

July 2011

International LDN Aware Week – 12-18th September 2011

Hi Everyone

This year has been very busy indeed. Every year preparations for the International LDN Aware Week take longer as we strive to make it bigger and better than the year before.

Everyone can be involved in many ways:

1. Request LDN flyers to be posted to you so that you can give them out helping to raise awareness.
2. Taking part in the LDN survey on the forum:
<http://forum.ldnresearchtrust.org/index.php?/topic/1968-ldn-survey-for-the-ldn-aware-week-2011/>
you have to first register. The results will be used anonymously.
1. By talking to Ann Bryant from the PR Company if you are happy giving your story to the media.
2. Being interviewed over the phone for the LDN Aware Week Audio DVD – only until the end of July.
3. If you have any free time and would like to become a volunteer.
4. By displaying an LDN car sticker, using an LDN key ring, wearing an LDN wristband, polo shirt, pin badge or one of our **new badges**. These can be purchased at a low price from our shop
<http://ldnurl.info/ldnshop> purchase now ready for the awareness week.
5. Attend the Irish LDN Conference on Saturday 17th September.
6. For those in the UK—please write to your MP using the template letter :
<http://www.ldnresearchtrustfiles.co.uk/docs/MP%20Letter%20Template.pdf> to find your MP:
<http://findyourmp.parliament.uk/> - we would appreciate feedback when you receive a reply.
7. Further updates coming up in August. on how you can be involved.

International LDN Aware Audio DVD

The DVD has interviews from: Jackie Young the widow of Dr Bihari who tells the LDN story so far, scientists, prescribing doctors, pharmacists and advocates.

You can pre order your copy now and it will be dispatched in approx. 4 weeks' time.

Prices include Postage and Packing
£11 in the UK
Euro 13.50 in Europe
\$20.50 outside Europe



We will also send out free copies to a medical professional if requested by you. To request a copy for your doctor etc, please send their name and practice address, with your full name and we will be happy to do it. We did this last year and the results were amazing. Many doctors felt comfortable prescribing. However this costs a small fortune in postage alone. Therefore we need to raise funds to cover the costs of the actual DVD plus the postage.....Shana Spooner has already started an online email fundraiser, and she would like everyone to take part every £, \$ and Euro counts. Please read page 3. We also have watches, shopping/ beach bags, cards etc in our shop take a look as every little helps. <http://ldnurl.info/ldnshop> **Thank You for your support in helping us to help others. Together we can achieve so much!**

LDN Aware Advocate Video No. 4th is now available to view:

<http://www.youtube.com/watch?v=YywaPg6Yosc&feature=youtu.be>

Jackie Young - LDN Research Trust Patron

It is a great honor and pleasure to have been selected to be a patron of the LDN research trust registered charity.

This ground breaking organization whose work, dedication and commitment to the promotion of low dose naltrexone awareness to the public is indeed extraordinary.

I have been personally involved with low dose naltrexone for many years, firstly in the capacity as Dr. Bihari's partner and also by working very closely with him in his private practice here in New York City.

What I have experienced throughout these years has been truly miraculous. I have seen, first hand, the many patients suffering with various types of autoimmune disease who had just about given up on life after years of being prescribed drugs that were ineffective, then having their lives turned around after taking low dose naltrexone.

For example, patients with multiple sclerosis who had been confined to wheelchairs or else relegated to bed unable to get around unassisted would call the office after taking LDN, stating that their condition had improved, and they could once again get out of bed unaided and/or able to walk around a bit without using a cane or wheelchair. .

I must say how gratified this made Dr. Bihari feel. He would literally light up when LDN had once again proven to be a successful therapy.



In the early days, Dr. Bihari and I, as well as a few dedicated believers, fought a war for years in a continuous struggle to get low dose naltrexone out to the public, without much success. However, recently we have been blessed by so many wonderful people who have been incredible inclusions to the LDN advocates team, namely Linda Elsegood the founder and chairman of the LDN research trust charity, and Julia Schopick, whose book "honest medicine" dedicates an entire chapter to LDN, as well as numerous others. I cannot thank them enough for their faith and belief in all of this research.

In all my years of working with Dr. Bihari, one thing was constant. The volume of patients suffering from numerous autoimmune diseases who had benefitted from taking this drug was very impressive. Their "Crohn's" was under control, their "HIV/AIDS" lab work was now in-range, "chronic fatigue syndrome" was now tolerable by taking LDN. . On and on, everyone's health was improving in one way or another. Also, please keep in mind that LDN has absolutely no side effects and is relatively inexpensive.

As patron member of the LDN Research Trust, I will continue to fight vigorously and tirelessly until the time has come that a pharmaceutical or biotech company will indeed make low dose naltrexone available to the public at large, and help the hundreds of thousands of people who are suffering needlessly simply because they do not have access to this non-toxic drug.

Once again, thank you Linda for allowing me to be a part of your organization and also for choosing me as a fellow soldier to help in this heroic task that we are all undertaking.

Not only will I personally fight for this cause, but I will proudly carry the torch as best I can for the discoverer of low dose naltrexone, Dr. Bernard Bihari.

Finally, in the words of Dr. Bihari "nothing unimportant ever happens when it comes to LDN".

We will win!!

If It Was Really, Really Easy For You to Raise Money for the LDN Research Trust Would You Do It?

Shana Spooner

Want to know the secret? It's doing a quick 2 week campaign through e-mail and any other social media that you use. I'll give you all the tools you need. You just need to copy my e-letters and thank you e-letter, personalize it a bit and send it to your e-mail list and post it on your social media sites. That's it.

WHEN SHOULD YOU START YOUR TWO WEEK FUNDRAISER?

You can begin now or anytime up until September 4th. Think about when your contacts will most likely be on vacation and try to plan your fundraiser when most will find it easy to donate.

PURPOSE OF FUNDRAISER

Linda at LDN Research Trust has almost completed a DVD for which a number of doctors, pharmacists and people taking LDN for various autoimmune diseases were interviewed (including a number of you). The DVD will help people who want a prescription for LDN to educate their doctors. When doctors know LDN is a safe drug that builds the immune system, they may be more willing to prescribe it.

WHY LDN RESEARCH TRUST NEEDS CONTRIBUTIONS NOW

We need funds now to both produce the DVD and mail it when requested. This takes a lot of money that LDN Research Trust does not currently have.

HOW MUCH OF THE MONEY YOU RAISE WILL GO DIRECTLY TOWARDS THE CAUSE?

100% of all monies raised will go directly to this program. There are absolutely no paid workers at LDN Research Trust.

IS THIS DONATION TAX-DEDUCTIBLE?

Donations are only tax deductible for donors that live in England.



WHY SHOULD YOU HELP WITH THIS FUNDRAISER?

Did you have a difficult time finding out about LDN? Getting an LDN prescription?

Let's make it easier for others. Imagine if others could get a LDN prescription soon after diagnosis. Remember that LDN is a non-toxic immune system builder. When taking LDN, you stop taking opiates that only mask systems and are chemicals that are not good for

your body. LDN works for most people, and is both good for you and cost effective for everyone.

It will take very little time and effort on your part, and will have a HUGE impact on LDN awareness.

HOW MUCH OF YOUR TIME WILL IT TAKE?

Depending on how much effort you put in, it will take between 2-10 hours (guestimate). I did this fundraiser already. It took me a total of 12 hours. However, I wrote the fundraising letter, a follow-up letter, an e-mail thank you (which you can copy) and I wrote personal thank you notes to everyone who gave.

WHAT HAPPENED WHEN I DID MY 2 WEEK FUNDRAISER?

I thought I could raise around \$750 US. In my fundraising letter (that you can copy), I said my goal was \$3500. I collected \$1326. I do believe saying my goal was \$3500 did help me raise more. I'm still getting some donations.

WHAT DO YOU DO NEXT?

E-mail me shana@ldnresearchtrust.org and let me know you are interested in being a part of the 1st annual worldwide e-fundraiser. I will e-mail you back as to what to do next.

Thanks for your support
Shana

LDN and Omega 3 - Dr Tom Gilhooly

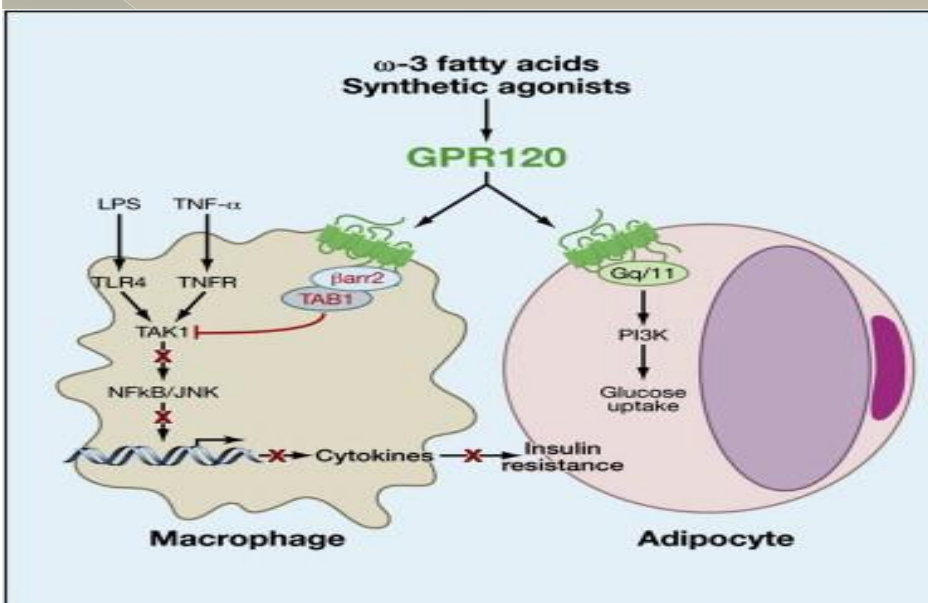
Many patients ask if there are any supplements that are complementary to LDN so that they can maximise that value of this immune modulator. Logically any supplements that have a similar immune modifying action should be helpful and the most obvious ones are omega 3, vitamin D and a multivitamin. It would be great if we could get adequate amounts of these essential nutrients from our diet but in reality, this is seldom the case.

Our particular interest in The Essential Health Clinic is omega 3 and in conjunction with the University of Stirling and Prof Bill Lands from the States, we have developed a relatively straightforward method of measuring omega 3 levels in the blood. This blood test has been previously very difficult and expensive with few labs around the world offering the test. The new method is carried out on a whole blood sample obtained from a finger prick test, similar to a blood glucose test in diabetes. We have compared this method to the older standard test for omega 3 levels and found the two to be very similar. The results of this study were published last month in the British Journal of Nutrition and mark a new era for omega 3 testing (1). For the first time there is a reliable and affordable test to measure this vital fat and the results from our clinic suggest that very few patients have adequate blood levels of omega 3. The average level we have tested is 36% which is about half of the optimal level of 60 – 70 %. Most of these patients were already taking some form of supplement and thought they had a good diet.

We have known for some time that omega 3 has an immune modifying effect but research published last year in the journal Cell, revealed the exact mechanism by which it exerts its effect (2). Omega 3 logs onto a cell membrane G protein receptor call GPR 120. This creates a secondary effect inside the cell itself , called a second messenger, which reduces the production of inflammatory material in the cell. In other words it turns down the volume of the immune system by directly affecting the internal traffic in the white blood cells, a key part of the immune system response. As the illustration shows, the same receptor is also activated on fat cells which improves glucose uptake by the cells and so reduces insulin resistance, a key factor in weight gain and the development of type 2 diabetes. This is only one of the many benefits from having the right amount of omega 3 in your body. Improved mood and reduced risk of heart disease are well documented and there are very few if any side effects to omega 3. We recommend that all patients have their omega 3 levels checked and where possible, aim for the traditional Japanese levels of 60 – 70 % of all essential fats, being omega 3. Not only will this help to compliment LDN, it is also a good all round supplement.



GPR120 Is an Omega-3 Fatty Acid Receptor Mediating Potent Anti-inflammatory and Insulin-Sensitizing Effects



References:

1. Bell et al, British Journal Nutrition, June 2011
2. Da Young Oh et al, Cell, September 2010

Our members can receive a 30% discount off Omega 3

<http://forum.ldnresearchtrust.org/index.php?topic/799-offer-on-dr-toms-supplements/>

You will first need to register or log in to the forum.

My life with Sjogren's Syndrome by Chris Chen

My name is Chris and I am from Asia. I have autoimmune disease and I have been using LDN for over 1330 days. LDN is the only treatment I am using and I am fortunate to have enjoyed good results. Here is the story of my way to wellness with the help of LDN.

I still recall the day, just a few days after my 42nd birthday, when I experienced the first symptom of SS. It was like someone had turned my water supply off and I literally felt my eyes dried up suddenly without any warning. I didn't panic because I had felt something similar before in my late 20's and 30's. I'd always thought it was due to having worn contacts in the past. The occasional dry eye sensation that I felt before had always been temporary and reversible with proper rest and time. I did not suspect anything different this time except thinking, wow, this was unusually dry and painful.

I started searching on the internet for a solution for dry eye after the problem persisted for over seven months and the dryness and pain became debilitating and unrelenting. During this period, I went to see many ophthalmologists, internists, endocrinologists, traditional Chinese doctors, and what not, but nobody could help me.

One evening as I was sitting by my computer searching for "cures", I felt my saliva gotten turned off too. It was frightening because it was a sensation I had never experienced before. It became clear to me that I might have something that I had only recently read about called "Sjogren's Syndrome". Sjogren's is an auto-immune connective tissue disease that is considered incurable, progressive and can become systemic. My world suddenly came to a halt. I was devastated because of the miserable, debilitating symptoms and its bleak prognosis. My husband didn't know how to help me except to tell me to learn to live in peace with it. My then 6 year old boy looked at me and couldn't quite comprehend why Mommy was always in pain, tired and depressed. Suicidal thoughts played out in my head all the time, but I was afraid. I didn't dare to take actions so I told myself to do everything I could to get better or at least tried to re-gain some control over the disease.

I went to a rheumatologist and did a salivary flow test and blood test to confirm. I really didn't need the results to tell me that I have SS because deep in my heart, I knew it was what I have. I spent the next 48 hours glued to my computer searching for anything and everything that may give me some hope. Finally, there was this tiny little thread that got my attention and it was an enquiry on whether anyone had heard of LDN therapy for Sjogren's. I



was fortunate to get in touch with a couple of SS patients in the U.S. through e-mails. Each reported various degrees of success in either symptom relief or halt in disease progression. I felt so encouraged by their results that I decided to take the LDN plunge.

During the 3 week wait for the medication to arrive, my disease progressed further. I started to experience neuropathic burning sensation in my upper torso. I also felt pins and needles sensation down my arms. I would also have night sweats, jerks and spasms in my legs. I thought, oh no, am I also developing MS? My emotional state was like a roller coaster ride with no end in sight. Fortunately my LDN finally arrived and I started taking nightly maximum 4.5mg dose. My initial reaction to LDN was mild and uneventful. In a short period of eight days, LDN was able to completely reverse my salivary gland function and improved my tear film. My life, after months of despair and misery, seemed to have meaning again.

I did however; experience some initial side effects such as fatigue, headache, heart palpitation and rashes. Initially I did not associate the rash being a yeast problem, but after four months on 4.5mg, I developed a urinary infection. I treated my UTI with rounds of antibiotics but it just wouldn't go away. Worst of all, my LDN started to fail and I lost all previous benefits. I immediately consulted with Dr. Zagon and other old LDNers for help. I was told that it was a clear case of candida overgrowth causing the LDN failure. I began anti-fungal treatment which eventually cured my UTI. Concurrently, I started an anti-candida diet for the following 24 months of which I still try to adhere to as much as possible. I found that the no sugar, no yeast and no carb diet enhanced LDN efficacy and improved my overall well-being.

I have since adjusted my dose from nightly 4.5mg to 2.0mg after experimented with various dosages and dosing schedules. Based on my personal experience, I realized that more is not necessarily better for my disease. Everybody is different. We must monitor our body carefully and adjust accordingly.

I am by no means "out of the woods". I still suffer from the symptoms of the disease, but LDN makes my disease bearable and hopefully halts its progression. I am so blessed to have found LDN and with LDN, I can move forward again.

WOW Charity Event for the LDN Research Trust –Eleanor Sharkey

On Friday 27th May 2011 WOW (Women of the World) held a fashion show in the social club at Eastriggs in Southwest Scotland.

WOW is a women's group that meets every Friday morning. The group has been running for around 2 years.

WOW has regular speakers on a variety of topics, social gatherings, arts/crafts/games, and fundraises for various charities.

I have been taking LDN for almost 4 years and the WOW group have seen how it has benefited me. They decided that they wanted to raise awareness and contribute to the work being done by The LDN Research Trust.

The clothes for the show were kindly supplied by Klass at The Gretna Gateway. There were 11 models-ages ranging from 27 to 82! We had to go to the shop and choose 3 outfits, a casual day, a smart day and an evening. There were 3 models who made an extra-special appearance that evening. They had lost 8 stone between them by following the Herbalife plan and they strutted their new sexy figures on our catwalk!

We raised £600 pounds, £300 of which has been passed on to The LDN Research Trust. The other £300 went back into the running of the WOW group.



May I say a huge thanks to everyone that supported our evening, all the WOW group for their time, effort and the yummy food that was provided. Also to Klass for supplying the clothes, and the local paper for their continued support



My 10 year old daughter Molly persuaded some of her class to raise funds for LDN Research Trust too! Along with 4 of her classmates she was given 5 pounds and asked to raise as much money as they could.

They set up an assault course and bought ingredients to make crispy cakes. The total amount they raised was £30.35-a magnificent amount for their hard work.



All of us at the LDN RT would like to thank Eleanor and Molly Sharkey for all their hard work in raising funds for us. It is greatly appreciated.

LDN Conference - Dublin

LDN Research Trust

New Developments in Medicine
LDN (Low Dose Naltrexone)
CCSVI (Chronic Cerebrospinal Venous Insufficiency)

When: Saturday 17th September 2011
Where: Dublin - Clarion Hotel, Liffey Valley,
Time: 9am – 5pm

MORNING LDN

9.00 am Dr. Patrick Crowley GP, Kilmoganny, Co. Kilkenny
LDN the story so far.

9.20 am Mr. Skip Lenz, Florida. Compounding Chemist & Mr. Brendan Quinn, Chemist, Galway
The production and distribution of LDN. Problems with LDN in Ireland.
The Chemistry of LDN.

Case Histories: Cancer, Multiple Sclerosis, Fibromyalgia, Arthritis & Skype Interviews
Linda Elsegood and John Donnelly

COFFEE BREAK

11.05 pm Dr. Phil Boyle, Galway Clinic.
LDN My experience

Panel Discussion:

Dr. Gilhooly, Dr. Boyle, Dr. Crowley, Brendan Quinn, Skip Lenz, John Donnelly, Linda Elsegood

LUNCH 1.00 – 2.00pm

AFTERNOON CCSVI

2.00 pm Dr. Tom Gilhooly GP. Glasgow Scotland
'Prof Zamboni, CCSVI the story so far'

2.30 Mr, Donald Reid MB.MD.FRCS – Vascular Consultant Lanarkshire Scotland
My experience with CCSVI

3.30 Diagnosing CCSVI
Panel Discussion Doppler scanning venography.
Sonographer: Monika Healy, Radiologists: Tom Murray.

Summing Up

Dr. Tom Gilhooley, Dr. Pat Crowley

To Register: <http://www.ldndatabase.com/conference2011.html>

LDN Conference in Ireland – further details

Summer in Dublin

Clarion Hotel, Liffey Valley

The LDN Conference in Dublin on September 17th 2011 will be the first public excursion for LDN in Ireland and it is appropriate that it occurs at the end of LDN awareness week sponsored by the LDN Research Trust (UK). Why come to Dublin? Apart from being one of the great weekend cities of Europe for visitors, it is steeped in history, beautiful panoramic vistas of the bay from Tourbus or Luas (rail) and a nightlife to equal London. A designated UN “city of literature” the names of James Joyce, W B Yeats, The Abbey Theatre, Shaw, Oscar Wilde, Seamus Heaney, Patrick Kavanagh have enriched the English language throughout the world and the friendliness and welcome of the Irish people is legendary.



Added to all that is the opportunity to increase your awareness of LDN and its potential by listening to doctors, chemists and patients who have a lot of experience first hand. We hope to have skype presentations with other leading LDN activist around the world. Also Jackie Young, widow of the late Dr. Bernard Bihari and LDN Research Trust Patron is hoping to fly in from New York to continue the great work started by Bernard. It promises to be a great occasion and as always it is the patients who have benefited from using LDN who are the drivers. Some of them will tell their stories and share their experience. If you fly to Dublin there is an hourly bus to the Clarion Hotel (Liffey Valley) Dublin. If in a car Get on the M50 ring road, take turn off for Galway and you are at Liffey Valley.

Clarion Hotel Liffey Valley Telephone:

+353 (0) 16258000

Email: info@claironhotelliffeyvalley.com

Thanks to John Donnelly for his help and support, John has a world database where you can add your LDN story and read what others have to say.

<http://www.ldndatabase.com/>



LDN Prescribing doctor – Dr Gwen Halbert

I am a hospital doctor with a particular interest in the use of Low Dose Naltrexone in the management of multiple sclerosis and other medical conditions. I am working with Dickson Chemist in Glasgow through www.prescribe4me.co.uk offering a telephone consultation service to try to make LDN more easily accessible for patients who are unable to access this medicine through their own GP or specialist.

I am aware that telephone consultations are a very poor replacement for face to face appointments. I will be working hard to make sure that every patient receives the best possible service we can give them over the phone - but patients should always try their own GP first, before resorting to online services. There is no replacement for a physical exam and the personal knowledge that a family GP has. I also expect all patients to be open and honest with their own GP, if they decide to get LDN privately.

At present I am treating patients with diverse medical conditions including MS, CFS, rheumatoid arthritis and cancer with LDN as I feel that despite the absence of large scale clinical trials, LDN has the potential to offer some benefit to carefully selected patients. I am relatively new to LDN so work closely with Stephen Dickson, the head pharmacist at Dickson Chemist.

On a personal level, my grandmother and a close family friend were both severely affected by MS and so I am particularly keen to ensure that patients with MS have access to LDN.



Join the LDN chat in the forum chat room

Do you want answers to your questions about LDN? Would you like to share your experiences using LDN? Now you can have an opportunity to do both in “real time.” It’s a great opportunity.

Got Endorphins? LDN, will be holding weekly online chats about LDN in the LDN Research Trust chat room. The first chat will take place on Wednesday, July 27th, from 5:00 to 6:00pm Pacific Daylight Savings Time.

To check what time that is in your country use <http://www.timeanddate.com/worldclock/converter.html>

Set the date: 27th July

Set the time: 5pm

Enter Location USA California

Then your Country

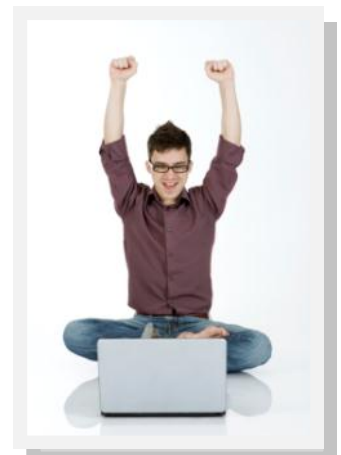
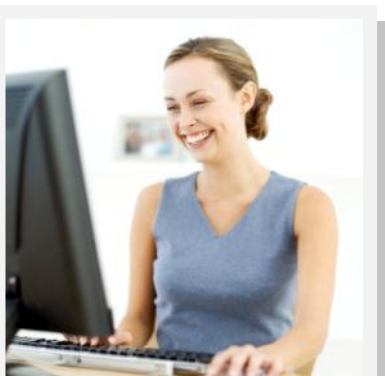
Click – convert time and then you will be able to see the time in your time zone for 27th July.

At first, these chats will last one hour. But we are hoping that, with time once momentum builds and we have more people offering to host these chats they will take place more often, are for longer periods of time.

To begin, Renee Foster will moderate the discussions.

We need more moderators, so if you have the time and the enthusiasm, please contact Linda Elsegood at contact@ldnresearchtrust.org. We look forward to hearing from you soon. We hope you will join us online!

In order to sign up for our July 27th chat, please go to <http://forum.ldnresearchtrust.org/> and register. It is quick and easy to register, the LDN Research Trust we set up in England when you are asked on registration.



LDN Aware Week 2011 - Ann Bryant

Euro RSCG PR UK

Hello, let me introduce myself.

My name is Ann Bryant and I work for Euro RSCG PR UK, a public relations agency with offices in Edinburgh, Manchester and London. I am based in Edinburgh so hence the rather pale looking skin in the photograph as our summer has been a bit of a wash-out, and that's an understatement!



First up, Linda has posted some survey questions on the website forum.

Please click the link below:

<http://forum.ldnresearchtrust.org/index.php?/topic/1968-ldn-survey-for-the-ldn-aware-week-2011/>

Why am I appearing in the newsletter? Well, this summer I'm working closely with Linda Elsegood to get press coverage of LDN Awareness Week and to promote the wider aims of LDN Research Trust.

We need to get the media on our side to encourage trials into the effects of LDN on those with Multiple Sclerosis and other conditions and so people can get much easier access to prescriptions.

So, what will I be doing?

Well, for starters you will have seen a round-robin e.mail from Linda asking if anyone is willing to tell me about their personal experience with LDN. The reason we need this is that newspapers and magazines like first-hand accounts. So by you telling of your experiences it will help me to get LDN talked about in the media.

So far we've had a couple of people come forward but we really do need more. And please don't be apprehensive about this as I won't send out any details without you having seen them first. I will also check that you are happy for me to send it to specific titles before it I sent it. Once it's been issued, hopefully the paper or magazine will want to speak to you directly but I won't commit you to anything that you're not happy to do!

Of course, it's not just about telling personal experiences and I'll be doing lots more.

you have to register first.

Can I ask as many people as possible completes this please? Once the results are in, I will then write a release and send it round the press. It's another hook to drive coverage of LDN and hopefully this can be combined with personal experiences.

We have a template letter for everyone in the UK to send to their local MP.

Please click the link below:

<http://www.ldnresearchtrustfiles.co.uk/docs/MP%20Letter%20Template.pdf>

To find your MP click the link below:

<http://findyourmp.parliament.uk/>

Since a lot of MPs may have changed since this was last done, it would be great if you could download it and send it to your relevant MP. We would be very interested in their replies.

I realise that I am asking you to do several things but don't worry, that's it for just now!

As the conference date gets closer I'll be talking to the newspapers to highlight who is speaking, what the relevant subject matter is and trying to get interviews for the speakers. I'll also be writing a press pack for the conference to ensure there's lots of information available to interested journalists.

It's going to be a busy summer but here's to lots of great coverage and helping to raise awareness of LDN and the fantastic work that Linda does through the LDN Research Trust.

Your help is needed please!

DICKSON CHEMIST

HOME DELIVERY PHARMACY SERVICE FOR LDN, RESVERATROL AND PRIVATE RX



Do you have your LDN Prescription filled by Dickson's Chemist?

If so, please register for their new online service

www.dicksonchemist.co.uk

Registration Guide: www.ldnresearchtrustfiles.co.uk/docs/registration%20letter.pdf

You will be able to check your account online, track orders and payments putting you in charge, making the whole process faster and easier.

LDN Research Trust Links

LDN RT Main website: <http://ldnurl.info/ldnrt>
LDN RT Forum: <http://ldnurl.info/forum>
LDN RT Chat Room: <http://ldnurl.info/chat>
LDN RT Facebook: <http://ldnurl.info/facebook>
LDN RT on Twitter: <http://ldnurl.info/twitter>
LDN RT YouTube Channel: <http://ldnurl.info/youtube>
LDN RT Birmingham Conference: <http://ldnurl.info/birmingham2010>

LDN RT Shop: <http://ldnurl.info/ldnshop>

To Donate: <http://ldnurl.info/donate>

LDN Aware Website: <http://www.ldnaware.org/>

All ideas and suggestions are welcome to raise awareness and funds for LDN.

LDN Research Trust YouTube Channel

<http://www.youtube.com/user/TheLDNresearchtrust?feature=mhsn>

LDN Advocate YouTube Videos

Part 5 now available - <http://www.youtube.com/watch?v=YywaPg6Yosc&feature=youtu.be>



A BIG thank you to all those that took part.

Would you like to be featured in our series of LDN Aware Videos?

We would need:

Full Name/ First Name/ Initials or none – you choose what you want

A large good quality photo of you, doing something would be good but doesn't matter.

Country

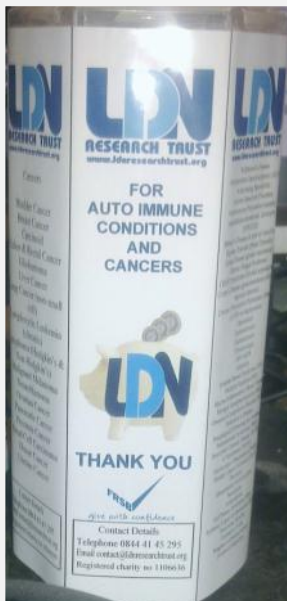
Condition

Diagnosis Date

LDN Start Date

Two sentences explaining what you think of LDN

Please let me know if you would like to take part.



LDN COLLECTION BOXES PLEASE CAN YOU HELP?

We are proud to announce our new collection boxes.

We would like help placing the boxes in Post Offices, shops, pubs, Doctors waiting room in fact anywhere that gives permission for a box to be displayed.

We are looking for people who are willing to take control of displaying boxes, collecting them and banking the money into the LDN Research Trust's Barclay's Bank Account.

Small change adds up and we have managed to purchase 500 of these boxes at a very special rate and if we could find homes for all of them that would be great.

Are you able to help?

Please email contact@ldnresearchtrust.org with your name, address and how many boxes you require.

Thank you in advance. Simon

Are you or have you taken LDN for any condition?

We would love to hear your story, please email contact@ldnresearchtrust.org
We would not use your name without your permission.

Thanks to Cris Kerr from Case Health - Health Success Stories, for all her help, support, sharing stories with us and for compiling the eBooks below.

Those That Suffer Much, Know Much 2010 eBook

<http://ldnurl.info/ebook2010>

201 Reasons Why You Should Know About LDN eBook

<http://ldnurl.info/thosewhosuffermuchknowmuch2010>



Linda Elsegood



Cris Kerr

Resveratrol - Pharmacist Stephen Dickson

Recently published data, showing positive effects on autoimmune diseases – and specifically a very positive effect on animal Optic Neuritis - the animal model of MS used to test potential drug therapies against.

We have links on <http://www.dickschemist.co.uk> - follow the tab on the left to RESVERATROL.

Who should try resveratrol? Anyone with:

1. CogFog or diagnosed with CCSVI could potentially benefit from Resveratrol - as it has been show to increase brain blood flow significantly.
2. Autoimmune disease, especially MS - due to the positive study in animals with Optic Neuritis.
3. Anyone who has a family history of diabetes - as prevention.
4. Anyone with coronary heart disease.
5. Anyone who wants to take something that has been shown to make animals live a bit longer :-). (It is being investigated by Glaxo as a life-extension drug - with amazing results in animals - see video on our website!) Potentially anyone with metastatic cancer may benefit - but you must contact us first to let us do the relevant research for your specific indication.

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)

Call 0141 647 8032 or email homedeliverypharmacy@yahoo.co.uk with your requirements, phone number, and we will call you back. Please note, our telephone can be quite busy, but we have added a helpful messaging service - you can press * and leave us a voicemail, which we check regularly and will call you back.

The price is £17.99 - including P&P. We will donate £1 to the LDN Research Trust for every pack sold.



LDN Aware Double DVD's

The LDN Research Trust has produced a double LDN DVD to help raise awareness of LDN Globally for the medical profession and potential user.

The double DVD's are not a way of raising funds, we have kept the price as low as possible to allow as many people to have a copy as possible plus we are sending them out FREE to medical professionals.

The DVD features presentations from the LDN Aware Glasgow Conference 2010, LDN Advocate Videos, and extracts from the 1st European LDN Conference Glasgow 2009. Total play time approx. 4 hours. The DVD has been compiled in chapters for easy viewing.

If you would like a copy of the DVD's we are offering them to our members for a donation of:

- £11 inc. package and delivery in the UK
- £12 inc. package and delivery in the Europe
- £13 inc. package and delivery in the Outside of Europe



Should you like a copy please follow the instructions above and if you would like a copy sent a medical professional for FREE please send us their name and practice address.

Special thanks to Simon Congram for all his hard work editing the material for the DVD's.



Donations to be made by UK Sterling cheque only to:
 LDN Research Trust
 PO Box 108
 Buxton
 Norwich
 NR10 5HW

OR via <http://www.mycharitypage.com/LDNResearchTrust> adding DVD in the message box.

Currency converter <http://www.xe.com/ucc/>

The DVD's can be purchase from our shop for £10 +P&P <http://ldnurl.info/ldnshop>

Shop online and we get a commission

Do you shop online?

Check out the High Sheet Shops and Major Retailers, for every sale we get a commission.
<http://www.buy.at/LDNResearchTrust?CTY=26&LID=24-07-2008>



Remember each time to use our link every time you shop online.

There are always Special Offers and often Free Delivery from some of the shops, not forgetting the Sales!!

If you think that other supporters of LDN Research Trust would be interested in shopping online to raise funds for the cause, please forward this email on by clicking this link: <http://awin.sendloop.com/f/cnQvdDQvdHlv>

Help fundraise with Everyclick, search engine.

When searching the internet you can help earn us money at no charge to you, regardless where you live in the world.



Membership is free & easy and every search helps raise funds. <http://ldnurl.info/search>
 Save the link as a favourite, use it each time you search the internet and funds will soon add up.

LDN Research Hypnosis CD's

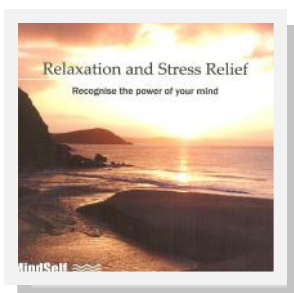
Ted Heaths Relaxation and Stress Relief CD suitable for all

- ◆ Discover a wonderful feeling of pure relaxation.
- ◆ Within that relaxation:
Produce positive thoughts
- ◆ Remove fears and Anxieties
- ◆ Gain a heightened awareness of your own mind and its power
- ◆ Use the power of your mind to alleviate stress
- ◆ Recognise the power of your mind to overcome Adversity
- ◆ Awake refreshed and alert.

Hypnosis for MS CD from Sharon McKay

will help people to stay relaxed, calm and focussed, and can also help with the following:

- ◆ Promoting your body's own natural healing force.
- ◆ Help you to feel loved, wanted and respected.
- ◆ Strengthen your sense of purpose and meaning on this earth.
- ◆ Inspire you to remain positive in the face of adversity.
- ◆ Help you to reassess your life and goals in a positive way.
- ◆ Help you to deal with other peoples' reactions in a positive way.
- ◆ Reinforce your sense of pride and dignity.
- ◆ Improve your self esteem, and elevate your mood.
- ◆ Boost your confidence and self belief.
- ◆ Help to get rid of fear, and manage each day as it comes.
- ◆ Improve your sense of well-being
- ◆ It can also improve sleep, and sometimes help with pain.



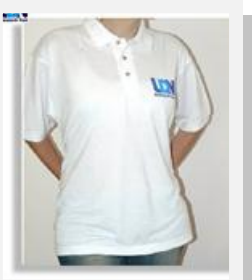
Price: £10

For full Details
<http://ldnurl.info/ldnshop>



Price: £10

Fundraising Items



White Polo Shirts in 5 sizes ideal
£10



Ribbons
.75p each



Key Rings
£2 each



LDN Mascot Lambs
£2 each



LDN Car Stickers
£1 each



Wristbands in 2 sizes
£1.75



LDN Round Button Badges with a pin on the back.
2 sizes. 95p and £1.25p



Silver coloured metal pin badges.
£2 each



Ion Watches - Blue
£4.00



Leather Disable Badge Wallet
£13.50



Canvas Beach/Shopping Bag
£4.00

Check out our range of greeting cards in the shop.

100% goes to the LDN Research Trust on most cards

We would greatly appreciate your support promoting these items.

All these Items can be found in our website shop:

<http://ldnurl.info/ldnshop>



PLEASE can you help?



Times are tough for all of us and raising funds is very difficult. Everyone one at the LDN Research Trust works as a volunteer, no one gets paid and we receive no funding from anyone. We do however have running costs which have to be paid for and we really could use YOUR help!

**Can you spare £1, \$1 or 1 Euro a month
or an annual donation.**

To help support the LDN Research Trust?



Many people said they are embarrassed to make such a small donation, please don't. Every little really does help!

If you would like to make a donation please visit: <http://ldnurl.info/donate>

Most people could afford £1, \$1 or 1 Euro a month, please consider helping us today.

**Your help will make a difference.
Thank you for your support**

Selling Goods on eBay?



You can donate a percentage to the LDN Research Trust when listing your items. Every little helps!

Now is a good time to have a good clean and get rid of all your unwanted items and you can donate a percentage of what you raise to the LDN Research Trust.

We are very grateful to all of you that have made donations already via eBay, your help and support is truly appreciated



If you have free time and would like to help please get in touch with us regardless where in the world you live, even if you can only spare an hour a week it would help.

We are looking for people who can: search the internet, help host the chat room (if talking to other people is your thing, this would be fun!) help with marketing, press releases and contacting the media.

If you have any free time and would like to get involved in someway please email contact@ldnresearchtrust.org



We look forward to welcoming you to our team!



LDN Research Trust
PO BOX 1083, Buxton, NORWICH , NR10 5WY UK

Email: contact@ldnresearchtrust.org
Web Site: www.ldnresearchtrust.org

For information how to obtain
LDN in the UK or for
general LDN information call:

0844 41 45 295

Local rate number

Outside of the UK please email,
we have managed to help
people worldwide obtain LDN

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Forum Manager - Alan Browne Senior Moderator - Derek

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Survey Form - Mark Lane

Facebook Administrator - Laura Elsegood

Events Co-ordinator—Roni Cangram

The LDN Research Trust is a non-profit-making Registered Charity, and all helpers are volunteers.

However, we are no different from other charities, in that there are unfunded elements which do ultimately cost us money to maintain and operate.

To help us continue our work we would appreciate help with fund-raising, either in cash or in kind.
You can be sure that all contributions are greatly appreciated, however small.

How to make a Donation

To Make a Donation from anywhere in the world using MyCharitypage.com. This is our preferred method as there are no fees plus if you are a UK tax payer they claim the gift aid back for us!!

<http://ldnurl.info/mycharity>

Gift Aid

If you pay UK Income Tax - like tax on your pension if you are retired, or Capital Gains Tax, or tax on the interest from your savings - then every donation you make, or have made since 6th April 2000, could be worth almost a third more, without any cost to you.

If you want to help the LDN Research Trust to maximise the impact you make through your donations, all you have to do is complete a gift aid form.

<http://ldnurl.info/gift-aid-form>

**To Make a Donation Direct into our Bank Account
Or
To setup a regular monthly payment**

Barclay's Bank PLC
Sort Code: 20-03-26
Bank Account No: 60515213

PayPal

PayPal Donation from anywhere in the world, although they charge us a fee to accept payments.....

<http://ldnurl.info/donate> and then the PayPal Button