

We Need Your Help! Please Take Part in the World's Largest LDN Survey!

The **LDN Research Trust** together with **Bodymap Apps** and **Jill Brook** have created the first, global remote **LDN Research Study** of its kind – with the **myLDN Health Tracker app!**

Download the **myLDN Health Tracker App** today – it's **FREE!** All data is collected anonymously; we don't have access to your personal details like email addresses etc. The App can be used before starting LDN or after, so we are able to see how LDN impacts on your quality of life. It is quick and easy to register and use, best of all it is **FREE!**

Track your current medication, pain, mood, fatigue and much more, reports can be downloaded.

The anonymous data , collected over 12 months will enable us to publish the results. We can't do it without you!



myLDN Tracker App is on iPhones, Androids, Macs and PCs. App website: www.ldnapp.org

Thank you, your participation is greatly appreciated!

LDN Research Trust Charity 1106636

www.ldnresearchtrust.org