

# The LDN Book

How a Little-Known Generic Drug  
— LOW DOSE NALTREXONE —  
Could Revolutionize Treatment  
for Autoimmune Diseases, Cancer,  
Autism, Depression, and More

EDITED BY  
Linda Elsegood

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How a Little-Known Generic Drug—Low Dose Naltrexone—Could Revolutionize Treatment for Autoimmune Diseases, Cancer, Autism, Depression, and More

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“ **A comprehensive resource for doctors, pharmacists, and patients who want to learn more about how Low Dose Naltrexone is helping people now.** ”

How can it be that a generic drug—administered off-label in small daily doses and proven to help people suffering from a wide variety of autoimmune diseases and cancers—still languishes in medical obscurity?

Low Dose Naltrexone (LDN) is an active opioid antagonist and works by partially blocking opioid receptors that, in turn, helps to balance your immune system by tricking your body into producing more endorphins. While not for everyone, this generic drug is extremely affordable and presents few known or serious side effects. Administered off-label in small daily doses (0.5 to 4.5 mg), it is being used around the world to help people suffering from a range of ailments including multiple sclerosis (MS), lupus, thyroiditis, inflammatory bowel disease, and various cancers, as well as autism spectrum disorder, chronic fatigue, and depression.

*The LDN Book* explains the drug's origins, its primary mechanism, and the latest research from practicing physicians and pharmacists in the United States and abroad as compiled by Linda Elsegood of The LDN Research Trust, the world's largest LDN charity organization with more than 19,000 members worldwide. Diagnosed with MS in August of 2000, she started LDN therapy in December of 2003, and now has a better quality of life and hope for the future. She has helped connect thousands of people to this potential remedy to their ailments.

*The LDN Book* includes information from nearly a dozen medical professionals on LDN's efficacy and two patient-friendly appendices—one that answers frequently asked questions and another that suggests how to start the conversation with your doctor. This 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.



**Linda Elsegood** is the founder of the LDN Research Trust, which was set up in the UK as a Registered Charity in 2004, and is the editor of *The LDN Book*. Diagnosed with MS in August of 2000, she started LDN therapy in December of 2003, and now has a better quality of life and hope for the future. Through the Trust, she has connected thousands of patients, doctors, and pharmacists around the world with information, articles, and patient stories about LDN.

<http://media.chelseagreen.com/low-dose-naltrexone>