



# The LDN 2017 Conference

**Portland, Oregon**  
**Sheraton Portland Airport Hotel**

# LDN 2017

## PORTLAND, CONFERENCE

The Conference was a great success and the feedback from attendees both in person and via the livestream has been amazing!

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

The 2017 conference featured 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.

The LDN 2017 Conference Recordings provide 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.

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 find watching the conference recordings time well spent.



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

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# LDN 2017

## CONFERENCE SPEAKER SUMMARIES

[LINK TO BIOS AND PRESENTATION DETAILS](#)

### Day 1 – Sept 22

#### **Stephen Dickson, BSC (hons), MRPharmS** **Using an Old Drug to Trick the Immune System into Healing Itself**



Mr. Dickson provides an excellent background on the history of Low Dose Naltrexone (LDN). He clearly explains the process of how LDN works to heal, regulate, and moderate our autoimmune systems at the cellular level, as well as sharing a number of LDN success stories.

[>> Learn more](#)

#### **Jill Cottel, MD** **Treating Zebras in Primary Care**



Dr. Cottel eloquently describes patients with rare conditions that are difficult to diagnose and treat, known as zebras. She provides detailed accounts of several zebra cases where LDN was successful in restoring the immune system and significantly reducing or fully removing symptoms.

[>> Learn more](#)

#### **Anthony Turel, MD** **The Role of the Opioid System in Immune Mediated Disease**



Dr. Turel details the science of how Low Dose Naltrexone works in modulating the immune system.

He describes the action and timing of the Opioid Growth Factor (OGF) under the influence of LDN. He also provides a review of several LDN studies of MS patients.

[>> Learn more](#)

#### **Paul S. Anderson, NMD** **Multiple Sclerosis: Result-Based Immune Therapies Beyond Those Normally Offered**



Dr. Anderson's short and humorous talk touches on the optional therapies and considerations when evaluating and treating autoimmune diseases like MS. He describes the typical dosing of LDN and stresses the importance of starting with low doses and working up to 4.5 mg gradually.

[>> Learn more](#)

#### **Armin Schwarzbach, MD, PhD** **Modern Laboratory Tests for Diagnosing Lyme Disease**



Dr. Schwarzbach shares the ever-improving testing methods when diagnosing chronic Lyme disease.

T Cell testing is 85% dependable, which is excellent when you consider how it has taken up to 3 years to diagnose Lyme disease in the past.

[>> Learn more](#)

#### **Kent Holtorf, MD** **Immune Function and Chronic Lyme Disease**



Dr. Holtorf has personal experience with Lyme disease himself and is shocked by the number of ever-increasing cases. He believes that immune dysfunction is a major factor with Lyme disease, and that immune modulation is the answer. Lyme is a vicious cycle, which can be corrected through multi-system treatment, including LDN. Dr. Holtorf

shares his 15 years of clinical experience and deep knowledge on the topic.

[>> Learn more](#)

#### **Paul Battle, PA-C** **A Novel Approach to Type 1 Diabetes Mellitus**



Mr. Battle, a physician assistant, is shocked by the growing problem of diabetes worldwide, and treats his patients with LDN to upregulate their immune systems. He explains the many triggers causing diabetes. He shares some of his experiences with LDN, which helped his son with Crohn's disease as well as a young girl with type 1 diabetes.

[>> Learn more](#)

#### **Deanna Windham, DO** **Pediatric and Geriatric Dosing of LDN**



Dr. Windham describes the multiple ways she utilizes LDN to improve the health of her patients. It is her first approach, due to the effectiveness and safety of its actions. Multiple medications can cause nutritional deficiencies, and LDN can offer a safe substitute for harmful drugs. You will learn how to adjust dosing to fit the situation.

[>> Learn more](#)

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## Deanna Windham, DO

### Psoriasis: A Novel Approach to Treatment



Dr. Windham explains that Interleukin 23 is a major triggering mechanism in psoriasis, which causes an inflammatory process. Many factors are involved including diet, food sensitivities, hormonal imbalance, stress, and sleep disorders.

[>> Learn more](#)

## Jill Cottel, MD

### A Systematic Review of the Literature



Dr. Cottel discusses the benefits of higher doses of vitamin D for various autoimmune conditions, describing numerous evidence-based studies that confirm that we are deficient in this vitamin and that increasing our intake provides considerable health improvement. Vitamin D is well tolerated and provides excellent modulating effects.

[>> Learn more](#)

## Day 2 – Sept 23

## Leonard Weinstock, MD

### Understanding and Managing Neuropathic and Inflammatory Pain



Dr. Weinstock describes the different types of pain, sensory and neuropathic. Numerous illnesses that involve pain are discussed detailing how LDN has been effective in reducing or fully eliminating pain. LDN success stories from within his practice are shared, and fellow doctors are urged to submit their LDN case studies to medical journals so that more doctors will become

aware of this tremendous tool.

[>> Learn more](#)

## Sarah Zielsdorf, MD, MS

### Beyond Tired: CFS/ME or Not



Dr. Zielsdorf explains the cause and symptoms of Chronic Fatigue Syndrome/ Myalgic Encephalomyelitis (CSF/ME). She utilizes LDN extensively in her practice with great success. She describes the CFS/ME condition, its multi-system dysfunction, and criteria for proper diagnosis. The required tests to detect CSF/ME are detailed, as well

as a multi-pronged treatment protocol.

[>> Learn more](#)

## Jarred Younger, PhD

### The Ten Most Important Fibromyalgia Discoveries in 2016 and 2017



Dr. Younger is a dedicated researcher who concentrates on Fibromyalgia (FM), leading us through various studies of the last couple of years, which clarify the factors involved in this debilitating disease. He details treatments for FM, such as LDN and vitamin D, and discusses a number of other experimental options.

[>> Learn more](#)

## Genevra Liptan, MD

### Turning Down the Volume on Fibromyalgia Pain



Dr. Liptan has personal experience with fibromyalgia (FM), so she is able to empathize with others who suffer this terribly debilitating disease, and her practice is dedicated to treating FM patients. She describes the symptoms of FM and how LDN reduces the pain signals caused by Neuronal Hypersensitivity. Like other autoimmune conditions, diet, sleep, exercise, etc., must be considered. Her book, "Fibro Manual", covers this in much more detail.

[>> Learn more](#)

## Leonard Weinstock, MD

### Irritable Bowel Syndrome: The Role of Small Intestinal Bacterial Overgrowth (SIBO) and Mucosal/Systemic Inflammation



Dr. Weinstock provides a definition of Irritable Bowel Syndrome (IBS), to which not enough doctors give respect or consideration. The role of Small Intestinal Bacterial Overgrowth (SIBO) and its pathophysiology is described in detail. SIBO can be accurately detected with a breath test along with typical symptoms. While there are many FDA approved medications for IBS, cleaning up the gut is necessary first. LDN plays an important role along with diet in reducing inflammation and maintaining gut health.

[>> Learn more](#)

## Paul S. Anderson, NMD

### Crohn's Disease: Latest Integrative Immunologic Therapies



Dr. Anderson reviews the most recent studies on Crohn's, and emphasizes the need to consider a comprehensive toolbox of treatments. This includes diet, exercise, and LDN. He describes some positive studies but emphasizes a complete recovery requires a combination of therapies. He reviews the usual LDN dosages and reminds us that

opiates should not be taken with LDN.

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**Thomas O'Bryan, DC, CCN, DACBN**  
**An Introduction to Fire in the Hole – Intestinal Permeability, The Development of Autoimmune Disease, and the Comprehensive Approach to Healing the Gut**



Dr. O'Bryan is an excellent speaker, using humor as he shares some very important information with us. He explains how autoimmune dysfunction begins many years before symptoms are detected. Certain blood tests can predict the type of autoimmune condition we are likely to have later in life, which enables us to take steps

to avoid those diseases. More can be learned from his book "The Autoimmune Fix".

[>> Learn more](#)

**Jill Brook, MA**  
**What the "Bleep" Can I Eat?"**  
**Making Sense of Conflicting Autoimmune Diets**



Ms. Brook is nutritionist / researcher who is an autoimmune patient herself. She specializes in autoimmune diets that lead to gut health. While our western diet is poor, there are many healthy diet options. Sticking to them is the hard part! She suggests some proven strategies to build willpower and stay on track.

[>> Learn more](#)

## Day 3 – Sept 24

**John Robinson, NMD**  
**Thyroid Autoimmunity: Casual Relationships and Novel Therapeutics**



Dr. Robinson utilizes LDN as adjunctive care in Autoimmune Thyroid Disease. He explains how he tests for food intolerances, especially wheat and gluten, and describes his gut repair protocol. Dr. Robinson has tested 53 Hashimoto's patients with LDN from which he provides a few case reviews.

[>> Learn more](#)

**Nasha Winters, ND**  
**Navigating the Narrative With Your Healthcare Team**



Dr. Winters has utilized LDN since the 1990's for a vast array of conditions. Many doctors are now aware of its powers, but too many are not "LDN knowledgeable". Dr. Winters provides some suggestions on how to approach your doctor with information about this safe, effective off-label drug.

There are so many myths that need busting with respect to LDN, and this conference and the LDN Research Trust are designed to help bring awareness to the medical field.

[>> Learn more](#)

**Angus Dalgleish, MD, Professor**  
**The Role of Non-Cytotoxic Drugs in the Management of Cancer**



Dr. Dalgleish was amazed at the remarkable successes when treating cancer with LDN. Many of his patients, having tried all conventional therapies, had no further options. Chronic inflammation is a major factor in developing cancer, and Dr. Dalgleish discusses his use of LDN, Metformin, Vitamin D, and Cannabinoids in helping his

cancer patients.

[>> Learn more](#)

**Akbar Kahn, MD**  
**Broad Spectrum, Gentler Anti-Neoplastics: Breaking the Cycle of Toxic Therapy**



Dr. Kahn has a Neuropathic Clinic in Ottawa, Canada. He states that chemotherapy and radiation are dangerous and seldom effective long term. While immunotherapy is safer, there are still concerns. While doctors know this, they aren't aware of other treatment options. Dr. Kahn treats his patients with LDN, Alpha Lipoic Acid (ALA),

Vitamin D, and a number of other safe supplements. He has treated over 400 patients over the last nine years, and describes a number of success stories.

[>> Learn more](#)

**Nasha Winters, ND**  
**The Lowdown on Low Dose Naltrexone**



Dr. Winters explains how patients are overwhelmed financially and health wise and need better answers than what our current western medicine provides. More cost effective options are available, like diet and LDN, to fight chronic inflammation. Her talk explains in simple terms how LDN works to heal us. She also touches on our deficiencies of endocannabinoids, which can

be corrected with medical cannabis.

[>> Learn more](#)

**Brian Udell, MD**  
**Review of Recent Statistics for Patients Taking LDN in a Special Needs Pediatric Practice**



Dr. Udell utilizes LDN on everybody because it's safe, cheap, and effective. His specialty is autism, which he feels is the "Epidemic of Our Time". He is impressed with the effectiveness of LDN in treatment of Autism Spectrum Disorder, which he provides an in-depth explanation of the disorder. Dr. Udell is opposed to the use of dangerous

psychotic drugs.

[>> Learn more](#)

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**Ulrich Lanus, PhD, and Galyn Forster, MS, LPC**  
**Opioid Antagonists & Traumatic Brain Injury**



Dr. Lanus and Mr. Forster team up to talk about TBI or Traumatic Brain Injury. They describe animal case studies using opioid antagonists like Naltrexone and Naloxone to treat TBI. The discussion goes into dosages used under different stages of healing and varied conditions. Human cases studies are reviewed showing excellent results.

[>> Learn more](#)

**Wiebke Pape, MD**  
**A Medication to Gain Self-Awareness: Treatment of Dissociative Symptoms in Trauma-Related Disorders**



Dr. Pape specializes in dissociative patients who have experienced various trauma-related disorders. Her clinic in Germany has utilized LDN with great success since 2009, and she describes the changes that are reflected in her patients. Dr. Pape shares the promising results of a study conducted on 50 patients.

[>> Learn more](#)

**David Zava, PhD**  
**A Guide to Testing Steroid and Peptide Hormones in Different Body Fluids**



Dr. Zava works in a testing laboratory and explains how they use various forms of body fluids to detect the steroid and peptide hormones. He explains how transdermal (topical) ingestion of medications is more effective than oral. He is a breast cancer researcher as well, and describes how LDN calms the inflammation in his patients.

[>> Learn more](#)

**Mark Mandel, Pharm D**  
**LDN and Pets**



Dr. Mandel has a pharmacy where they compound LDN. He has organized and moderated the LDN conferences since 2013. He explains how LDN can be as helpful for animals as it is for humans and provides some examples. Dosing for dogs based on their weight. If anyone has questions about LDN for animals, he is available at info@markdrugs.com. His humor throughout the conference kept the atmosphere light and enjoyable.

[>> Learn more](#)

**Question and Answer Sessions, 5 hrs in total.**

Following each half day of lectures, there was a Q&A with the panel of speakers. Many questions were answered from attendees in the room as well as from emails. The videos of these Q&A sessions are well worth listening to, because the speakers were able to provide further information or clarification beyond the material in their presentation.

**LDN 2017 Testimonials**



“Thank you for one of the best run and most informative conferences I have attended. It was fantastic”.

**Dana Keaton ND**

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# LDN 2017

## SUMMARY OF AUDIO RECORDED SESSIONS

### **Dr. Pradeep Chopra, MD** **Approach to Managing Chronic Pain**



Dr. Pradeep Chopra is a professor and a director at a Pain Management Center, and specializes in pain management. He explains the mechanism and diagnosis of chronic autoimmune mediated neuropathic pain, and gives a number of cases where LDN was successful in reducing or alleviating pain.

His examples were patients with low back pain, Complex Regional Pain Syndrome (CRPS), and Ehlers Danlos Syndrome (EDS). Other conditions he uses LDN for are headaches and migraines, neuropathic pain, muscular pain, and tendonitis.

[>> Learn more](#)

### **Mark Shukhman, MD** **Low Dose Naltrexone (LDN) for treatment of Postcoital Dysphoria**



Dr. Shukhman is a psychiatrist who deals with numerous conditions. He discusses postcoital dysphoria (blues after sex) in this talk. He utilizes LDN with his patients as a modulator of sexual functioning and explains how and why this works.

[>> Learn more](#)

### **Armin Schwarzbach, MD, PhD** **Symptoms, Modern Laboratory Tests and New Therapy Options in Chronic Lyme Disease and Coinfections**



Dr. Schwarzbach shares the ever-improving testing methods when diagnosing chronic Lyme disease. T Cell testing is 85% dependable, which is excellent when you consider how it has taken up to 3 years to diagnose Lyme disease in the past.

[>> Learn more](#)

### **Paul Battle, PA-C** **Possible Mechanisms of Naltrexone's Effects on Cancer - (Case Study)**



Mr. Battle is a physician assistant in Denver, Colorado, area. He's been practicing for 35 years and focusing on LDN for 9 years. Three mechanisms of Naltrexone's effects on cancer are reviewed:

1. Opiate Growth Factor (OGF) and Opiate Growth Factor Receptors (OGFr) which promote normal cell division
2. Gene Enhancement for Apoptosis (normal programmed cell death)
3. Angiogenesis (formation of blood vessels to feed tumors) inhibition

Mr. Battle reviews these three mechanisms, including how Naltrexone can enhance chemo's ability to kill cancer cells. Several patient case studies from various physicians including his own are reviewed, and the positive impacts of LDN are described, including pancreatic cancer, ovarian cancer, squamous cell tonsil cancer, and adenoid cystic tongue cancer.

[>> Learn more](#)

### **Brian Udell, MD** **"Low Dose Naltrexone and Autism Spectrum Disorder"**



Dr. Udell utilizes LDN on everybody because it's safe, cheap, and effective. His specialty is autism, which he feels is the "Epidemic of Our Time". He is impressed with the effectiveness of LDN in treatment of autism spectrum disorder, and he provides an in-depth explanation of the disorder. Dr. Udell is opposed to the use of dangerous

psychotic drugs.

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## Laurie Marzell, ND, N.C.M.P.

### LDN Case Studies



Dr. Marzell presents a number of case studies of patients utilizing LDN. The first was a 64-year-old female with terminal gallbladder cancer. She was given two months to live, but with LDN, survived 8 months more than expected and in comfort. The remaining cases covered ulcerative colitis, osteoarthritis, bursitis, Hashimoto's thyroiditis, neuropathic pain, nerve damage, and psoriatic arthritis pain. She added a few cases submitted by Natalie Gustavson (pharmacist), psoriasis plaques, and MS. All of these cases were treated with LDN demonstrating impressive improvements.

>> [Learn more](#)

## Leonard Weinstock, MD (1 of 3)

### Inflammatory Bowel Disease – Standard and New Approaches to Therapy



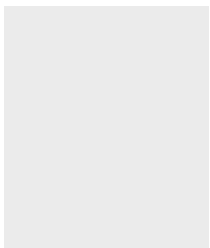
Dr. Weinstock is board certified in gastroenterology and internal medicine and respected as an expert in his field. He has participated in over 30 research studies; many involve utilizing LDN as a treatment for a variety of inflammatory conditions. In this talk he explains the forces leading to inflammatory bowel disease (IBD), which

are risk genes, bacterial antigens, environmental triggers, and immune response. He further discusses standard medicines used to treat IBD, explaining the pros and cons. Dr. Weinstock then reviews studies on alternative medical and dietary therapies that are helpful in IBD including LDN, which regulates cell growth, decreases inflammation and permeability, and improves GI motility. Dr. Weinstock goes on to review various studies and the positive impacts of LDN as a monotherapy as well as an adjunct therapy.

>> [Learn more](#)

## Cory Tichauer, ND

### LDN a Complex Case of Lyme Disease with Co-Morbid Lupus, Asthma and Fibromyalgia



Dr. Cory Tichauer has practiced naturopathic medicine for 15 years and shares his knowledge of Lyme or tick-borne complex. The Lyme symptoms discussed are similar to so many other illnesses that they are often misdiagnosed. The increasing cases are a concern, and Lyme is often not even tested for. He describes a number of co-

infections. He then shares the testing, treatment, and results of a very difficult case study. LDN was a big factor in the successful resolution of this Lyme case.

>> [Learn more](#)

## Leonard Weinstock, MD (2 of 3)

### Celiac Disease-Associated Autoimmune, Inflammatory, and Gastrointestinal Disorders: Mechanisms and Treatment



Dr. Weinstock discusses celiac disease and the broad spectrum of autoimmune diseases associated with it. If celiac disease (CD) is diagnosed early enough, many of these diseases can be avoided. What we eat has a lot to do with the small intestinal bacterial overgrowth (SIBO), particularly wheat products. Our overall diet of processed foods is also key to developing celiac disease. He utilizes LDN to treat CD and all the related conditions, and shares a number of case studies of successfully treated patients. LDN increases endorphin cells and reduces inflammation among other healing actions.

>> [Learn more](#)

## Samyadev Datta, MD

### “Use of Low Dose Naltrexone in Pain Management”



Dr. Datta describes the multiple mechanisms of action of Naltrexone and its role in pain management. He describes the uses of nano, micro, and milligram dosages of LDN. In different dosages the mechanism of action is very different. He explains the dosage of LDN and how to titrate upward slowly, while stopping opioids before taking LDN. Dr. Datta shared numerous patient cases using LDN demonstrating excellent improvements.

>> [Learn more](#)

## Paul S. Anderson, NMD (1 of 3)

### Cancer: Using the Latest Ideas in Immunotherapy to Improve Outcomes, Survival, and Quality of Life



Dr. Anderson has three decades of experience with cancer and is the CEO of two clinics. From his 20 years dealing with cancer, he describes the limits of current standard therapies, the use of integrative oncology agents (surgery, radiation, chemotherapy), and the latest immunotherapies being used. He has had

great success using LDN immunotherapy. It partially works by inducing increases of met-enkephalin (also known as opioid growth factor or OGF, an endorphin produced in large amounts in the adrenal medulla) and beta endorphin in the blood stream. LDN also increases the number and effectiveness of our natural killer cells, which seek out and attack cancer cells. He discusses LDN dosage strength, cycle, and pulsing application. In most cases LDN is used along with other targeting therapies. Dr. Anderson explains how a patient on opiate pain medication can still tolerate LDN at lower doses titrated up very slowly.

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**Leonard Weinstock, MD (3 of 3)**  
**Postural Orthostatic Tachycardia Syndrome (POTS): Pathophysiology, Gastrointestinal Involvement, and New Therapy with LDN and IV Immune Globulin**



Dr. Weinstock specializes in gastroenterology and has extensive experience in diagnosing and treating POTS and Mast Cell Activation Syndrome (MCAS). Many doctors are frustrated by the numerous symptoms that present in these autoimmune and inflammatory conditions. This systemic disease affects numerous body parts. During

his talk we learn which of these symptoms are related to POTS, as well as the prevalence of the disease. He shares an extreme case of POTS and how a combination of Low Dose Naltrexone, IVIg, and Rifaximin successfully relieved a patient's symptoms in a dramatic way. Other case studies utilizing LDN are shared, demonstrating its effectiveness. Potential causes and symptoms of MCAS are discussed, and how many of them overlap with POTS. Immunotherapy treatment cases are explained and summarized.

[>> Learn more](#)

**Paul S. Anderson, NMD (2 of 3)**  
**Thyroid Disorders: Latest Advances in Help & Healing**



Dr. Anderson describes thyroid disorders as one of the most common hormonal conditions in humans and their immune system connection. He describes how the thyroid gland works in producing and activating hormones. There are various thyroid dysfunction types which are discussed as well as the thyroid players (TSH, T3, T4), and hormone antibodies.

Often, patients can reduce or even stop their thyroid medication using LDN as an immunotherapy, but he stresses that diet, exercise, blood sugar, blood tests, and other factors must be considered before adding LDN. He shares some studies that show LDN affects cytokine manipulation and reduced inflammation. Slow titration of dosing is important in thyroid autoimmunity.

[>> Learn more](#)

**Deanna Windham, DO (1 of 2)**  
**Lupus: A Misunderstood Disease**



Dr. Windham has been an integrative doctor for 15 years and specializes in lupus, an inflammatory autoimmune disease. She leads us through the nature of DNA and triggers that turn on the disease and why we get lupus. Diet, genetically modified foods, food sensitivities, stress, lack of sleep, and pathogens around us are but a few of the triggers. Because we are all individual, the therapies and treatments vary among patients. She explains the new and expanding therapies that address core issues like stem cell and mitochondrial dysfunctions, leaky blood brain barrier, and leaky gut. Much of her talk can be reviewed in Linda Elsegood's "The LDN Book" in chapter two.

[>> Learn more](#)

**Jill Brook, MA**  
**Nutritional Strategies for Managing Autoimmune Disorders**



Dr. Brook is an autoimmune patient herself and is a specialist in helpful diets to combat the many autoimmune diseases. She describes various protocols, such as Paleo, Wahls, and GAPS, explaining how they work and their effectiveness. What we eat affects chronic inflammation, gut bacteria, mast cell degranulation, and histamines. There are certain foods to avoid like gluten, excess salt, sugar, artificial sweeteners, refined oils, and processed foods. This is a difficult topic due to conflicting opinions, for which Dr. Brook provides guidance.

[>> Learn more](#)

**Deanna Windham, DO (2 of 2)**  
**Bipolar Disorder: Difficulties in Diagnosis and Treatment**



Dr. Windham describes many disease processes that can mimic or destabilize bipolar disorder. This challenging disease is very damaging to the lives of bipolar patients and all those around them. She describes the symptoms and methods of diagnosing bipolar disorder, and the individualized therapies used today. She outlines contributing factors to this particular autoimmune disease. Neuroplasticity is key to treating bipolar disorder, but better gut health is also critical. Dr. Windham describes how LDN is a valuable, effective and safe medication for this and all other autoimmune conditions. She shares some other avenues of exploration into treating this difficult disease.

[>> Learn more](#)

### **Galyn Forster, MS, LPC (1 of 3)**

#### **LDN treatment of PTSD, Hypervigilance, Anxiety and Sleep Disruption, Comorbid with Bipolar Disorder, PMDD, Irritable Bowel Syndrome (IBS), Cold-induced Auto inflammatory Syndrome**



Dr. Forster's title is a great indicator of the conditions for which LDN can be used. He has been an EMDR psycho-trained therapist for 30 years. He has used LDN for the last 8 years for a host of conditions. He leads us through 5 case studies that show the effectiveness and safety of Low Dose Naltrexone.

[>> Learn more](#)

### **Jill Cottell, MD**

#### **Targeted Dose Naltrexone for Alcohol Use Disorder**



Dr. Cottell, an internal medicine doctor from California, describes the Alcohol Use Disorder (AUD). As many as one in three Americans have this disorder that is highly undiagnosed and is a huge burden on our society. The destructive affect on our health sneaks up on us over time. She describes "Targeted Dose Naltrexone", also called The

Sinclair Method (TSM) and how it works. Dr. Cottell describes a number of studies and trials where oral naltrexone was successfully used for alcoholism. The cravings for alcohol are shut down when naltrexone blocks the endorphins. Surprisingly, the targeted dosing of Naltrexone works most effectively while the patient was still drinking, and she describes how that works. She explains combined pharmacotherapies and behavioral interventions for alcohol dependence and shares the success rates around the world using this method. Several success stories are reviewed.

[>> Learn more](#)

### **Galyn Forster, MS, LPC (2 of 3)**

#### **An Introduction to the Issue Phobia of Shared Positive Affect, How it Confounds Treatment, and How to Treat It**



Dr. Forster explains that early neglect of a child can bring about a phobia of shared positive affect. The patient feels awkward or extremely uncomfortable when positive relationships are encountered. He explains that this phobia disrupts these relationships including the clinician-patient one.

Compliments tend to frustrate the patient.

They are left longing for what they are missing. He shares simple exposure strategies to help patients reduce and even eliminate this phobia.

[>> Learn more](#)

### **Beth Livengood, NMD (1 of 2)**

#### **Rheumatoid Arthritis (Case Study)**



Dr. Livengood describes Rheumatoid Arthritis (RA) symptoms and causes for the inflammatory component. She explains how many of her RA patients are deficient in Vitamin D, which is a factor in many illnesses, including cancer. Food sensitivities are also tested. She describes case studies using LDN to moderate the patient's autoimmune system. Like many other doctors, her approach is multi-pronged, demonstrating exceptional success.

[>> Learn more](#)

### **Akbar Khan, MD (No verbal recording - only PowerPoint slides)**

#### **Broad Spectrum, Gentler Anti-Neoplastics: Breaking the Cycle of Toxic Therapy**



Dr. Khan's presentation explains the use of re-purposed drugs that have broad-spectrum anti-cancer activity through various mechanisms and are non-toxic unlike conventional chemotherapy. He discusses low dose naltrexone (LDN), dichloroacetate (DCA), and dimethylsulfoxide (DMSO). He explains the rationale, indications, dosing, side effects, and contraindications of each drug.

[>> Learn more](#)

### **Beth Livengood, NMD (2 of 2)**

#### **LDN for Gastroparesis (Case Study)**



Dr. Livengood explains what causes gastroparesis and the symptoms that present. She leads us through a case study of a patient with this problem where LDN is part of the treatment. Food intolerances are tied to a faulty autoimmune system, and LDN can even reduce these. There were adjunct therapies like visceral acupuncture and medical marijuana (self medicated). She explains how and why LDN works synergistically with other treatments. The patient had excellent results.

[>> Learn more](#)

## **Ulrich Lanius – PhD**

### **Traumatic Stress and Dissociative Symptoms: Adjunctive Pharmacological Interventions**



Dr. Ulrich Lanius discusses the recent research on the use of opioid antagonists for traumatic stress syndromes and dissociative symptoms. He describes these conditions, how they develop, and the treatments for them. Low Dose Naltrexone (LDN) removes the physical restraints, decreases immobilization and improves the immune

function. Dosage varies between situations because of the “fight or flight” response and other patient conditions. He mentions the use of nalmefene (an opioid antagonist similar to LDN) in earlier years. He shares several LDN case studies performed by himself as well as other practitioners.

**>> Learn more**

## **Paul S. Anderson, NMD (3 of 3)**

### **LDN Case Studies**



Dr. Anderson shares some case studies utilizing Low Dose Naltrexone (LDN). The cases relate to ulcerative colitis and recurrence of colorectal carcinoma, Hashimoto’s thyroiditis, multiple chronic infections, and other autoimmune conditions. In many cases, LDN reduced the side effects of other concurrent therapies like chemotherapy. In each case he

thoroughly describes the patient’s level of condition, the treatments initiated (including LDN), and the end results.

**>> Learn more**

## **Ginevra Liptan, MD**

### **Alternative Strategies for Alleviating Fibromyalgia Pain: Tips, Tricks, and Case Studies from a Specialty Practice**



Dr. Liptan describes fibromyalgia as a common condition of widespread pain reflecting central nervous system sensitization. It’s a complex illness. One of the best-studied treatments is Low Dose Naltrexone (LDN) which calms activated glial cells and lowers the volume of pain. She shares case studies, including patients who require opiate-based

medications. In these cases, timing of each med is important or the use of ULDN (Ultra-Low Dose Naltrexone). She specializes in fibromyalgia and has written a book, “Fibromyalgia Manual”.

**>> Learn more**

## **Darin Ingels, ND (1 of 2)**

### **LDN and Lyme Disease (Case Study)**



Dr. Ingels specializes in Lyme disease, autism, and chronic immune dysfunction and has published two books (one on cholesterol and the other on autism). He explains that Lyme is not just from ticks, but it can originate from any biting insect. He describes the symptoms and how it imitates many other illnesses. Dr. Ingels leads us

through a number of case studies explaining the treatments and results.

**>> Learn more**

## **Michael Ludwig, MS**

### **The Role of Enkephalins in the Pathophysiology of MS: What we can learn from Mouse Models**



Dr. Ludwig explains the role of endogenous peptide interactions with receptors, specifically opioid growth factor receptor axis in the onset of MS disease and response to therapy. He discusses the causes and types of MS and the current treatments available. Basically, LDN increases the OGF in all mammals including

mouse models. He gives us a detailed description of how LDN works with varied amounts and antagonist blockade timing. He concludes that LDN is a safe and effective therapy that should be considered for a standalone initial therapy for MS.

**>> Learn more**

## **Galyn Forster, MS, LPC (2 of 3)**

### **LDN Treatment of Veterans with PTSD, A New Reason for Hope: 3 case studies**



Dr. Forster has utilized Low Dose Naltrexone (LDN) when treating a variety of psychiatric disorders. Mental health issues can be treated directly with LDN or as an adjunct to psychotherapy. He describes how in forty cases, LDN has given hope and help to veterans with PTSD. It’s not a cure-all, but better than other drugs that have bad side

effects. He describes how to start and increase the dosage, and prescribes a two to three dose per day regimen. He shares some heart-warming success stories.

**>> Learn more**

**Watch the LDN 2017 Conference - click here to buy now**



**Thomas O'Bryan, DC, CCN, DACBN**  
**Fire in the Hole Intestinal Permeability, The Development of Autoimmune Disease, and a Comprehensive Approach to Healing the Gut**



Dr. O'Bryan is an excellent speaker, using humor as he shares some very important information with us. He explains how autoimmune dysfunction begins many years before symptoms are detected. Certain blood tests can predict the type of autoimmune condition we are likely to have later in life, which enables us to take steps to avoid those diseases. More can be learned from his book "The Autoimmune Fix".

[>> Learn more](#)

**Debbie Rice, ND, MPH**  
**Low Dose Naltrexone – Regulating Immune and Inflammatory Response**



Dr. Rice presents a number of case studies utilizing LDN. The conditions were Hashimoto's, Crohn's disease, and thyroiditis. All involved patients had excellent improvements using LDN.

[>> Learn more](#)

**Wiebke Pape, MD**  
**Dissociative Symptoms in Trauma-Related Disorders: A Closer Look at the Possibilities of a New Medication**



Dr. Pape specializes in dissociative patients who have experienced various trauma-related disorders. Her clinic in Germany has utilized LDN with great success since 2009, and she describes the changes that are reflected in her patients. Dr. Pape shares the promising results of a study conducted on 50 patients.

[>> Learn more](#)

**Sarah Zielsdorf, MD, MS**  
**A Patient on Fire" (Case Study)**



Dr. Zielsdorf is a well-respected functional medicine internist located in Illinois, and is considered a regional thyroid and autoimmunity expert. She reviews the case study of a 38-year-old female patient presenting degenerative joint disease, Hashimoto's hypothyroidism, arachnoiditis, malabsorption, osteoporosis, and obesity.

Patient has experienced multiple failed neurological procedures and surgeries and other failed treatments, such as NSAIDs, opiates, antidepressants, and psychotherapy. After an elimination diet and elimination of opiates for 2 weeks, LDN was gradually introduced. After 2 to 6 months, patient was happy for the first time, lost 60 lbs, and was able to exercise. Other adjunct therapies included natural thyroid medication, B12 injections, Vitamin D3/K3, and digestive enzymes.

[>> Learn more](#)

**John A. Robinson, NMD**  
**Thyroid Disease: Optimizing Metabolism Through Comprehensive Hormonal Treatment**



Dr. Robinson is a Board Certified Naturopathic Doctor practicing in Scottsdale, Arizona, specializing in endocrinology and age management medicine, including sex hormone management, thyroid disease, autoimmunity, diabetes, and gastrointestinal issues. A comprehensive approach is very important to ideal metabolic health. He goes into great detail about hormonal treatment.

[>> Learn more](#)

**Darin Ingels, ND (2 of 2)**  
**LDN and Children Case Study**



Dr. Darin discusses how utilizing LDN for children is a safe and good treatment for many autoimmune conditions. He has used LDN for children over the last 9 years and has never seen bad side effects. He explains how and why it works as he leads us through some detailed case studies on children with autism, thyroiditis and IBS.

[>> Learn more](#)



The Oregon Board of Naturopathic Medicine have awarded 27.75 CE Credits 4.25 - Pharmacy, 2.0 Pain.

The American Association of Naturopathic Physicians have awarded us:

26 CE Credits - 21 General - 3 pharmacy - 2 pain

Credits have to be requested within 12 months from the end of the conference.

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# THE LDN BOOK

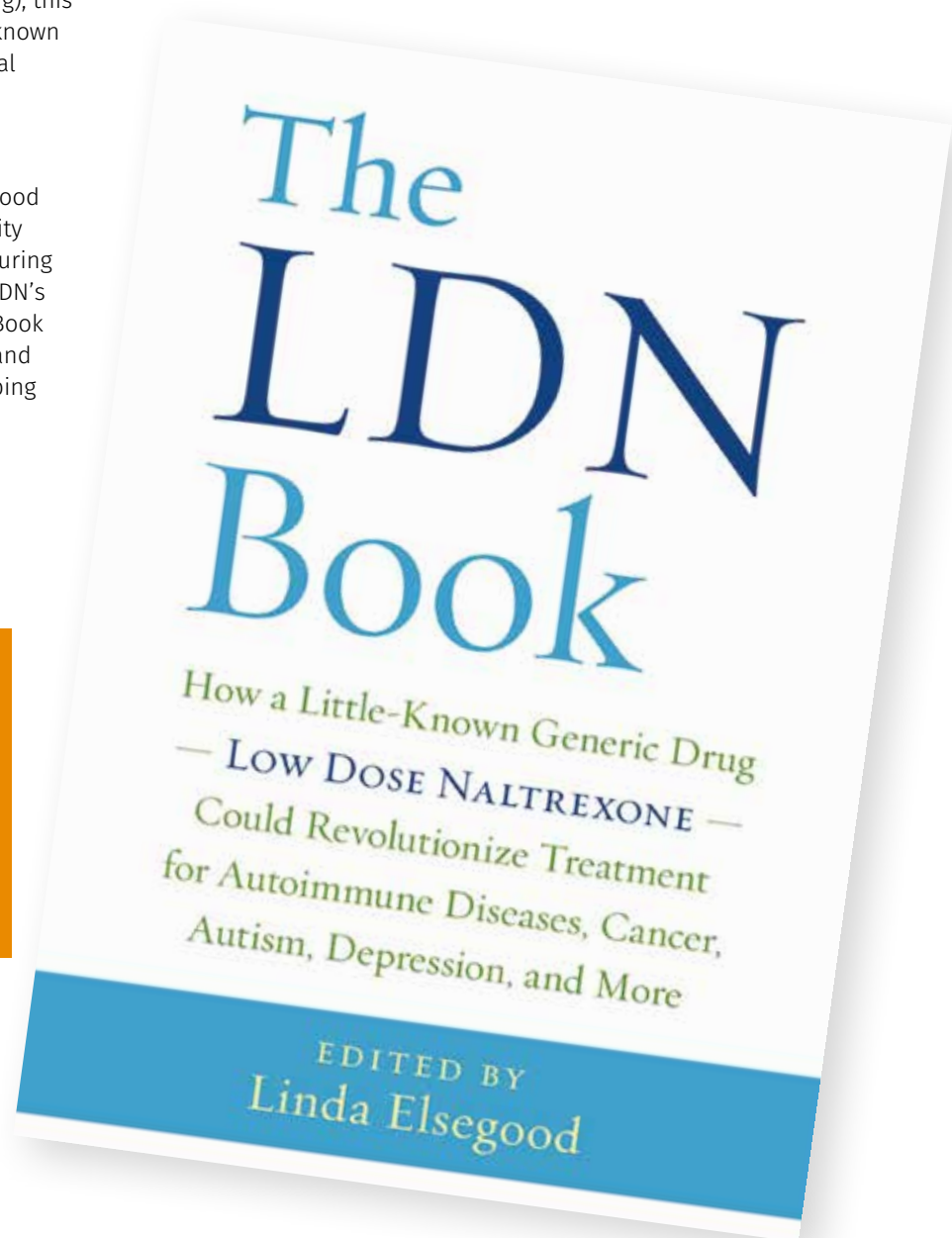
Low Dose Naltrexone (LDN) holds the potential to help millions of people suffering from various autoimmune diseases and cancers, and even autism, chronic fatigue, and depression, find relief.

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.

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