we continue the journey to achieve optimal health.

[www.thehealthychoice.net](http://www.thehealthychoice.net)

914.238.1700

NEW YORK

## Saturday

Exhibitors Opening Times - 8.30 Exhibitors Open | 6.30 Exhibitors Close

9:00	Welcome	Linda Elsegood
9:05	Introduction	Dr. Mark Mandel
9:10	Understanding and Managing Neuropathic and Inflammatory Pain	Leonard Weinstock MD
9:40	Beyond Tired: CFS/ME or Not?	Sarah Zielsdorf, MD, MS
10:10	Morning Break	
10:30	The Ten Most Important Fibromyalgia Discoveries of 2016 and 2017	Jarred Younger, PhD
11:00	Turning Down the Volume on Fibromyalgia Pain	Ginevra Liptan, MD
11:15	Physiology and Treatment of Postcoital Dysphoria	Mark Shukhman, MD
11:30	Q&A	
12:15	Lunch	
1:15	Irritable Bowel Syndrome: The Roles of Small Intestinal Bacterial Overgrowth (SIBO) and Mucosal/Systemic Inflammation	Leonard Weinstock MD
2:15	Crohn's Disease: Latest Integrative Immunologic Therapies	Paul S. Anderson, NMD
2:30	An Introduction to Fire in the Hole - Intestinal Permeability, The Development of Autoimmune Disease, and a Comprehensive Approach to Healing the Gut	Thomas O'Bryan, DC, CCN, DACBN
2:45	What the Bleep Can I Eat?! Making Sense of Conflicting Autoimmune Diets	Jill Brook, M.A.
3:00	Afternoon Break	
3:20	The Role of Non-Cytotoxic Drugs in the Management of Cancer	Professor Angus Dalglish
3:50	Broad spectrum, Gentler Anti-Neoplastics: Breaking the cycle of toxic therapy	Akbar Khan, MD
4:20	Q&A	
7.30-10pm	Networking Party	

## Sunday

Exhibitors Opening Times - 8.30 Exhibitors Open | 1.45 Exhibitors Close

9:00	Welcome	Linda Elsegood
9:05	Introduction	Dr. Mark Mandel
9:10	Thyroid Autoimmunity: Causal Relationships & Novel Therapeutics	John A. Robinson NMD
9:25	Navigating the Narrative with your Health Care Team	Nasha Winters, ND
9:40	New Cost-Effective Treatment for Autoimmune Illnesses, Cancer, and Chronic Diseases?	Nasha Winters, ND
10:10	Review of Recent Statistics for Patients Taking LDN in a Special Needs Pediatric Practice	Brian Udell, MD
10:40	Morning Break	
11:00	Opioid Antagonists and Traumatic Brain Injury	Ulrich Lanius, Ph.D. and Galyn Forster, MS, LPC
11:30	A Medication to Gain Self-Awareness: Treatment of Dissociative Symptoms in Trauma-Related Disorders	Wiebke Pape, MD
11:45	A Guide to Testing Steroid and Peptide Hormones in Different Body Fluids	David Zava, PhD
Noon	LDN and Pets	Dr. Mark Mandel
12:15	Q&A	
1:15	Summary	Dr. Mark Mandel



Now a single test gives  
you the complete picture.

**dutchtest**  
BY PRECISION ANALYTICAL INC.



What's missing from  
your hormone testing?

**Visit our booth #14**  
or [dutchtest.com](http://dutchtest.com) to find out.



Join us  
at the  
**Networking  
Party**

**7.30-10pm Saturday,  
September 23rd**



**Laughter Yoga**

**7-8pm Friday, Sept 22nd**

You are invited for some  
healthy fun! Please join us  
on Friday night during the  
conference for Laughter Yoga  
with instructor Jill Brook.

*At Belmar Pharmacy we can help you identify the best  
possible dosage form to fit your patients' needs.*

## Low Dose Naltrexone **DOSAGE FORM EXPERTS**

**Oral Tablets** - Our most popular LDN compound is oral tablets. LDN tablets are scored for easy dose titration and common doses are 3mg and 4.5mg with other custom strengths available.

**Sublingual Tablets** - Some patients with gut issues may benefit from LDN sublingual tablets.

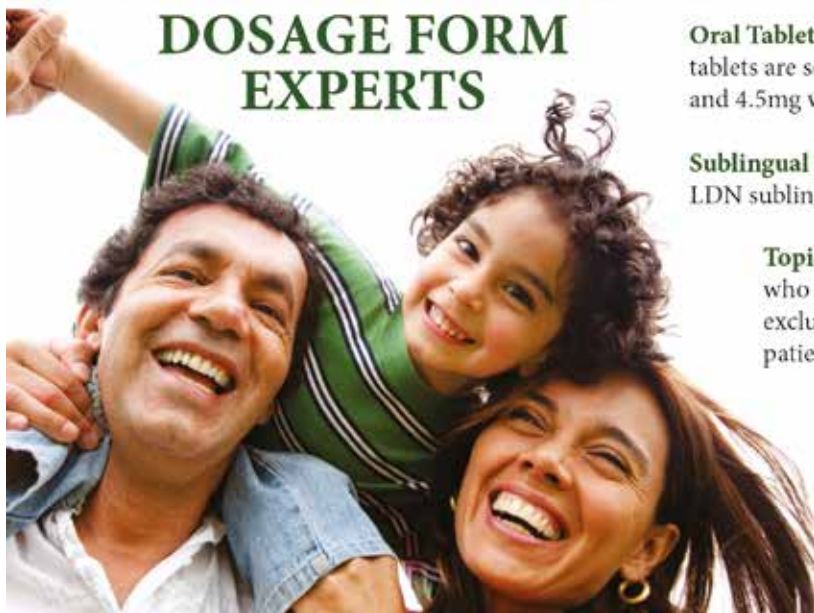
**Topical Creams** - Creams can be used in pediatric patients who cannot swallow pills. You have two base options with our exclusive hypoallergenic cream base or for extremely sensitive patients, emu oil.

Contact us to see how we can  
help your patients!

**(800) 525-9473**

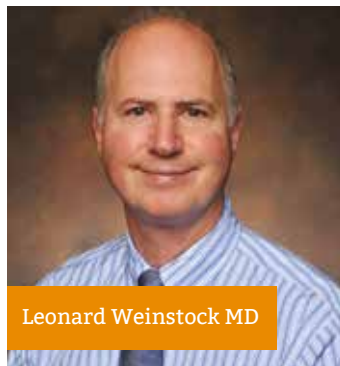
[www.belmarpharmacy.com](http://www.belmarpharmacy.com)

  
**BELMAR  
PHARMACY**  
Compounding Since 1985



# LDN 2017

## CONFERENCE SPEAKERS





# WORLDWIDE Prescription Service

+44 141 404 6545

[www.dicksonchemist.co.uk](http://www.dicksonchemist.co.uk)



PAULA CONNOR  
Manager LDN/Private Department

**dickson**  
chemist



Working with the LDN research trust for over 10 years, we believe we are the most **cost effective** and **efficient** way to obtain LDN in Europe and possibly worldwide.

## Low Dose Naltrexone

Liquid 1mg/1ml, Cream, Capsules, Tablets, Sublingual Drops.

*We only use LOWTREX LDN, compliant with tight EU quality Regulations and GMP.*

Cost effective **Lyme Medicines**,  
**Sativex**, BetaGlucan, Bioidentical  
**Hormones**, Specials **Compounding**.....

"One stop shop" GP Consultation,  
Prescription and Delivery!

EMAIL: [homedeliverypharmacy@yahoo.co.uk](mailto:homedeliverypharmacy@yahoo.co.uk)

Post: Dickson Chemist, 35 Mitchell Arcade,

Glasgow, Scotland, G73 2LS

Local import legislation may apply and some countries charge fees for importation of medicines from another territory.



# THE LDN BOOK

Low Dose Naltrexone (LDN) holds the potential to help millions of people suffering from various autoimmune diseases and cancers, and even autism, chronic fatigue, and depression, find relief.

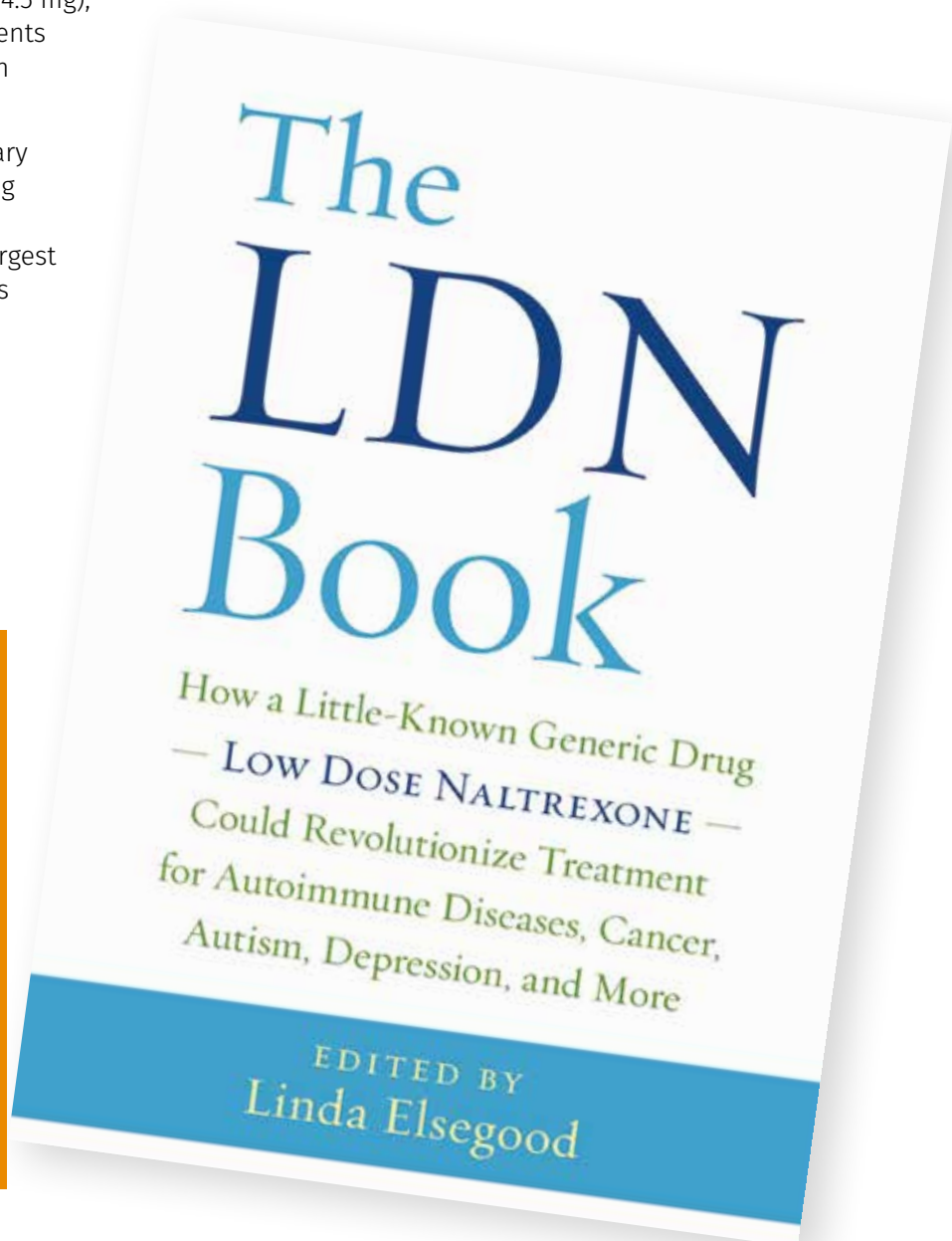
Administered off-label in small daily doses (0.5 to 4.5 mg), this generic drug is extremely affordable and presents few known side effects. So why has it languished in relative medical obscurity?

The LDN Book explains the drug's origins, its primary mechanism, and the latest research from practicing physicians and pharmacists as compiled by Linda Elsegood of The LDN Research Trust, the world's largest LDN charity organization with over 19,000 members worldwide. Featuring ten chapters contributed by medical professionals on LDN's efficacy and two patient-friendly appendices, The LDN Book is a comprehensive resource for doctors, pharmacists, and patients who want to learn more about how LDN is helping people now, and a clarion call for further research that could help millions more.

Chelsea Green Publishers are offering for non- bookstore retailers a special conference offer.

- 55% non-returnable discount for one order of 10 copies or more, with Free Shipping on 25+ books.
- To place an order contact Darrell Koerner [dkoerner@chelseagreen.com](mailto:dkoerner@chelseagreen.com) quoting "LDN17"

**The LDN Book will be available to purchase at the LDN 2017 Conference in Portland at the discount price of \$20.**



# DIRECTORY LISTINGS

## EVENT GOLD SPONSOR:

Enovex Total Wellness Pharmacy is a State of the Art, fully compliant Integrative Pharmacy specializing in compounding sterile and non-sterile preparations as well as providing services such as Nutrition, IGG&IGE Allergy, Stool, Hormone, Cholesterol screenings and consultations leading toward a path of optimal health.

Contact us at 888-ENOVEX6 or [info@EnovexRx.com](mailto:info@EnovexRx.com)



## EVENT SILVER SPONSORS:

### Dutchtest - Precision Analytical Inc.

DUTCH by Precision Analytical is a Dried Urine Test for Comprehensive Hormones that is revolutionizing hormone testing in integrative and functional medicine. The DUTCH test offers the benefits of 24hr urine and saliva with simple collection and more.

Learn more <https://dutchtest.com>

### Healthy Choice Compounding Pharmacy

Healthy Choice Compounding Pharmacy in New York, has been on the cutting edge of innovative treatments, educating Practitioners and Patients since 1997. They have a new, 3000 sq foot state of the art USP 800 compounding lab, where they continue their journey to achieve optimal health. Call (914) 238-1700 [www.thehealthychoice.net](http://www.thehealthychoice.net)

### Pacifica Pharmacy

Pacifica Pharmacy is a family-owned compounding pharmacy located in Torrance, California. Since 1983, pharmacist/owner Dr. Jeff Barris has focused on individualized approaches to his patients' health. Using state-of-the-art equipment and high-quality ingredients, Pacifica Pharmacy addresses health and wellness—from hormone therapy to pain management—in a truly personal way. [www.PacificaPharmacy.com](http://www.PacificaPharmacy.com)

### American Integrative Pharmacy

American Integrative Pharmacy is a premier, compounding pharmacy located in California at 855-247-7948. Our multi-state licensed pharmacy has been compounding Low Dose Naltrexone for our patients nationwide.

Our patients receive quality medications with proven results that includes free shipping.

[www.americanintegrative.com](http://www.americanintegrative.com)

### Lloyd Center Pharmacy

Lloyd Center Pharmacy is Portland's recognized expert in compounding knowledge. We take immense pride in providing incredible service to our patients, and in being a medical resource to the community Call 503-281-4161

<https://lcrx.com>

### Community Compounding Pharmacy

Community Compounding Pharmacy is a West Coast leader in compounding medications. We provide an integrative approach, specializing in naturopathic and complimentary therapies. We are committed to excellence from our customer service to our final products.

Phone: 503.303.7373 Fax: 503.344.4996

[www.communitycmpd.com](http://www.communitycmpd.com)

### DNA/Palm Beach Compounding Pharmacy

**Palm Beach**  
Compounding Pharmacy

"Improving your health with customized medications"

DNA/Palm Beach Compounding Pharmacy, Jupiter, Florida has been compounding high quality

medicines (including LDN) since 2004. We start with the drug powder and make all dosage forms for both Humans and their pets. Phone: 561-741-1191 Fax: 561-741-1193 Email: [rick@palmbeachcompounding.com](mailto:rick@palmbeachcompounding.com)

### Tache Pharmacy

Complete and extensive compounding pharmacy. Member of Professional Compounding Centers Of America. In



business for 43 years. We offer personalized specialty compounding ex LDN, BHRT, Veterinary, ED, Palliative Care/ Pain Management etc.

Specialized nutraceuticals Ex Pro-Immune, Immunocal, Iodoral, NAD, Curcumin etc.

[www.tachepharmacy.com](http://www.tachepharmacy.com)

## Pavilion Compounding Pharmacy

Pavilion Compounding Pharmacy, LLC, Atlanta, Georgia provides sterile and non-sterile compounding pharmacy services with a focus on customer care and quality. Pharmacist owned & Operated. Specialized mixing technology for precise LDN Dosing Phone 404-350-5780 Fax: 404-350-5640 email: [staff@pavilionrx.com](mailto:staff@pavilionrx.com)

## Researched Nutritional

Contact: Christin Byrd-Operations Supervisor  
+1800-755-3402.

Physician-only line of clinically researched formulations: CytoQuel® - researched-based and formulated to promote healthy cytokine activity, including NF-k Beta, IL6, IL8, IL17, IL23, TNF-a; H2 Absorb™ - molecular hydrogen to scavenge hydroxyl free radical & promote healthy oxidative stress levels.

[www.researchednutritional.com](http://www.researchednutritional.com)

## MEDICAL DOCTORS

### Dr Jade McGaff

Dr Jade McGaff has been practicing integrated medicine for over 30 years and has been delighted to prescribe LDN for many types of health concerns, mental and physical. Phone consults available. 65-1235A Opelo Rd, Ste 2, Kamuela, HI, 96743. 808-345-8509

[info@jademd.com](mailto:info@jademd.com) [www.jademd.com](http://www.jademd.com)

### Dr Kent Holtorf

The National Academy of Hypothyroidism and Integrative Sciences (NAHIS) is a non-profit, translational medical society dedicated to the dissemination of new information on the diagnosis and treatment of chronic illness, facilitating the implementation of innovative treatments for doctors. [www.NAHypothyroidism.org](http://www.NAHypothyroidism.org) 310-375-2705

Discover our NEW Virtual Expo – our new marketplace for LDN knowledge and contacts.

[www.ldnresearchtrust.org/conference/ldn-virtual-expo](http://www.ldnresearchtrust.org/conference/ldn-virtual-expo)



[www.facebook.com/groups/LDNRT/](https://www.facebook.com/groups/LDNRT/)



<https://vimeo.com/ldnresearchtrust>



<https://plus.google.com/u/0/+LdnresearchtrustOrg1>



<https://twitter.com/LDNRTTrust>

## LDN Research Trust Forum

The LDN Research Trust has an active message forum which acts as an interactive site where you can gather useful information, read about other people's experiences, post a message or offer support to other people.

The forum is ideal for communicating with like-minded people who understand, and can relate to the many difficult issues which having MS and other autoimmune diseases bring.

Visit the forum here: [www.forum.ldnresearchtrust.org](http://www.forum.ldnresearchtrust.org)



Dr. Darin Ingels specializes in Lyme disease, autism, allergies and other immune and autoimmune disorders. As a naturopathic doctor, he focuses on using therapies that help modulate the immune system and improve immune function to help you overcome persistent or recurrent infections, autoimmune illness or chronic allergies.

Dr. Ingels is also an environmental medicine doctor, so he recognizes the impact of environmental influences on health, including diet, toxic exposures, lifestyle habits, mold or other allergens, stress and sleep as triggers for undermining your immune system. He uses diet, herbs, homeopathy, lifestyle counseling, immunotherapy and low dose naltrexone to help you achieve better health.

### Wellness Integrative Naturopathic Center

14795 Jeffrey Rd., Ste.101, Irvine, CA 92618  
[wellnessintegrative@gmail.com](mailto:wellnessintegrative@gmail.com)  
949.551.8751

[wellnessintegrative.com](http://wellnessintegrative.com) [dariningelsnd.com](http://dariningelsnd.com)



# The World's Largest LDN Survey

Everyone can take part anonymously  
with the **FREE** Health Tracker App

**Please tell your patients about the LDN App!**  
- Jill Brook M.A.

This free smartphone app guides patients to track their response to LDN, while anonymously donating their data so that we can accelerate research. It's an invaluable tool for guiding patient-provider discussions about optimal dosing, as it tracks side effects, pain, sleep, quality of life, and more.

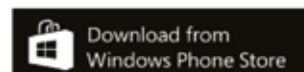
**You can find it in the App Store or Google Play Store.**

Please participate in this worldwide citizen science initiative!



**LDN Health Tracker App**

[www.ldnresearchtrust.org/ldn-health-tracker-app](http://www.ldnresearchtrust.org/ldn-health-tracker-app)



# LDN 2017

## FLOOR PLAN



- 1 & 2 Researched Nutritionals
- 3 & 4 Canada RNA Biochemical, Inc
- 5 ArminLabs
- 6 ZRT Laboratory
- 7 Women's International Pharmacy
- 8 Johnson Compounding & Wellness
- 9 Hoey Apothecary
- 10 Imprimis Rx
- 11 Labrix Clinical Services
- 12 Peninsula Pharmacies
- 13 Medica Health
- 14 Dutchtest by Precision Analytical
- 15 Belmar Pharmacy
- 16 Community Compounding Pharmacy
- 17 NuMedica
- 18 Enovex Total Wellness Pharmacy
- 20 Dickson Chemist
- 22 Wellness Pharmacy
- 23 Lloyd Center Pharmacy
- 24 National Academy of Hypothyroidism and Integrative Sciences.
- 25 American Integrated Pharmacy
- 26 Basin Naturopathic Care
- 27 CareFirst Specialty Pharmacy
- Refreshments
- Registration Area
- Information Table

# ULTRA LOW DOSE NALTREXONE



2 mcg - 25 mcg  
Naltrexone



5-7 Days  
Before Reducing Opiate Dosage\*



20% - 40%  
Opiate Dosage Reduction\*

Many of you have obviously heard of Low Dose Naltrexone (LDN) and the multitude of the conditions that it can be beneficial for. Some of you may not have heard about the benefits of ULTRA Low Dose Naltrexone. We are talking about 2 mcg to 25 mcg dosage forms that can be very helpful for a specific subset of population. We use this therapy on patients who have developed tolerance to the opiates and are on escalating doses of narcotics without sufficient pain control or on patients who are stable on a specific dose, but would like to have the opiate dose reduced.

The studies and the personal experience have shown that we can reduce the dosages of opiates from 20-40% on most patients once the therapy is initiated. Give a patient about 5-7 days on the once at bedtime dosing before attempting to reduce opiate dose. The mechanism of action is attributed to the naltrexone binding to the opiate receptors and preventing the downregulation of the receptors, thus making more receptors available for the opiates floating around in the blood. We successfully use this therapy in our pharmacy for Hospice patients and pain management clinics to achieve better pain control with fewer narcotics.

*This compound is actually harder to make because of the 2 step process involved in first making a triturate then being able to weight a measurable amount of naltrexone to make the capsules.*

*Keep in mind that LDN at 2mg-4.5mg will block enough opiate receptors to put patients in withdrawal, but 2mcg will not!*

\* RESULTS FROM A SMALL STUDY; INDIVIDUAL RESULTS MAY VARY



## ENOVEX

Total Wellness Pharmacy

PERSONALIZING MEDICINE FOR YOUR  
OPTIMAL HEALTH AND WELLNESS



## 888-ENOVEX6