19th October 2020

Just Launched!!

Prevention and Treatment of Memory Loss
Kindle Edition
By Dr Pamela Smith, MD, MPH, MS

Anyone who wants to help prevent memory loss should read it this eBook!

Dr. Smith goes into great detail on each topic; it is clear and easy to understand. There are over 350 references so that you can do your own research.

Now available on Amazon in many countries around the world for $5.99 or £4.59.
All royalties are given to the LDN Research Trust.

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- Etiologies of Memory Loss
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Practical tips and strategies for living better from our Research Advisor and Nutritionist Jill Brook.

Food and lifestyle can make a big difference to your experience with LDN and healing from pain or illness. On these pages we’ll share evidence-based wellness strategies, plus tips for making healthy habit changes easier and more maintainable.

If you don’t see the topic you seek on this website, you can send us your questions or requests. Please share your favorite recipes, too!

Inflammation, mutant black mold, and a very common ingredient

Broccoli sprouts for air pollution

Making veggies feel more like treats

Also Check Out:

LDN Nutrition and Lifestyle Blog
Nutrition Research Findings
LDN Nutrition and Lifestyle Q&A
Recipes

Jill Brook, MA is a long-time nutritionist, researcher and autoimmune patient benefiting from LDN. After earning degrees from Princeton University and UCLA, she worked for both universities and the Pritikin Longevity Center before opening a private practice in Southern California.

Calling all LDN Users

We are delighted to inform you we have over 1,600 people taking part in the questionnaire so far!

Have you taken part yet?

The data collected is anonymous and held securely/compliantly via JotForm Link

Our aim is to find out:

1. how many people are taking LDN
2. what country they are from
3. How many had side effects
4. What the side effects were
5. How long side effects lasted
We would really appreciate your help by sharing the link to the questionnaire. Together we can achieve so much!

Register NOW to join us online for The LDN Book 2 Launch and Tour

Upcoming Events

Click here for full details of all the events

The events are for Patients and Medical Professionals or anyone interested in learning more about LDN!