

February 2011

Belated Happy New Year to everyone, we are very excited how 2011 has started off

LDN Aware DVDs

The LDN DVDs are a great success as an awareness tool for potential users as well as the medical profession. To purchase a copy or for us to post a copy to your medical professional, full details can be found on page 10.

LDN Conference 2011

John Donnelly is organising an LDN Conference in Ireland, full details to follow.

LDN Charity Events

Roni Congram is organising 3 fund raising events the 1st being Saturday 2nd April, details of all the events can be found on page 6 please try and support us.

New Items in the LDN Shop

<http://ldnurl.info/ldnshop>

1. Ion Watches

We were offered a very Special Price on Ion watches that retail at £9.99 and we are offering them to our members for only £2, they are blue and come in 3 sizes, full details on page 8.

2. Cotton Canvas Beach Bags or Shopping Bags

These bags are very attractive and stylish and at £3 each a bargain, they can be found on page 8.



Volunteers

We are looking for volunteers, if you have free time and would like to get involved please let us know. We are looking for people who can:

- Search the net
- Be a host in the chat room
- Help with fundraising
- Make telephone calls
- Contact the media
- Write articles
- Help on the day for events
- Cards makers
- Etc etc etc

Please email contact@ldnresearchtrust.org if you would like to get involved in anyway, we would like to have you as part of the team.

Donations

A BIG thank you to everyone that makes donations, without YOU we wouldn't be able to carry on, we receive no funding and everyone at the LDN Research Trust works as a volunteer without pay.

Please could we ask all our members for an annual £12 donation?

We desperately need to raise funds to enable us to carry on with our daily work and to reach our target of sending LDN information and DVD to the 52,000+ doctors in the UK and to as many overseas as possible. Donation can be made via PayPal, My Charity Page, sterling cheque or by setting up a standing order. Many have set up standing orders for £1 and this works very well as almost everyone can afford a £1 a month.

Full details can be found <http://ldnurl.info/donate>

Wishing you all the best for 2011
Linda and all at the LDN Research Trust

Harrogate Hydrotherapy - Paul Burton

Let Those Bubbles.....Ease Your Troubles

Well we've all got them haven't we – troubles that is. In this household MS and all that goes with it can be, and often is, a pain-in-the-bum literally, which is when my partner Elizabeth grabs the hydrotherapy remote, sticks the CD player on in the bathroom and picks the hydrotherapy programme that suits her mood. In her experience, 20 minutes of hydrotherapy always eases her discomfort and increases her mobility.

We came across the system by chance really, 4 years ago, when a friend of ours and now a business partner, suddenly erupted into a surge of excitement, as I told him how bad Elizabeth's back was with the MS. ***"I know what will help Liz's MS he shouted - are you in for the next hour?"*** I confirmed we were and 30 minutes later there Chris was at our front door, carrying a big white box.

"Where's the bathroom?" he inquired and disappeared off for 10 minutes. We then heard a low rumbling bubbling noise from the bathroom and ascertained he had either had a spicy Bradford curry the night before or something more tasteful was happening in our bathroom. Chris then called us in and lo and behold, our bath was now a bubbling, seductive, aromatherapy sanctuary. Being the gentlemen we are, we left the room and allowed Elizabeth to give it a whirl or more accurately, let the bath give her a whirl. 20 minutes later the painful back had eased considerably, and 4 years on the unit is used every day by both of us, not just to keep us both at an optimised level of mobility, but as a general 'keep fit and toned' treatment.

The opportunity to present and demonstrate the system at last year's LDN Conference, so

superbly put together by Linda Elsegood, seemed one too good to miss, not just from a commercial perspective but as a platform to let many other MS sufferers find a way to help them with their pain and mobility. The free 7 day trial was one I was certain that many people at the conference would take up, particularly given the evidence based written and verbal testimonials, that were presented at the event. How wrong I was! Not one unit has gone out on trial, which is extremely disappointing for me and Elizabeth, when we have witnessed so much relief given by the system, not just with MS but many other conditions too.

On a much more positive note, I was genuinely delighted that Vicky Clarke from Burntwood won the main Raffle Prize at the Conference – the top-of-the-range Hydro Unit, not just because she's a thoroughly likeable lady who suffers from a lot of back pain like my Elizabeth, but because I've had very positive feedback from Vicky since using the system. I'm only sorry about the family animosity it's caused with her, hubby Andy and the kids about who uses the Hydro System next.



**Paul R Burton
Senior Partner – Harrogate Hydrotherapy**

"Hi Paul, thank you so much, since you delivered and installed the MediSpa Hydrotherapy System, the whole family is now enjoying bathtime and I now look forward to relaxing in the bath and letting those bubbles ease my troubles"

LDN in Addiction - Dr Tom Gilhooly

I have been involved with LDN prescribing for seven years and one of the reasons I was happy to prescribe this low dose version of the drug naltrexone, was my long term experience in addiction medicine. I have used full strength naltrexone as an addiction treatment for over 20 years. Our practice still provides medical cover for four addiction services which brings me into daily contact with patients with an addiction problem.

On occasion there are patients in the addiction services who would also be suitable for the immune-regulating properties of low dose naltrexone. I have now seen several patients with fibromyalgia who claim that the use of illicit drugs such as heroin was principally self medication for pain relief. Fibromyalgia is a well recognised medical condition but the management of this is difficult and it is certainly feasible that some patients would become disillusioned with standard medical treatments and seek their own solutions. Heroin may be a nightmare drug in many ways but it does provide very good pain relief. Knowing both the difficulty in treating fibromyalgia and the power of heroin, it was not surprising to find a number of patients who had decided to use this as their treatment of choice. This combination does also present a unique treatment opportunity. If the patient can be successfully detoxed from the opiates, they could potentially use LDN as both an immune modulating treatment and as an opiate blocker. Naltrexone is an equal mixture of right and left handed molecules each with different actions. The right handed molecules, dexoLDN, act as opiate blockers occupying the opiate receptors without stimulating them. This is known as an opiate antagonist activity and in low doses it provokes an increase in natural opiates known as endorphins. It has been proposed that this is the mechanism of action for LDN and indeed has been used by some clinicians as an addiction treatment, as the increase in endorphins could reduce the craving for opiate drugs. The left



handed molecule LevoLDN, has been shown to have direct immune modulating effects. This is the most likely mode of action in immune related conditions such as multiple sclerosis and fibromyalgia. The mode of action in addiction patients is almost certainly from the dexo portion of naltrexone where the opiate receptors are completely blocked, preventing heroin or other drugs from working. The problem with naltrexone as an addiction treatment is that the opiate blockade also blocks the activity of endorphins which often leaves the patients feeling flat and sometimes

depressed which leads to poor compliance and retention in treatment.

In patients with both opiate addiction and an immune related condition, LDN has a unique double action which can be utilised if the patient wants to detox from opiates. I recently had an opportunity to treat a patient with both fibromyalgia and heroin addiction. They were keen to detox from heroin and also to try this new treatment for fibromyalgia. A recent double blind study of LDN in Fibromyalgia carried out by Jarred Younger in Stanford University has shown improvements in both pain and fatigue. The patient was an inpatient in one of the drug centres and we had the opportunity to detoxify them from opiates and have a four day gap before starting the LDN. This gap is vital as any residual opiates in the system would be displaced by even the 1mg dose of naltrexone. I have tried this in the community and it has backfired as the patients were not completely honest about their opiate use which led to severe withdrawal symptoms. Fortunately, on this occasion we were able to verify the opiate-free period and things went smoothly. Not only did they manage to start LDN successfully, they also declared that their first night on LDN was the best night's sleep they had had for 16 years! The patient now has a new and hopefully effectively treatment for LDN, and they also have an opiate-blocking drug which will prevent opiate abuse.

LDN WORKS FOR ME – Shana Spooner

I believe in taking charge of my own health.

I believe in taking charge of my own health. I don't belong to a "survivor" club or whatever the equivalent is for Multiple Sclerosis. I don't blindly follow doctor's orders. I do my own research. I don't even say I have M.S. I will say I was diagnosed with M.S. in 2007 at age 55. But I'll NEVER say I have it. I am not claiming it! I feel that that in itself contributes to my well-being – physically, emotionally and spiritually.



When first diagnosed, I didn't have a clue about M.S. I went to three M.S. Neurologists. They all recommended shots to slow progression. One said I had primary progressive M.S. The others said I had Relapse Remitting M.S. I gave myself shots for 1 ½ years. First, Betaseron which made me feel sick so I stopped. Then, Copaxone which gave me hives. It cost \$2300/month. The third doctor asked, "What happened with the other two doctors? They're supposed to be good". The first doctor left me a voicemail saying "I tried to get you but couldn't so I'm sorry to say you have M.S. over voicemail. Now, c'mon, we all (in the U.S. anyway) have caller ID. We know if you called or not. He never called before that message. Then he said to make an appointment ASAP. When I called, the office, they said I could see the nurse practitioner (brand new and didn't know anything) or wait six months to see the doctor. The second neurologist was very smug. Everything was his way or the highway. According to him, nothing worked except the shots. He looked at me like I was a nut when I spoke of alternative treatments. The third neurologist listened to me, talked to me in plain English, and said, "So you want to run the show and tell me what to do instead of the other way around?" I said, "You got it. I want your opinions and thoughts but I am the decision maker."

I was in a lot of neuropathic pain. I felt like I was being blow torched from the bottom of my feet throughout my body. I 1st took 800 mg of Neurontin a day which impacted my memory. Then hydrocodone, then even morphine. I didn't take morphine for long

because I didn't want to be addicted. I'd rather lie in bed in pain.

About ten months ago, I found LDN. LDN has cut down the pain considerably. I did a lot of research and thankfully found this website which helped me immensely. I asked the neurologist for a LDN script. He said no because there was no valid research.

Thanks to this website and the resources available, I was able to get information faxed to the pain doctor and was armed with printed info on LDN. I found I had to be vigilant in finding a doctor to prescribe LDN. If a doctor says no, find anybody who can write a script that says yes.

Last year, I raised \$3700 for the M.S. Society. Then I found out their administrative costs are very high. Here's a link to see where your money is going:



<http://ldnurl.info/9n36b>

I think at least 80% of monies should go directly to the cause. Found that wasn't so with the U.S. M.S. Society.

Also, the M.S. Society is beholden to large drug companies because those companies give lots of money. That means that the doctors are then beholden to the drug companies to push their expensive drugs, which may or may not work.

This year, I am not collecting for the M.S. Society. I will donate to LDN Research Trust and will put out a letter asking those who gave to the M.S. Society last year to give to LDN Research Trust this year. Contributing to LDN Research Trust is not as "sexy". However, ALL the monies go towards LDN Research and to getting the word out to doctors and others who can be helped by LDN.

LDN has helped me immensely. It's cost effective (\$20-\$30/month). It builds up the immune system. It has substantially lessened my pain. My MRIs show no progression. It works for a lot of autoimmune disorders. Thank you LDN.

John Donnelly's Story

It's been 28 months since my wife was diagnosed with lung cancer NSCLC. With 5 tumours 5cm in the right lung 2cm in the left 2cm between the lung, a large tumour in the adrenal gland and a small one in the brain, it seemed an impossible task to prove the doctors wrong that she would die in 2 to 6 months.



The oncologist at this hospital decided to get on board with us to help win this battle and decided a mild chemo would help and after 10 rounds of that the tumours were back to 3 cm.

In June 2010 we brushed the cobwebs off the stereotactic machine and treated the tumour in the right lung. We added an extra weapon to

our arsenal and Jacinta went to a decompression chamber, aka HBOT, for the week she was doing the SR. This seemed to really help with energy levels.

While they were pumping the usual chemo into her I was on the internet researching and found 2 weapons that we were going to try and fight with, LDN and a cyberknife. On the 8th of December 2008 they finished pumping the chemo in, but said it wasn't working and sent her home to die.

Now we wait till September for the next scan to see how well everything is going and hope there is only 1 baby left to attack. We have a plan for that one.

The next day I started on LDN to see if it was safe for my wife. The next day Jacinta started on LDN and the struggle began to find a Cyberknife clinic. By March 2009 I found a hospital close by with stereotactic radiation which is somewhat similar, and they agreed to help. The tumour in the right lung was now 8cm and a real worry so it was treated with the SR and today is just a 5cm scar. All the other tumours were there and seemed stable.

Update October 1st 2010

We are just back from the hospital we didn't get NED but the Oncologist came into the office out of breath because she had to run down and have a look at the scan herself. "I can't believe after this length of time there are no new lesions and we can't see the one in the lymph nodes" She also said there was nothing left for her to do. The radiologist who reads the scans congratulated the oncologist on such a great job and she told him it had nothing to do with her-it was John and Jacinta that had done it.

In June 2009 the tumour in the brain was causing problems, so a full body scan was ordered to see if it was worth her going through the ordeal of brain surgery to remove it and to our surprise and delight the tumour in the adrenal gland was gone. LDN took care of that one.

December 21st 2010.

The surgery went ahead and the 1cm tumour was removed from the brain. Jacinta had to stop LDN while all this was going on because of pain meds. After 2 months another scan was done and the last 2 tumours grew from 2 cm to 4 cm, I believe this was because she was off the LDN for so long.

No new lesions, 4 tumours now dead and the 5th tumour is stable and inactive. In layman terms, that means all 5 tumours are now dead.

www.ldndatabase.com/ourstory.html

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/>



Events

Party Night in Aid of the LDN Research Trust

Come and join us for a great night out!!

When: Saturday 2nd April 2011

Where: Langley Club Hall, 2, Hawksbrook Lane, Beckenham, Kent BR3 3SR

Time: Doors open at 7.30 for 8pm start

Price: £10

Special Rates for accommodation in selected Hotels and Guest Houses

Website: <http://ldnurl.info/party>



Tickets are now available.

This is going to be a great night out for everyone with a cold buffet included in the ticket price of just £10.00 per person. The evening consists of a live band, dancing, a raffle with great prizes and a mini auction.

The evening has been organised with YOU in mind, disabled access for those who need it and accommodation can be provided at reasonable prices.

If LDN has helped you, please show your support by coming along to this great night out. Not only will you have a great time, but you will also be supporting the LDN Research Trust.

Tickets are available from <http://ldnurl.info/party>. Should you require accommodation just call Roni on 0208 669 5429 and she will make all the necessary bookings on your behalf. She will also assist you with any travel arrangements necessary. So, what are you waiting for? Book your tickets and join us on April 2nd for the LDN Party of the year.

COUNTRY MUSIC & COMEDY NIGHT in aid of the LDN Research Trust



When: 22nd July 2011

Where: Langley club Hall, 2 Hawksbrook lane, Beckenham, BR3 3SR

Time: Doors open 7.30 for 8pm start

Tickets: £12.50

Music: Live country music from The Rodeo

Rogues and Special Guest, Ellie Dibben - one of The UKs youngest country music singers on the Circuit, a name to remember.

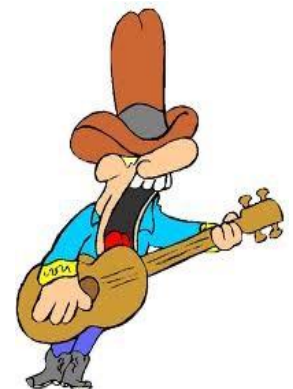
- **Comedy:** from one of The UKs Funniest Comics, 'Slim Pickins'.
- **Food:** Hog Roast,
- **Plus:** Raffle and competition with great prizes.

We hope you will join us for this evening of Music, Comedy, Fun and Great Food, all for just £12.50 a head.

To purchase tickets for more information visit the Rodeo Rogues website www.therodeorogues.moonfruit.com Or email roni.congram@ldnresearchtrust.org

To check out Ellie Dibben, visit her facebook page www.facebook.com/pages/Ellie-Dibben-GMI-Artist-Page/110306605697156

Our thanks to: The Spitting pig catering – Surrey, Co-operative store, Day Lewis, Boots – Wallington Surrey, The Party store – High Street Sutton, Surrey



LDN Research Trust YouTube Channel

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

LDN Advocate YouTube Videos

Part 3 now available - www.youtube.com/watch?v=NLOtCldLcgs

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.

Thank you for your support, this is an excellent way of raising awareness of LDN.

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

New for 2011

Fashion Ion Watches Discounted Price Only £2 each

Colour - Blue

Sizes: Large - 19 cm
Medium - 17cm
Small - 15cm

§ These ionic watches are made with environmental protected grade of **silicon watch** rubber, mixed with MAGMA-Q & Tourmaline resin powder on production.



These ionic watches will emit negative ions and infrared rays, enabling the body to absorb them and travel through the blood and lymphatic system to the body cells. As a result, they could make you calm, soothe, and relax your mind, ease your body tension, promote restful sleep, improve concentration, increase level of energy, strengthen your resistance to the effect of stress, boost your metabolism, enhance your immune function, and an overall improvement in well-being.

- § Extremely lightweight, under 10 grams.
- § Supple elastic silicone strap.
- § Minus Ion (above 1900ions/cc), Far Infrared Ray (above 90%).
- § Award winning design (innovative products Asia 2009).
- § All proceeds go to the LDN Research Trust.

To make a purchase go to: <http://ldnurl.info/ldnshop>

CANVAS HOLIDAY / BEACH / SHOPPING BAG

Special Purchase

We can offer these very useful bags for only £3

Outer Fabric - Cotton Canvas
Colour - Light Cream
Colour of Straps - Navy Blue

Anchor & Dolphin Design

Inner Lining - Canvas. Inner of this bag has a **mobile phone holder** pocket + inner **zipped pocket** for purse.
Size of inner zipped pocket is length (15cm) / height (10cm)

Zipper to close Bag and secure contents

Sizes

Length - 28cm
Height - 29cm + Height of Handle 29cm = Total height of 58cm
(can easily fit over the shoulder)
Depth - 9cm



To illustrate the size of this bag you can easily fit 2 x 4pt Milk Bottles upright and side by side + still have additional space.

To make a purchase go to: <http://ldnurl.info/ldnshop>

Julia Schopick's Book, *HONEST MEDICINE*, Now Available on Amazon.com



I am happy to announce that Julia Schopick's new book, *HONEST MEDICINE: Effective, Time-Tested, Inexpensive Treatments for Life-Threatening Diseases*, is now available for sale on Amazon.com:

In the US: <http://ldnurl.info/kz49r>

In the UK: <http://ldnurl.info/mvxkt>

HONEST MEDICINE features FOUR lifesaving medical treatments that have helped thousands of very sick patients, but are not yet accepted by the medical establishment.

One of these treatments, of course, is LDN.

I urge you to buy Julia's book, and also to share it with all your friends and family members you feel would benefit from learning about LDN.

HONEST MEDICINE contains chapters by:

- me (Linda Elsegood)
- Dr. David Gluck (Dr. Bihari's childhood friend, and the LDN advocate who, with his son Joel, runs the www.LDNinfo.org website)
- Mary Boyle Bradley (author of *Up the Creek with a Paddle*)

- Malcolm West (www.LDNAware.org)

In addition, Dr. Burt Berkson, another devoted supporter of LDN, has contributed a chapter to *HONEST MEDICINE*; he has also written the Preface. In his chapter, Dr. Berkson discusses his work with intravenous alpha lipoic acid in combination with LDN.

I am sure you will remember Julia. She is the LDN advocate and champion who created the free ebook, *The Faces of Low Dose Naltrexone*, for International LDN Awareness Week 2009: <http://ldnurl.info/m0xhc>

Julia has been interested in LDN for a long time. She first learned about it in 2001, when her late husband Tim Fisher was sick with a brain tumor recurrence. At that time, Julia consulted with Dr. Bihari, and was very impressed with him, and with what she learned about LDN.

Through some very personal and disappointing experiences with the medical establishment while advocating for Tim, Julia learned that many lifesaving treatments—like LDN—are NOT prescribed by doctors, who often prescribe more toxic, less effective treatments instead. She was very troubled by this. So she set out to write about four of these treatments, in order to educate people about them.

The result is her just-published book, *HONEST MEDICINE*.

In addition to LDN, Julia's book features three other treatments:

- the Ketogenic Diet for pediatric epilepsy
- intravenous alpha lipoic acid for end-stage liver disease—and with LDN, for some very serious cancers
- Silverlon, for non-healing wounds

I have been involved with *HONEST MEDICINE* since the beginning. I believe that it is a very important book. Julia needs our support and help to get her book out there, so that it will become a best-seller. That way, more people who need LDN and the three other treatments featured in the book will learn about them.

So, please buy *HONEST MEDICINE* for yourself and for your friends:

In the US: <http://ldnurl.info/kz49r>

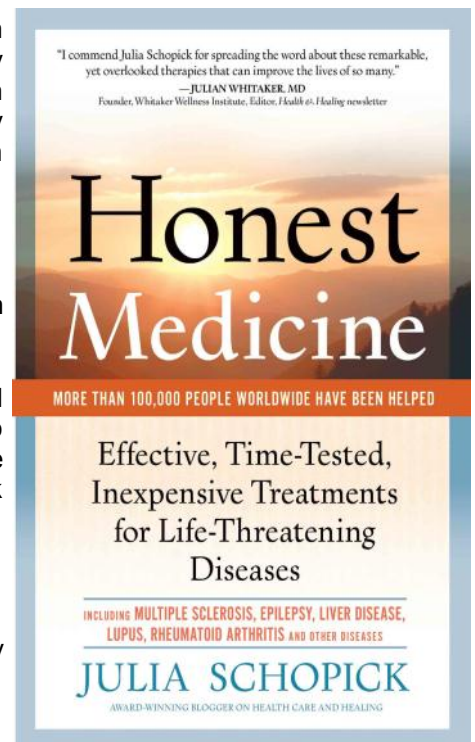
In the UK: <http://ldnurl.info/mvxkt>

You may also become a Facebook Fan of *HONEST MEDICINE* by clicking "like" at <http://ldnurl.info/vxyz4>

And of course, Julia's website is <http://www.HonestMedicine.com/>.

Thanks for supporting this book!

Linda



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

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 <http://ldnurl.info/ldnshop>

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.





**Taste is
absolutely
100%
delicious!**

Janey Lee Grace
www.imperfectlynatural.com



 0800 027 6265

**Buy now & get 25%
off your first order!**

Ideal Omega Taste is a delicious range of superfoods which are packed with essential Omega-3 for vibrant health and energy - and purity is guaranteed.

Brilliant flavours like lemon zest, Pomegranate Blueberry, Strawberry Banana, and soon Mango Peach with Vitamin D - it's a brilliant new way to eat more Omega-3, and it does away with the need for Omega-3 supplements. The whole family will love it.

Ideal Omega Taste Mango Peach + Vit D RRP £18.99

Ideal Omega Taste Lemon / Strawberry + Banana RRP £17.99

Ideal Omega Taste Vega RRP £23.00

We are proud to be able to offer a 30% Discount for our Members.

To place an order and receive the 30% discount call Freephone: 0800 027 6265 and quote "LDN".

Postage and Package £2.95 on orders under £50. Over £50 P&P is free.

<http://www.idealomegataste.co.uk/>



I have tried the Omega Taste's and they are truly delicious.

My grandson Leo who is now 4, really enjoys them and what a great way of getting children to take Omega 3.

Linda

**Ideal Omega Taste –
the exciting new Omega-3
superfood – guaranteed to be
100% delicious!**



Shop online and we get a commission

Do you shop online?

Check out the High Street 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 Deliver from some of the shops, not forgetting the



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

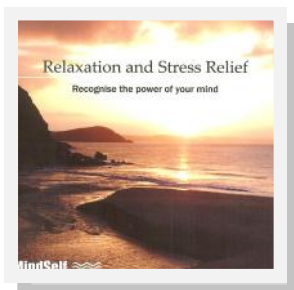
Ted Heaths Relaxation and Stress Relief CD suitable for all

- ◆ 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: £11

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



Price: £11

Why do I think everyone with MS or autoimmune disease should be taking Resveratrol? - Pharmacist Stephen Dickson

Resveratrol! - Without the side effects!

Many of you may remember my article after the LDN conference in Glasgow - talking about the new supplement Resveratrol.

I was writing to point everyone in the direction of 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.



This product is now available: 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 the same £17.99 - including P&P.

We have links on <http://www.dickschemist.co.uk>

- follow the tab on the left to RESVERATROL.

This was such a new product, that we had to have it individually made for us - it was not available in the UK.

Unfortunately, the product was wholly natural (it was basically powdered plant extracts containing Resveratrol in high quantities) - some people had side effects related to the other chemicals in the plant extracts. 25% of people had stomach upset - or diarrhoea, from a chemical called Exodin, also contained in the plant extract.

Fortunately, a large proportion of patients (about 60 -75%) were able to tolerate the previous extract, and I can report some excellent results in the following areas:

Increase in memory function (CogFog reduced)
Improvement in energy levels
Reduced pain levels in inflammation
After 3 months, one case of dramatic improvement in vision in one eye.

Weight loss in some overweight individuals
One case of reduction in the amount of insulin required - i.e. improvement in diabetes.

From these apparently good results, we have had the product entirely reformulated - to get rid of those pesky side effects from the exodin, and increase the Resveratrol content. (Now 600mg of trans-resveratrol extract per capsule!)

On long standing advice from Dr Bob Lawrence, we have had extra anti-oxidants added:

Quercetin
Green Tea
Pomegranate
Grape Seed Extract
Acai Berry

and a few enzymes to help absorption.

Putting any one of these ingredients into a Google search will give you 1000s of references to papers showing beneficial effects in autoimmune disease or cancer.

SPECIAL OFFERS

- 1) Anyone who tried the previous Resveratrol and could not tolerate it - can call us and get a FREE bottle of SuperResV.
- 2) The first 150 people to call/email during November regarding this product, and state that they have read this article, will receive a FREE 28 day trial bottle. On the understanding that you will email us with improvements you see and keep us up to date with your progress.

Who should try resveratrol?

Anyone with:

1. CogFog or diagnosed with CCSVI could potentially benefit from Resveratrol - as it has been shown 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)

**We will donate £1 to the
LDN Research Trust
for every pack sold.**

Fundraising Items



White Polo Shirts in 5 sizes ideal
£12



Ribbons
.75p each



Key Rings
£2 each



LDN Mascot Lambs
£4 each



LDN Car Stickers
.25p each



Wristbands in 2 sizes
£1.50 each
worldwide



Silver coloured metal pin badges.
£2 each

We would greatly appreciate your support promoting these items.

All these Items can be found in our website shop:

<http://ldnurl.info/ldnshop>

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

All idea's and suggestions are welcome to raise awareness and funds for LDN.

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

Volunteers Wanted

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

Trustees: Linda Elsegood, Alex Parker, Neil Lucas
Lee Reynolds

Medical Advisers:

Dr Bob Lawrence MRCS; LRCP
Dr Tom Gilhooly MBChB; MRCP
Stephen Dickson BSC(hons) MRPharmS

Newsletter Editor Linda Elsegood - Sub Editor Sophie Marrion

Newsletter Compositor - Simon Congram

Web Master - Lee Reynolds

Forum Manager - Alan Browne Senior Moderator - Derek

Graphic Designer - Graham Parker

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