



**Hailey-Hailey Disease (HHD) &
LDN: Michelle's Story**

**A Call to Aid: Nurses as
Advocates**

**LDN and Autoimmune Thyroid and
Kidney Disease**

**LDN, Parkinsons and Me: The
First Weeks by Marlene**

The 2014 LDN Survey

**Lachlan Cox: Hypnosis as Pain
Control**



2014 LDN Conference Live Online Stream Still Taking Bookings!

BOOK YOUR PLACE AT THE LIVE STREAMED LDN CONFERENCE 2014! **LAS VEGAS, NOV 7-8th!**

With exclusive as-it-happens coverage of the conference through an online live stream, a live chatroom giving you access to LDN specialists and **access to the huge range of presentation notes** by our speakers!

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Join our conference without leaving the comfort of your own home! Access the **live streamed** video feed from your own computer! Also included in the ticket price: **Receive a certificate** for attending, and **a full recording of the conference** after the event!

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LDN Health Tracker App now available!



The new LDN app has arrived! Available on all platforms including Android, iOS, Windows Phone and Kindle, the LDN Trust is helping you take back control of monitoring things like medication alarms, pain levels and even your own personal LDN journal from the comfort of a single app: myLDN. Development is never easy, especially when working on such a massive project but all that hard work has finally paid off. Want to have a sneak peek? Check out the LDN app [Facebook page](#) for more information or just head to your app store of choice (Android, iOS, or Kindle Fire and HD) to jump straight in!

We really love to hear from other LDN users and we appreciate all feedback when it comes to our new app. With myLDN you can keep track of the changes to your LDN dosage and keep a record of

Continued on page 2 >

Tickets have been kept as reasonably priced as possible, with full access to the interactive stream including live Q&A included in a \$20 USD (£12.30 GBP or €15.47 at time of writing) price tag.

'But wait', I hear you cry, **'What if I can't make it? Or I can't take notes?** Fear not, your ticket automatically includes unlimited access to the edited highlights of the conference - that's as many viewings as you want for a single one off charge.

A full list of our Q&A medical panel and their areas:

Dr Akba Khan - Cancer

Dr Armin Schwarzbach - Lyme Disease and testing

Dr David Borenstein - all autoimmune Disease

Dr Phil Boyle - Fertility and Autoimmune Disease

Dr Pradeep Chorpa - Pain Specialist

Dr Samantha Mathers - Autoimmune Diseases

Dr. Lauren Loya - Autoimmune Diseases

Prof Jarred W Younger - Fibromyalgia

Stephen Dickson - Pharmacist

Susan Merenstein - Pharmacist

Topics covered include:

Addictions - Cancer - Crohn's Disease - Depression and Co Symptoms - Fertility - Fibromyalgia - Gluten Sensitivity - Lupus - Lyme - ME/CFS - Multiple Sclerosis - Pain Management - Pharmacology - SIBO (small intestinal bacterial overgrowth) - Thyroid Condition - Weight Loss

Now is your chance to get the information you want, from medical professionals specialising in the areas you want to explore. Take part from your own home! Register your place now!

Bookings available from the LDN shop.



"RESVERATROL has shown positive effects on the animal Optic Neuritis—the animal model of MS."

"If you suffer from CogFog or diagnosed with CCSVI, RESVERATROL has been shown to



Resveratrol can also benefit those with:

- Autoimmune disease, especially MS, due to the positive study in animals with Optic Neuritis.
- Anyone who has a family history of diabetes - as prevention.
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£1 from the sale of every bottle goes to the LDN Research Trust.



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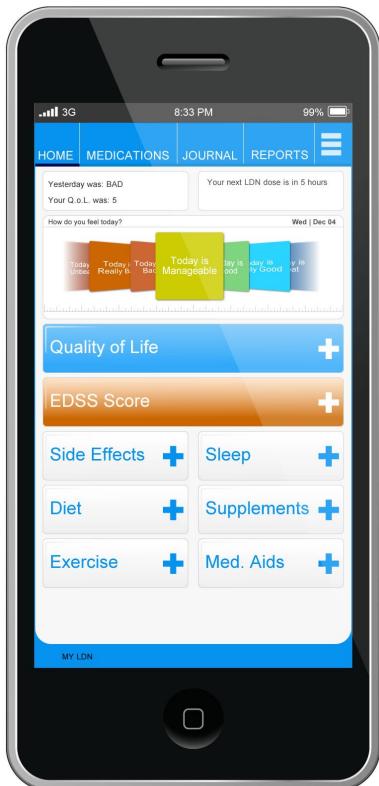
0141 531 9412 / homedeliverypharmacy@yahoo.co.uk

Warnings: Do not use if you have breast, prostate or hormonal responsive cancer - it may stop your cancer medications from working properly. (However, it has been shown to be effective in hormone treatment resistant prostate cancer).

The new myLDN app: continued

how this affects you in these key life markers:

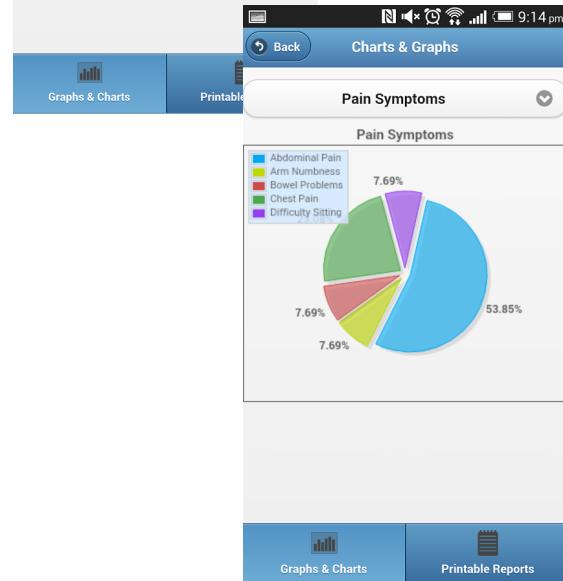
- Quality of Life
- Sleep patterns
- Pain
- Mood
- Energy



- You can also add any other Medications or Supplements you take to myLDN and track their dosage and frequency taken
- Set alarms to remind you when to take your LDN and other medications
- Track Diet items which might have affected you
- Keep track of any exercise you have done
- Keep track of any Medical Aids you might have used

- Specific questionnaires for Multiple Sclerosis, Fibromyalgia, Chronic Fatigue Syndrome and Spinal Cord Diseases
- Keep a Journal of how you are getting on
- View Graphs of the data entered
- Create PDF reports of your data for printing and taking to your GP
- Receive Notifications from LDN Research Trust direct to the app

The best bit? It's all free. We are generously supported by donors just like you, and all our developers and designers work for free on myLDN and other projects. We hope you can get on board.



Hailey-Hailey Disease (HHD) and LDN: Michelle's Story



Michelle is a current LDN user from Dallas, Texas.

"It might sound like a small thing, but when you can't look your best - wear the things you would like to wear, it makes you sad. I would love to walk in jeans and not be in pain with every step I take."

Here is my story:

My name is Michelle and I am 48 years old. I have had HHD for the past 22 years. My dad has it, though his first outbreak wasn't until he was 55. My brother (45) has it, though it tends to be very mild and mostly on his neck. My dad's brother has it quite bad and both my grandmother (my dad's mother) and her twin sister had it for most of their lives. I have been told that they were

both diagnosed by the Hailey brothers in Chicago a long time ago.

When I first noticed it, I knew exactly what it was because of my grandmother. For most of my 20's and 30's I could go years without an outbreak. Then in my 40's it started popping up much more frequently and the past 3 - 4



years have been the worst with near constant outbreaks. I have tried just about every cream, ointment and spray there is and after a while nothing really made a difference. Also, for the past 3 years I would be given a steroid (Prednisone) prescription to take 2 - 3 times a year - a tapering dose lasting two weeks. At first this did a great job and I could be HHD free for about 4 - 6 weeks, but after about the 5th cycle (in a few years), it would only clear me up for about a week.

I was about at my wits end, as is just about anyone who has HHD, when I stumbled upon the HHD Facebook group. How I didn't find it sooner, I don't know. I soon learned about LDN and started to read all the files about it. At this point my HHD was constant. The bad

areas for me are under my arms, under my breasts and in the groin area. Most days I could not lift my arms above my head, I could not wear a "real" bra - it had to be one of the sports bra types, I have not worn underwear for about 3 years and was only able to take baths because the water hitting my skin (also a few spots on my back) was too painful. I was taking 3 alleve tablets in the morning before work (I teach preschool) and usually 2 more when I got home. I seemed to always be tired and I would say, mildly depressed. It might sound like a small thing, but when you can't look your best - wear the things you would like to wear, it makes you sad. And I had a lot of sad days. I would see people walking in shorts and jeans and think, "I would love to walk in jeans and not be in pain with every step I take."



So, I printed out the information about LDN and brought it to my dermatologist. She said she would read it over and get back to me. She called me a couple of days later and said that although there really wasn't anything substantial to prove it helps HHD, there was no reason why I couldn't give it a try. So, she agreed to call in a prescription for me. My prescription arrived within a week and although I had it in hand, I was a little nervous to start taking it. I had read about the people who could not sleep and had "vivid" dreams and I was a little nervous. This was also right around the time our youngest daughter was graduating high school and we were having family in from out of town. So, I thought I would wait to start until after all of this.

Well, the day before people were to arrive, I was out shopping with my 22 year old daughter and , she saw what under my arms looked like. She then said to me, "Mama, stop being a baby and start taking your new medicine right now."

So, that's what I did. That night, at 9:30 I took 1.5 mg of LDN and hoped for the best. And lo and behold the best is what I got.

The next morning, I felt as if a fog had been lifted from me. As crazy as it sounds I had so much more energy and felt so much better. Was my HHD gone overnight? No, but within one month, that's exactly what happened. I also no longer have to take any alleve because I am no longer in pain. I am including before and after pictures. The first was taken on May 18 and the second on June 18. The only thing that changed was that at the end of May (May 29 to be exact), I started taking LDN. I also take a raw probiotic each night, but that's it. I have continued to take 1.5 mg because I don't see any reason to increase my dosage right now. For

me, LDN, has given me my life back. I can wear sleeveless shirts, I can empty the dishwasher and put things away without wincing in pain, I can take showers, I can wear a bathing suit, I can walk all around NYC for 5 days and still have a smile on my face. I cannot be more thankful for learning about this drug and having the opportunity to take it.

Michelle
Dallas, TX



For more information on other conditions where LDN may be of benefit, please see the [LDN Trust website](#).

The Doctor's Information Pack 2015

As a registered charity committed to the trialling of Low Dosage Naltrexone as a treatment for Auto-Immune diseases, the LDN Research Trust puts together annual information packs for medical professionals detailing current research trends, potential side effects, forms of LDN and, for patients who choose to, how to obtain a prescription for LDN.

This information pack is ideal for medical professionals who have been asked by their patient about LDN, or for patients who would like to broach the idea of a new treatment but are unsure how to talk to their doctor about it.

Every information pack is provided in good faith for free by the LDN Research Trust. We trust that you will find the pack useful as a doctor, a patient or even as someone who is simply seeking more information on Low Dosage Naltrexone for friends and family.

You can always find further information at the [LDN Research Trust website](#) and through our regular monthly newsletters.



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This post is an advert and fundraising appeal from the LDN Research Trust.

The LDN Research Trust is a small UK-based not-for-profit charity committed to initiating clinical trials of Low Dosage Naltrexone (LDN) and supporting anyone with diseases like cancers, Multiple Sclerosis, Crohn's Disease, fibromyalgia and many others. We work closely with worldwide medical professionals to further research and work into LDN and its benefits for multiple conditions. To assist us in our work, we have a growing member base of doctors, pharmacists and current LDN users.

If you are reading this, you will already be aware of the case for LDN usage. Our latest fundraising campaign lets you donate *and* potentially win up to £250,000 every week! The LDN Research Trust has partnered with The Weather Lottery, a UK-based lotto run by Prize Provision Services Ltd on behalf of local charities. With an average chance of one in 63 chances of winning a prize of up to £25,000, your £1 ticket price will go towards helping us help others in the LDN community.

As a small charity, we appreciate every donation we receive, no matter how small. We receive around 37 pence out of every pound, with the rest of the money

covering The Weather Lottery's prize fund and administration costs. Every penny we receive goes back into helping us help others and get the word out about LDN and the benefits it can provide.

How it works: When you sign up to the Weather Lottery, you will be assigned six numbers. Your numbers will then be checked against the last six digits of temperatures in Fahrenheit as published by the Daily Mail on the day of the draw, from six places around Europe.

Match 3 numbers and you win £2, match 4 you win £20, 5 numbers wins £250 and all six will win you the full £250,000 jackpot! The Weather Lottery jackpot is not shared between winners, so your jackpot will be 100% yours if you win.

- The weekly Weather Lottery Draw costs just £1.00 per entry.
- Win up to £25,000 every week!
- The Weather Lottery has so far paid out over £4,800,000 in prizes, to over 800,000 winners. Will you win one of the next jackpots?
- Sign up and support LDN Research Trust!

Play Now >

Example results:

Corfu	Istanbul	Tenerife	Innsbruck	Edinburgh	Stockholm
83°F	96°F	81°F	77°F	62°F	64°F

Match your numbers to win! The jackpot winning numbers in the example above would be 3, 6, 1, 7, 2 and 4.

This lottery is limited to UK players only. Terms and Conditions may apply.



The LDN AIIC conference 2014: What Happens in Vegas...

is live streamed worldwide!

Behind the scenes of the LDN 2014 conference, there is a palpable sense of excitement. There are meals to organise (exactly how many danishes do you need to feed that many guests?), networking parties to book at the inimitable Oscars bar and restaurant in the heart of downtown Las Vegas, and a maze of logistics in co-ordinating high profile LDN specialist speakers with expert panels and Q&A sessions.

The forum admins remain remarkably calm about the whole thing as they creates conference threads in the main LDN forum. 'More Information On Our LDNRT Website!' posts moderator ckhurts. 'The schedule may change without prior notice', they remind underneath the Conference Schedule.

With 18 speakers from around the world, ranging from celebrity supporter and actress Claudia Christian to medical professionals such as Dr. Pradeep Chopra and representatives from the LDN Research Trust, the LDN Conference is undoubtedly the LDN event of the year.

Full of technological promise, the conference venue often looks like something decidedly Sci-Fi (this writer is strongly reminded of Ten Forward from Star Trek), with the odd wall full of television screens and impressive light displays. The sheen Las Vegas puts over everything is evident in buckets, from the glittering worktops in the kitchens to the huge coloured ostrich feathers (straight out of a dancing girls' costume) in vases in the seating areas.

The actual conference stages are minimalist and much

more sensible, with flexible seating, a huge presentation screen and reasonable lighting. With completely accessible entrance to the venue, MEET Las Vegas looks to be the ideal setting for the LDN AIIC 2014 Conference for everyone who can make the trip.

Of course, there are many people who are unable to simply hop on a flight to Nevada, USA for whatever reason, from medical conditions to finances to simple scheduling conflicts. 'This is hardly fair', I hear you say, 'I really want to see Speaker 12!' Fear not, you can. The 2014 Conference will be the first to be live streamed worldwide.

With a dedicated streaming site, the Conference will be available live on any device with an Internet connection, from your tablet to your xBox to your home PC. If that wasn't convenient enough, your live streaming ticket will give you infinite replay value after the conference has finished in the form of an edited recording, giving you all the best bits as many times as you want.

Tickets for the conference (in person or over a stream) including up-to-date prices and information is available at the [LDN Conference site](#). We know this is going to be the event of the year for our LDN community. We hope you can join us.



Shannon Garrett : The Role of Nurses as Advocates for Patients and the Public

I would like to share with you my personal story with Low Dose Naltrexone (LDN) and how it has changed my life. First, I want to discuss advocacy and what that means in healthcare because, in my opinion, advocacy done in the correct way is essential where LDN is concerned.

Throughout history nurses have been responsible for the practice of advocating for patients and the public. Matters such as communication, patient's rights, ethical issues and medical treatments can be somewhat bewildering. Not only are nurses uniquely positioned to serve as an advocate, advocacy is an ethical expectation for nurses. The qualities of a highly trained RN advocate include:

- A broad base of clinical experience in a variety of specialties.
- A strong clinical knowledge base and fluency in "medical speak."
- An in-depth understanding of the complexities of the healthcare system and an ability to navigate within it.
- An acceptance by and an ability to work collaboratively with your healthcare team to advocate on your behalf, and to ask those questions you don't know how to ask.

Ways Independent Registered Nurse Advocates Help You or Your Family:

- Advocate on your behalf with the entire healthcare team: doctors, hospital and all ancillary health providers to help to prevent medical errors.
- Collect and process information on your behalf and

teach you exactly what is happening.

- Carefully review your records including labs to look for gaps; diagnostic tests that might have been missed, what results may have been overlooked or are of concern, and what changes in the current treatment might result in better health outcomes for you.
- Collect medical history records and compile a concise, evolving time line. This actually provides you and all your doctors with a concise, complete background which helps to avoid medical errors. Incomplete information leads to poor treatment choices by your doctors.
- Research medical literature to discover the full range of treatment options for you including the traditional pharmaceutical/surgery approaches as well as the ever-widening body of Integrative Medicine options.
- Teach you and your family about these options so you can best understand your health options and make an informed choice.
- Guide you and your family to the most appropriate physician consultations to assist in your decision making.
- Facilitate the course of your medical treatment, ensuring good communication between you and your healthcare team. This helps to prevent medical errors and save costs for unnecessary procedures.

"Throughout history, nurses have been responsible for advocating for patients."

My Personal Commitment for LDN Advocacy

As an RN who happens to be a certified holistic lifestyle and wellness coach, I have the privilege of working specifically with women who have autoimmune disorders. However, I am also a patient with three autoimmune diseases: Hashimoto's thyroiditis, Celiac disease, and Interstitial Cystitis. I have used LDN for the past three years and it has literally changed my life and health in profound ways. More about that shortly. Ultimately, I am grateful for a doctor who agreed to prescribe a protocol which was unfamiliar to him. I will never forget the day I walked into his office with a "boat load" of all the credible LDN research I could find. I have also witnessed amazing health transformation in many women who incorporated LDN into their regimen after getting their body's ready for it. As a result of my healing and seeing the same in countless other women I am committed for life to advocating for LDN. I strongly hope that those who have been diagnosed with autoimmune disease, cancer, or other chronic health issues will have access to this drug.

It is not uncommon for people to ask me why as a holistic nurse would I advocate for a pharmaceutical drug like LDN. This is a valid question because I do not believe in pharmaceutical medications as the first choice to most human health issues. My personal philosophy is to use elements provided by nature, e.g. foods, minerals, herbs, and essential vitamins to support healing and wellness.

At the same time however, in the case of a bacterial infection I would definitely want an antibiotic, if I'm burned or severely ill and dehydrated I definitely want intravenous fluids for hydration and if I were to undergo a surgical procedure you better believe I would be thankful for the benefit of pharmacological doses of pain medicine.

But here's the thing...LDN is different. It's not your typical drug and basically has no side effects with the exception of the first couple of weeks when therapy is initiated. Difficulty sleeping is the most common complaint which typically resolves within a couple of weeks as the body adjusts and the endorphin producing effects on the immune system are realized. Beyond that timeframe most people including myself, experience optimal sleep, remission in their disease process, weight

"LDN is different.
It's not your
typical drug and
basically has no
side effects"

loss, and freedom from the common cold, allergies, influenza and other viruses.

It's mechanism of action is not to destroy enzymes like most drugs do; rather, by turning off opiate receptors on cells it modulates the immune system by an almost miraculous increase and release of endorphins while we sleep. Coincidentally, during sleep (nocturnal sleep) is when the immune system attempts to rest and rebuild itself.

I tell the truth when I say that since I started LDN I have seen a phenomenal decline in my thyroid autoantibodies and I have not had a single cold, allergy symptom (I used to be highly allergic to bee and wasp stings), or the flu. I've been in the clinical setting caring for patients with influenza, viral pneumonia, and other contagious diseases coughing in my face and I contracted nothing.

My frequency of migraine headaches are all but null now that I am on LDN as maintenance and I have not had a single relapse with interstitial cystitis. My celiac issues remain from damage to the intestine years prior to LDN however not as severe today. So, my goal is to be on LDN maintenance for life...why would I want to discontinue? I share the same sentiment as Deb Anderson Eastman, founder of the Facebook support group *Beating Thyroid Disease with LDN* who often says (in the context of what if LDN were taken away?) "They will have to pry it out of my cold dead hands." That's how strongly many of us feel because we know how much of a positive impact LDN has been in our and many people's lives.

Unfortunately, most doctors will never hear about LDN. Due to the fact that naltrexone has been in generic form for many years, pharmaceutical companies simply have no financial interest to send their best-suited drug representatives out into the world to market a generic drug like low-dose naltrexone. Despite the therapeutic potential of LDN, there simply is no business, financial, or health interest incentives for Big Pharma to invest in its manufacturing, much less the promotion or marketing of LDN. This reality is disturbing on many levels.

Here we have a drug available to us that carries a capacity to cure disease by modulating the immune system and conventional medicine isn't celebrating. You would think drug companies would be praising the work of Dr. Bihari and would pick up his research . . . unfortunately, that is not the case. It's simply not happening. As with many revolutionary advances in medicine, the public must somehow take matters into their own hands and advocate the best way they know how. This is why I'm targeting the nursing profession for

Calling all Nurses

In the beginning of this article, I outlined the nursing profession and advocacy. In my view, the role to advocate for LDN is an excellent opportunity for nurses. RNs have a unique advantage due to their daily access to healthcare providers, pharmacists, and patients and the opportunity to initiate dialogue.

Anytime I'm in the clinical setting I proactively look for opportunities to discuss LDN with physicians, pharmacists, and patients. I have convinced a couple of integrative doctors to use LDN in their practice.

The world is full of registered nurses who personally have chronic health issues; or, they have family, friends, or patients who do. Therefore, it is the case that RNs have a vested interest to promote education and awareness for the use of LDN.

This is an invitation to RNs everywhere to educate themselves about LDN and to simply start by sharing information with the colleagues, peers, physicians and pharmacists they work with. Lead them to the LDN official homepage on a computer and let them see for themselves. My dream is to organize networks of LDN Research Trust RN advocates and I believe it is possible. I also believe we as nurses could potentially be one of the strongest and most credible voices for LDN and that if we "make enough noise," physicians will start to listen. No other profession is better positioned to do so; and, considering the potential LDN has to improve lives, advocating for its use becomes sort of an ethical obligation. Challenging? Yes. Impossible? Absolutely not. I cannot imagine a more appropriate cause.

*Shannon Garrett, RN, BS, CHLC, NNC
SGWellness, Inc.*

[Website](#)

[Twitter](#)



[Facebook](#)



Radio: Community-Minded Radio KITCFM with The Wellness Workshop 3rd Tuesday every month at 7pm CST

"Advocating for LDN use becomes sort of an ethical obligation."

ABOUT SHANNON

Shannon Garrett is devoted to advocating for women so that they can achieve optimal health and wellness. She is passionate to see women go from simply surviving to actually thriving and feeling well again. Shannon is a Certified Holistic Lifestyle and Wellness Coach via The Spencer Institute and a registered nurse. She is also a Certified Nurse Nutrition Coach via the Nurse Nutritionist Certification Board. Shannon is a business and nurse entrepreneur and is the founder of Shannon Garrett Wellness, Inc.

In addition, Shannon has a B.S. degree in human development with expertise in over 100 dietary theories, behavioral therapy, societal therapy, anxiety, stress, and emotional well-being. Prior to beginning her current career she practiced nursing as a cardiac nurse but also has experience in clinical skin prevalence studies, oncology, neurology, orthopedic, and pulmonary nursing. Shannon attended the prestigious Aquinas College School of Nursing in Nashville, Tennessee and completed her degree Magna cum Laude.

She has been in the medical field for over 30 years and decided to reinvent herself by becoming a nurse after a long and successful career as the founder, owner and CEO of an orthopedic patient care facility in Kentucky. Shannon can be heard the third Tuesday of every month 7 pm CST/8 pm/EST as a regularly featured guest of The Wellness Workshop on Community-Minded Radio KITCFM. A lover of education and scholastic research, Shannon has well over 20,000 documented hours of journalistic research in autoimmune and other chronic health issues as well as complementary alternative modalities. Shannon's commitment to academia and continuing education is for life.

Shannon Garrett has many interests in addition to health and well-being. She has backgrounds in interior design, real estate, serving her community as a health event organizer and volunteering her time as an advisor for various hospital-based patient & family advisory councils. She is also a contributing author to *My New Year's Revolution: Transformation Stories to Revolutionize Your Life* by Celeste Davis. Shannon is a professional member of the American Holistic Nurses Association, National Association of Nutrition Professionals, National Nurses Business Association, Tennessee Nurses Association, Nurse Nutritionist Certification Board, Nutritional Therapy Association and the National Association of Professional Women. Shannon is also actively involved as an advocate and supporter of the Alliance for Women in Media.

The LDN RESEARCH TRUST Survey 2014

Are you currently taking LDN? If so, you can help worldwide research into LDN and its users. You can help inform the medical profession, other LDN users and potential users alike. All we ask is ten minutes of your time, and your insights into your experiences of LDN.

What experiences have you had on LDN, and how has it affected you? Every single survey response counts. Every response will go towards providing better information for the entire LDN community, from pharmacists to new users.

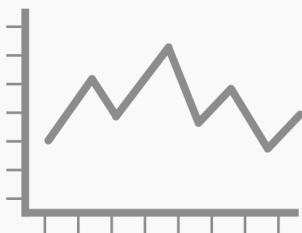
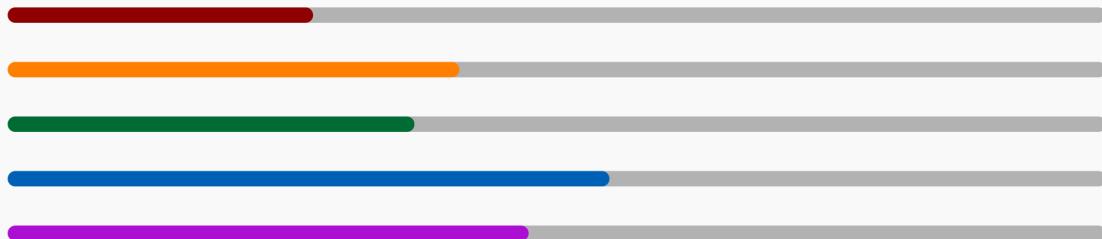
The survey is brief, and your results will be anonymous. If you do give us a contact email address, it will not be given out to any third parties.

Take part here:

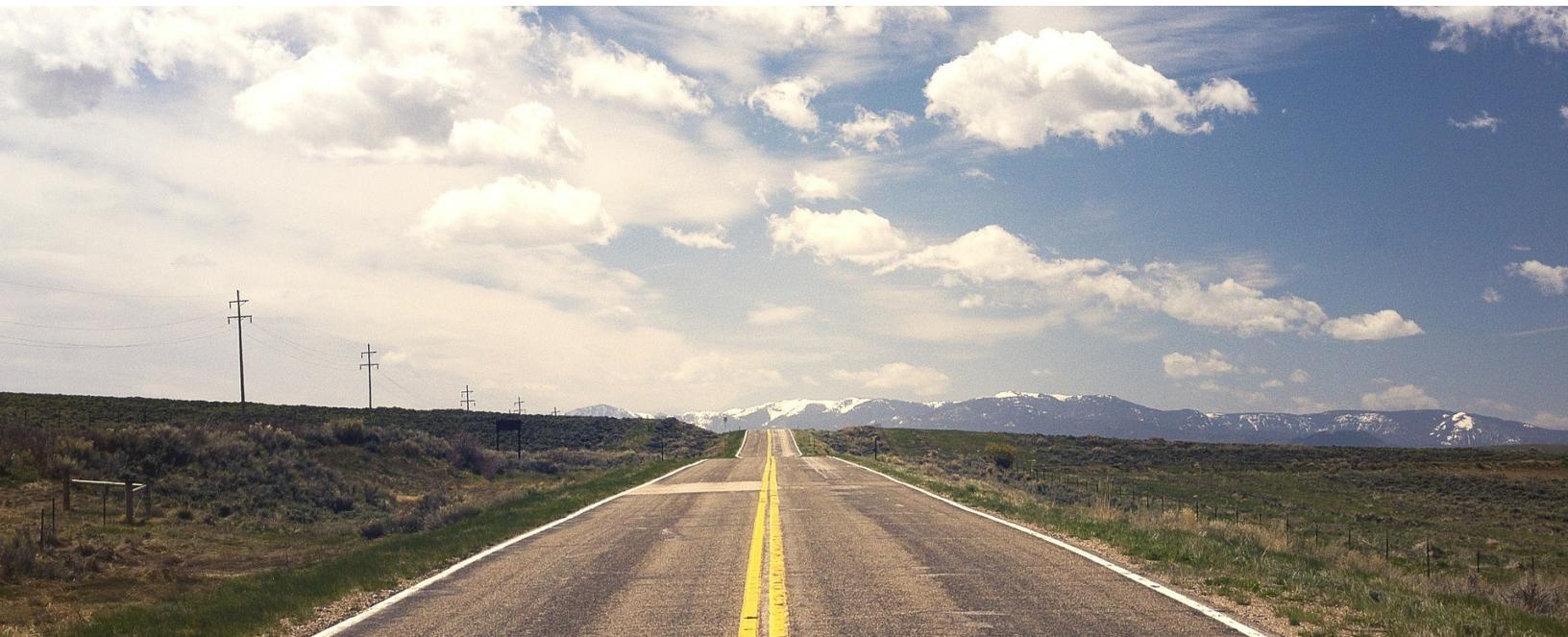
[Start the survey >](#)

Questions? You can get in contact here:

[View the contact LDN Contact Page >](#)



Parkinsons, LDN and Me by Marlene: The First Four Weeks



Marlene is a user of LDN with Parkinson's Disease

My story: I am 61 years old and have always been healthy and active and people tell me I look much younger than my age....so how in the world could I ever have been diagnosed with such a devastating disease?? I am certain that everyone on this site has asked themselves the same question. The reality of my diagnosis 2 years ago hit me hard when it was confirmed by 3 MDS's. One MDS was from The Mayo Clinic in Scottsdale, AZ, the other is my current MDS, who is board certified in Neurology, Clinical Neurophysiology and the Medical Director of the Movement Disorder Program at a prominent Neuroscience Institute in my area (the first MDS I conferred with is not worth mentioning due to his negative attitude and indifferent demeanor).

One of the things that I have found most difficult to accept is that, according to our doctors, there is not much more that we can do for PD, other than exercise, eat healthy, have a positive attitude, do relaxation techniques (all of which are very important!) and....take the dopamine meds that are prescribed for us. I am so thankful for the prescription meds that I do take now - Requip, Sinemet and Azilect, for they allow me to function on a daily basis and also allow me to continue to work full-time. My frustration lies in the fact that where is the hope in all of this? The current PD meds that we take are nothing more than temporary, but necessary "band-aids"....while our disease continues to progress.

My question for those of us who have this disease, especially for those of us who have been most recently diagnosed... with all of the information available about

PD, doesn't it make sense that we look at all of our options?? While I am fortunate to be living quite "comfortably" with PD right now because of my more recent diagnosis and the meds I am taking, my daily exercise and my attempts at stress reduction...my symptoms are under control for the most part...but what does the future hold?? I, myself, cannot live in the now without looking at the future.

Most of us by now have realized that our own medical doctors do not have the ALL of the answers to this disease, regardless of the credentials they may have. In this area I do have some first hand knowledge, as my step-father was an MD and a Psychiatrist, and my husband's father was an MD. I had a great deal of respect for my step-father, who was quite well-known and very well-respected in our community. I worked in his office for many years and he was the personal physician to several other medical doctors, who also referred some of their most chronically ill patients to him because of his expertise. My point is this...my father told me something that I never forgot when he said that medical doctors try to do their best with the information they know, but each and every one of them is still just "practicing" medicine, which is why they refer to doctors in a medical practice as "practicing medicine". I have never forgotten his words. That comment was so disturbing to me when I was young because doctors, including my own father, were like "gods" and if they didn't have all of the answers - who did?

For this reason, as I have matured, I have learned to always be pro-active when it comes to my medical care. We have always been told that we must be our biggest advocate for the care we receive.

Parkinsons, LDN and Me: The First Four Weeks

So...picture this...a doctor's worst nightmare...I arrive at my MDS appointments with a notebook filled with different things I have researched and my many questions. I am sure my MDS must dread each appointment she has with me. She is an excellent doctor in her field and I respect her knowledge and seek her consent and hopefully her blessing on the different things that I ask her about.

To my delight, my unrelenting persistence helped me to finally "convince" my doctor to do some of her own research on my most persistent question - she called it my "obsession" - to take Low Dose Naltrexone for my PD.

Initially she said "no" there was not enough scientific evidence to prove that it worked for PD and that I absolutely could not take it with my Azilect (an MAO Inhibitor), which she insisted I continue to take because of the new studies in the Sept. 24, 2009 issue of The New England Journal of Medicine confirming the neuroprotection benefits of Azilect. <http://content.nejm.org/cgi/content/short/361/13/1268>

Much to my amazement, she called me the next day and said that she would write me a prescription for LDN - 3mg and that I could take it along with my Azilect (she actually called the Azilect research dept. and asked them if LDN could be taken with Azilect and they assured her that I could take both!) She asked me to call her right away if I had any unusual side effects, which I have not.

I have been taking the LDN for 4 weeks now and my results have been nothing short of miraculous, as I had mentioned in another post.

My MDS was a keynote speaker at the big HOPE Conference for PD in Seattle last weekend with 700 plus people in attendance. I saw her afterwards and she looked at me and smiled and immediately asked how I was doing on the LDN and also asked me if I had celebrated after receiving her call. I told her YES!! I was having fantastic results!! I can't wait to see her on my next appt. on Dec. 22 and for the first time, she may actually be looking forward to seeing me too! What a breakthrough this has been for me!

My results with LDN so far after 4 weeks:

1) I have lowered my PD meds from 6mg of Requip XL to 2 mg. of generic requip, lowered my Sinemet from the prescribed 1/2 tab of 25/100 - 3 times daily - to 1/2 tab - twice daily and continue to take my Azilect 1 mg and 1,200 mgs. of COQ10. This med reduction must only be done with your doctor's approval.

2) My severe anxiety, that has plagued me for my entire adult life is gone - I am no longer taking Xanax for anxiety - I haven't taken any since the first day I started on LDN. This is the most welcome effect I have had with LDN - it is hard to believe I can feel so relaxed.

3) Chronic insomnia has been a major problem for me and I have been on Lunesta 3 mg - every night for several years. I am now taking a much lower dose of generic Ambien - 1/2 a tab....and one night I didn't take it at all and I slept!! I will continue to attempt to sleep without the Ambien - huge progress!!

3) I feel "calm and relaxed" rather than the "speedy" running on adrenaline feeling which has been my normal state for so many years. I didn't even recall how it felt to be relaxed. I now have "good energy" that lasts throughout the day, but yet I am calm and relaxed at the same time...amazing!

4) My PD symptoms in relation to balance, slowness of movement, dizziness are non-existent - that is most likely because I am still taking a very low dose of Sinemet. I do continue to have right hand, right foot and right leg tremors, which I understand the LDN does not help with.

There was a breaking news alert this week from the Michael J Fox Foundation regarding a clinical study they will be starting using Naltrexone for compulsions related to dopamine agonists - they mentioned that Naltrexone is already FDA approved and it is safe for people with Parkinson's to take."

There is HOPE! LDN could be our miracle before the cure.



[Watch the rest of the story here.](#)

LDN and Autoimmune Thyroid and Kidney Disease by Lyn Webb



Lyn Webb is an LDN user with Graves' Disease who supports the LDNRT.



The very nature of autoimmune diseases gives us our own unique journey and I have been on mine!

My journey came out of seemingly left field in September 2008. At 51 yrs of age I was diagnosed with Graves Disease an autoimmune thyroid disease. I considered I had been fairly healthy up to this point though I'd had 'frozen shoulders' in my forties which may have an autoimmune component and 'leaky gut' so the writing was probably on the wall for autoimmune disease.

With the Graves disease I had thyroid hormones out of control high which lead to symptoms of weight loss, heart palpitations, insomnia, anxiety, muscle wasting and aches and generally unwell. After a 6 month course of carbimazole and clean up of my diet I recovered well. I put that episode into the background of life experiences.

"I went on a merry-go-round of specialists and tests with no answers."

Then in mid 2012 I had a strep throat (infection) which

lead to glomerulonephritis (kidney inflammation) from which I felt I never fully recovered and was left feeling generally lethargic and that 'something was wrong'. By the end of 2012 the Graves Disease had also returned with a vengeance with all the previous symptoms and I was having increasing cyclic episodes of renal symptoms. It began to feel like a tag team was going on between my thyroid and kidneys. I remained generally unwell, with 2 weekly episodes of gross haematuria that would last 10 to 14 days, losing weight, gastric symptoms, aching muscles, depressed, lethargic generally not coping with life, cancelling social and family commitments even returning from an overseas holiday as I was too unwell to continue.

I then went onto the merry go round of specialists and tests with no definite answers. No one would make a link between my kidneys and thyroid and no one was looking at the auto immune component. To me the future looked bleak as I felt I had no answers and I couldn't plan anything. I felt I was falling into a black hole but I wasn't ready to be put in the 'too hard basket'.

As I was doing a lot of lying around I had plenty of time to look up symptoms and try to figure it all out. Frustration turned to hope when I started to learn about LDN at the end of 2013. Even though I could only find one reference to some one using LDN for renal nephropathy this encouraged me. There seemed to be

LDN and Autoimmune Thyroid and Kidney Disease

few side effects and as no one had any answers for me I couldn't see why I shouldn't be allowed to give it a try . There was no other treatment just more tests and the drug prednisone was starting to be mentioned.

I armed myself with enthusiasm and articles on LDN for my next visit to the renal specialist. I was not prepared for the total brick wall from him. He was not interested and would not even discuss it .By this time (April this year) I had also developed thyroid eye disease and had double vision and weepy , gritty, swollen eyes . This is another separate autoimmune disease to the Graves. Arg! I couldn't believe this was happening and no one would link up an autoimmune component!

I was also seeing the endocrinologist for the Graves disease so thought I'd ask him about the LDN but had the same reaction saying 'no, it could not be prescribed for Graves disease 'and it was 'hocus pocus ' anyway. I just wanted someone to discuss it and look at the info I had to hand about autoimmune disease .

A new journey:

Through out this time I was seeing a naturopath who was guiding my diet and also uses EFT (emotional freedom techniques)as part of a counselling . She was a bit skeptical about using LDN but couldn't see the harm in trying especially as I had addressed my diet and there was no other treatment.

Determined I wasn't giving up (thanks EFT) I decided my best option was to try an integrative medicine doctor. With this came new hope. The doctor I visited in May this year knew about LDN but had never prescribed it. Sitting in her office that day I knew I wasn't leaving without the prescription. Thankfully she listened to me and agreed to try ! I can still feel the joy as I left clutching my prescription. I just had this instinct this was worth the try. After all my reading I started low on 1 mg. My first night I tossed and turned until about 4am, but when I woke I felt like something had shifted. Probably my endorphins had just had their first boost in a long time.

Since starting on the LDN my energy levels are back to normal. My appetite is back, renal symptoms are reduced about 80. % . I still have some relapse with the renal symptoms but it is more transient lasting at most 2 days and greatly reduced in severity. The Graves' Disease was in remission before I commenced on LDN but the ever 'optimistic ' endocrinologist kept telling me I have 80% chance of it returning and I would then need a total thyroidectomy. I can't have RAI (radio active iodine) because of the eye disease! Uh! Shame about that!

"Sitting in her office that day I knew I wasn't leaving without the prescription."

I realise LDN is not necessarily a cure and the cause of the autoimmune needs to be addressed so I need to be working with someone who is willing to look at all issues but for me it is a big piece of the puzzle. I am looking forward to the future very positively now with the renal symptoms manageable. I am hoping the LDN keeps my thyroid symptoms in check and may or may not help with the eye disease but I can live with that.

I have my life back . Friends and family saying how well I look. Planning next holiday enjoying my life and dealing with family issues. I've agreed to extra work where as 6 months ago I was looking at taking some long term leave to try and sort myself out! I feel normal again . We all have this right . It is worth trying LDN if you feel it's right for you.

I started on 1 mg and have worked up to 3mg knowing I can still go higher as I feel ready . I'm listening to my body and it feels very happy at the moment. I take it in the morning due to the sleep issues and it is obviously working.

Thanks to Linda and LDN trust for the support, guidance and knowledge which has helped so much on this journey and given me the confidence to not give up and find my way.

Lachlan Cox and Professional Hypnosis 101



9 Lachlan Cox is a professional clinical hypnotist working with the LDNRT.

My name is Lachlan Cox, I am a clinical hypnotist who speaks English, Portuguese and Spanish and am certified by the International Association of Professional Conversational Hypnotherapists. Back in 2007 I went through a very rough period in my life. Fortunately, I discovered hypnosis and was able to resolve my own personal problems, to relax and get balanced through self hypnosis.

As some time went by I wondered how I could manage to use this technique to be able to help others around me, in the way I helped myself, get through their own anxieties, worries, fears and stresses of everyday life. So in 2011, I decided to train with one of the leading master conversational hypnotists and hypnotherapists in the world today.

There is an enormous feeling of satisfaction when you are given the chance to really make a difference in someone's life; it can be the smallest of changes, but sometimes those can also be the largest ones too. In fact, that one small shifting moment can have a large knock-on effect with a large amount of issues attached to it.

And this is what I love! I love knowing that the other person in front of me or next to me is feeling that difference happening consciously and/or unconsciously. I want you to understand a little about hypnosis first though.

WHAT IS HYPNOSIS?

The first thing to understand is that hypnosis is not magic nor is it about being put to sleep either. It is not about mind control nor is it about having ideas forced onto you, and you will not begin to reveal information you wish to keep secret.

There is a common misconception that you will lose control and surrender your will to the hypnotist. This is not true. At all. A lot of people's assumptions are based on the idea of how stage hypnosis acts are carried out. What should be taken into account is that those performance acts are aimed to impress an audience; they are a purely means of entertainment.

Hypnosis can be used to those ends, purely recreational. However, hypnosis as a means of helping people, in particular hypnotherapy, have nothing to do with stage acts. And it has nothing to do, definitely, with losing control or becoming unaware of your own acts.

Hypnosis is about gaining access to your own resources.

Lachlan Cox and Professional Hypnosis 101

It is about taking control of your mind and body and creating balance in your life through paying attention to what is happening around you and inside you.

Another myth about hypnosis is that people suffer from amnesia after the session. The truth is that most of the work we do in hypnosis just needs the right degree of concentration to be accomplished. Therefore, people will remember everything they have experienced – which is actually very beneficial for achieving the results wanted. And another true fact is that only a very small percentage of people are able to enter profound levels of trance which may lead to spontaneous amnesia.

So, one of the most important things to bear in mind is that in hypnosis the hypnotee is not under the control of the hypnotist. Hypnosis is not something imposed on people, it is something people do for themselves. A hypnotist simply serves as a facilitator to guide them. In short, the hypnotist works for and with the hypnotee, using and potentiating the hypnotee's own resources.

What hypnosis attempts to achieve is to access the subconscious mind to address and resolve a particular problem or to achieve a particular goal, with the help of the individual.

And whether you're aware of it or not, you go in and out of hypnosis (trance) naturally all the time.

If you really think about it, when was the last time you did something and then didn't remember actually having done it? For example, like driving somewhere and parking the car and then realising that you don't remember the last few minutes of driving to that place because your mind was somewhere else thinking about what you needed to do later on?

This is just one example of a hypnotic state.

The truth is we actually go in and out of hypnotic states several times a day; such as being in a really interesting conversation with someone, when we are completely engrossed in our work, watching a film that moves you, being taken away reading a book, or playing a game on the computer ...the thing is we just never realise. So in knowing this about ourselves, that we go in and out of

"We actually go in and out of hypnotic states several times a day, we just never realise."

these hypnotic states all day long, who is taking care of us when we're not paying attention to the "outside" world going on around us? Who drove us those last few minutes and parked the car when we weren't paying attention?

The answer is your subconscious did. Because as you've already learned to drive in the past and can do it naturally and instinctually, your subconscious takes over for you whilst you consciously think of other things.

We have an amazing ability inside of us with our subconscious that throws us answers all the time to help us be more balanced in our lives. There is one problem though. During our lives we learn to ignore and switch off paying attention to what our subconscious is saying to us when it is sending us signals or "messages" that can potentially help us.

HOW CAN HYPNOSIS HELP YOU?

Pain is a great example of a message we ignore. What happens is that the more we try to ignore the message of pain from our subconscious, the more the subconscious continues to send us pain messages, talking to us, asking us to pay attention because something is wrong. But we generally choose to ignore it some more hoping it will go away by itself.

And we are constantly receiving signals all day long in forms of emotions, pains, thoughts, daydreams, itches, cramps, fatigue, feelings...

Here's one example: chronic pain.

Chronic pain is pain or "pain memory" that continues after an acute injury heals or after the passing of a period of time that should allow for healing. Often, for unknown reasons, the injury or tissue damage doesn't heal as expected, and because of this, the nerve fibres continue to send signals to the brain as if there is damage that needs attention. So, the signals never actually got switched off.

Recent studies have found that the persistence in pain memory can lead to a restructuring of the nervous system function and this restructuring can lead to chronic pain. So, the persistence of pain memory can outlast beyond its beneficial function.

In certain moments in our lives our subconscious mind creates ways of protecting us, unfortunately though, sometimes these protection mechanisms get stuck in

Lachlan Cox and Professional Hypnosis 101

place and continue on well after we need them to be there. In doing so, this process can create other problems for us later on by not allowing us access or control over that part of us that once protected us, but now isn't.

So, if the subconscious has created a way of protecting us in the past, what it now just needs is a new set of instructions or ideas to follow, to help us let go of that memory of pain and live in the present. That is, precisely, where hypnosis can be of help: to lead you on the process of reprogramming your own resources.

Several other studies have also been conducted suggesting that we can learn to control our immune system responses. One such study published in the scientific journal PNAS writes, "Hitherto, both the autonomic nervous system and innate immune system were regarded as systems that cannot be voluntarily influenced.

But what this study demonstrates is that, "...the sympathetic nervous system and immune system can indeed be voluntarily influenced." Whilst another scientific study made in Australia has concluded that, "Most people are convinced that their body parts are in fact their own, but in some clinical conditions, this sense of ownership can be lost. Perceptual illusions, most famously the rubber hand illusion (RHI), demonstrate that a sense of ownership over a body part (or an entire body) that is not in fact ours, can be easily induced in healthy volunteers."

Professor Lorimer Moseley, who led the study said, "Such a finding is particularly relevant to the immune system because a primary role of the immune system is to discriminate self from non-self. These findings strengthen the argument that the brain exerts some kind of control over specific body parts according to how strongly we own them."

Both of these studies show that we can, in many ways, influence our immune system; in that our thoughts, beliefs and emotional states can actually have a greater affect on our physical state. Which means you can learn to take control of your immune system, your body and your health.

HOW CAN I HELP YOU?

Hypnotherapy often has high success rates for helping those suffering from psychological or functional

diseases, mainly in what concerns the struggle with unpleasant symptoms of the disease. By modifying belief systems and negative thought patterns, it has also a great effect when used to shape certain personality or motivational aspects.

Here is a list of some areas in which my hypnosis can help you:

- Chronic pain control
- Treatment of addictions (in particular smoking)
- Control and treatment of stress (fears, phobias, panic, anxiety, insomnia and depression)
- Motivational stimulation (personal, educational, professional and sport)
- Personality Stimulation (increasing self-confidence, self-esteem, leadership skills, overcoming handicaps like shyness, social or relationships disabilities)

HOW CAN SESSIONS BE MADE WITH ME?

Depending on where you are in the world, sessions with me can be made in person, over skype, or by telephone as well.

Lisbon, June 6th, 2014

This newsletter is provided by me, Lachlan Cox, to LDN Research Trust, and decisions shall not be taken based on it without proper assistance. Please do not hesitate to contact me should you need any further clarification on the above:

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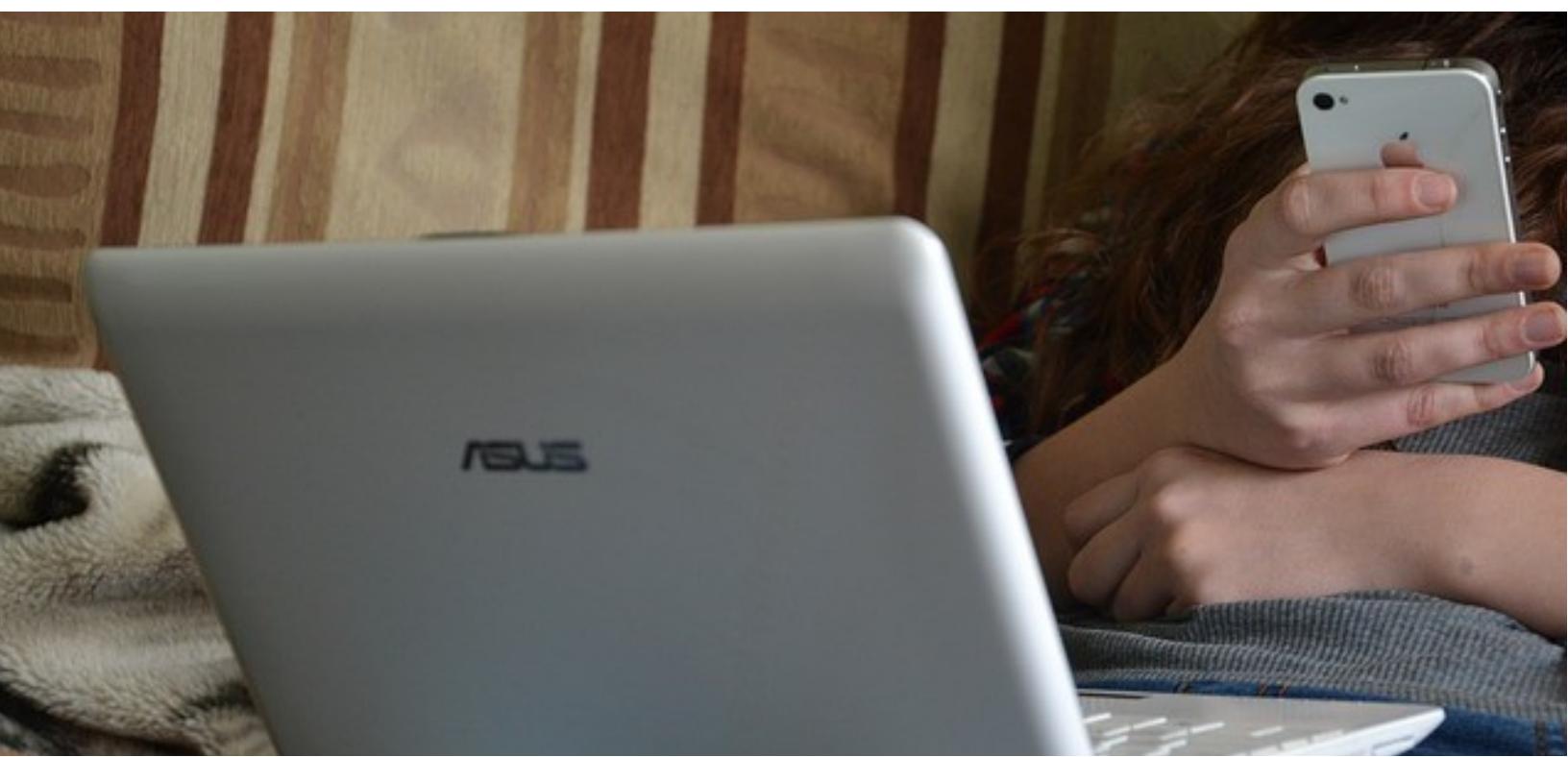
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[Watch Lachlan's Youtube Interview here!](#)

The LDN App: Download It Now!

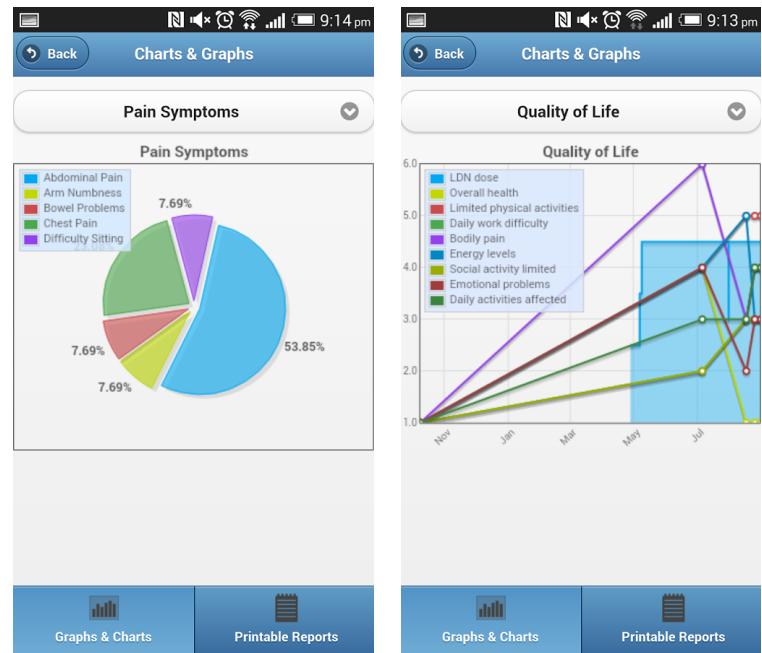


There is now a new way to keep on top of your condition with the LDN Research Trust's official app, myLDN! Available free for Android, iOS, Windows Phone and on the Kindle app stores.

myLDN is the new app from the LDN Research Trust. For those with chronic conditions, you can finally keep tabs on everything from pain and mood levels to medical aids. There are dedicated questionnaires aimed at users with Multiple Sclerosis (M.S.), Fibromyalgia, Chronic Fatigue Syndrome and Spinal Cord diseases. Are you a number lover? Track all the data with graphs galore, then export them into print-friendly PDFs!

With a wealth of functions designed solely to help you keep on top of your life and medical conditions, myLDN is there for you. Full details can be found on the store pages.

Download now for iOS, Android or Kindle!





Christmas gifts and cards now available at the LDN Research Trust Shop!

Spread the festive cheer while raising awareness of LDN with our fantastic range of Christmas cards, with themes including traditional, religious and contemporary! Our lamb mascots and pin badges make brilliant stocking fillers!

Order now to beat the Christmas rush!



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All direct donations can be sent to:

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Gift aid is the best way to make your direct donation worth even more. If you are a UK taxpayer, your donation will be increased by HMRC by up to a third (that's about 28p in the pound). MyCharityPage automatically claims Gift Aid on behalf of the LDN Research Trust. To claim Gift Aid on Instant Bank Transfers, there is one quick declaration form [here](#):

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All donations are appreciated; will you make yours even better?

Volunteer with the LDN Research Trust.

As a not-for-profit, the LDN Research Trust relies not only on monetary donations, but people power too. Our volunteers carry out vital campaigning using skills and experience from all walks of life. We always have openings for fundraising volunteers from marketing and PR assistants to forum moderators and general fundraising volunteers.

Volunteering with the LDN Trust can provide you not only with the knowledge that you are actively helping other people, it will provide invaluable experience and expand your skills in a rewarding and challenging role. Wherever your special talent lies, we want to hear from you!

For more information on volunteering your skills and time with the LDN Research Trust, get in touch via [the website](#) or using the contact details to the right.

Contact Us

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**A big thank you to all our many volunteers, their help
 and support is greatly appreciated.**