

International LDN Aware Week 2010 YouTube Video

<http://ldnurl.info/ldnawareweekvideo2010>

Announcing the 1st LDN Aware Conference



Britannia Hotel Birmingham, UK
Saturday 23rd October 2010



Read all about it and watch it on the LDN Research Trust YouTube Channel

<http://ldnurl.info/2010conference>

Dr David Gluck said “I am more confident than ever that, with the new crop of clinical trials that are awaiting publication, the world of medicine will no longer be able to resist paying close attention to LDN!:

- LDN's effects in HIV and in AIDS in Mali, Africa (3mg for 9 months). Dr. McCandless will be filling you in on many of the details at the conference—which are to follow
- LDN for fibromyalgia — a randomized, double-blind study at Stanford University
- LDN for Crohn's disease — Jill Smith's Phase II, randomized, placebo-controlled, double-blinded study at Hershey Medical Center, Penn State College of Medicine

Please send my best regards to one and all”.

Dr David Gluck is the editor of the main LDN website www.lowdosenaltrexone.org

LDN eBooks: FREE to download and share

International LDN Aware <http://ldnurl.info/ebook2010> Contains 201 patient testimonies of health success with LDN.
Cris Kerr & Linda Elsegood

Those Who Suffer Much, Know Much 2010 <http://ldnurl.info/thosewhosuffermuchknowmuch2010> contains an explanatory article, 51 LDN case studies, 19 health professional interviews and perspectives, LDN references, and research. Cris Kerr

1st International LDN Aware Conference 2010

Birmingham, UK - 23rd October

Hosted by the LDN Research Trust

Dr Tom Gilhooly – An Overview of LDN

Video presentation - Dr JacquelynMcCandless :
The use of LDN in Autism & the Mali HVI trial

Jeni Suttie – Experience of LDN for Psoriasis

Lisa Haines - Experience of LDN for MS

Pharmacist Stephen Dickson – LDN Q&A's

Maija Haavisto – Experience of LDN for ME/CFS

Mo Schofield - Experience of LDN Psoriatic Arthritis

Pharmacist Stephen Dickson – Drug Interactions & LDN

Dr Rachel Allen - what are toll like receptors - what they
do in the immune system and immune diseases

Denise Mcavoy - Experience of LDN for MS

Dr Bob Lawrence – A prescriber's view of LDN

Q&A Session with Dr Bob Lawrence, Dr Tom Gilhooly,
Dr Rachel Allen and Pharmacist Stephen Dickson

The conference had 127 attendees; five were medical
professionals wishing to learn more about LDN.

The 1st International LDN Aware Conference 2010
DVD will soon be available containing the presentations
for £10 including P&P from the LDN Research Trust
www.ldnresearchtrust.org

The presentations will also be available on the LDN
Research Trust YouTube Channel.
<http://ldnurl.info/youtube>

The full extent of the week is still to follow with the
promise of articles going in 5 national magazines.

Thanks to Tina Ferrie, who was featured on BRMB
radio on Saturday 24th. Her interview was played
with the news clips from 7am to 1pm.

<http://www.brmb.co.uk/Article.asp?id=1994668>

Zillah Damon was the first person to be in the media, we
have the promise of several articles to come but from
experience I know it can take 6 months.

[http://forum.ldnresearchtrust.org/index.php?forum/63-
ldn-in-the-media-and-news-updates/](http://forum.ldnresearchtrust.org/index.php?forum/63-ldn-in-the-media-and-news-updates/)

Links will be added as we get them.

Sponsors

The Essential Health Clinic

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Clinic 158

<http://ldnurl.info/clinic158>

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<http://ldnurl.info/resultspr>

Dr Bob Lawrence

LWR Online

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Novatech

<http://ldnurl.info/novatech>

Eleven Plus Tuition

<http://ldnurl.info/elevenplustuition> based in Birmingham.

DR Dalvair Pharmacy in Birmingham

Winterbourne House & Gardens

<http://ldnurl.info/winterbourne>

Guinness

Artist Steve Morris

<http://ldnurl.info/stevemorris>

Dr Bob Lawrence - A prescriber's view of LDN



Photo by Maija Haavisto

Dr Bob Lawrence's YouTube Links

Part 1 <http://youtu.be/mbY4Z5Esnts>

Part 2 <http://youtu.be/FQpGEnvFkm0>

I was both pleased and delighted to attend the very first LDN conference to be held by Linda Elsegood and the LDN Research Trust. This was to be a demonstration of not only the effects and benefits of LDN, but an indication of the work and effort contributed by Linda in her constant and continuing fight against MS.

The conference was well attended by many new and inquiring faces with a full programme of eminent speakers. In addition, a surprising number of our regular patients were also to be seen in attendance, eager to display the improvements they had experienced in response to the LDN and other treatment methods.

After the formal introduction by Linda, Dr Tom Gilhooley gave a very informative and interesting talk describing the latest detailed science underlying the use of LDN. It is such detailed research and insight that has spurred on the continuing and expanding use of this unique treatment method.

A video presentation by Dr Jaqueline McCandless then summarized her past and current work in treating autism, and the ongoing trial of LDN in treating HIV/AIDS in Mali, central west Africa.

Jenni Suttie then presented a detailed account of her own experience of LDN use in the treatment of psoriasis, followed by Lisa Haines describing her personal story of its use in MS.

Many of the doubts and uncertainties of LDN use were then dispelled by Stephen Dickson in his informative talk on commonly asked questions in LDN use.

Two more personal summaries followed, with accounts of individual experiences in ME/ chronic fatigue syndrome, presented by Maija Haavisto, and later, Mo Schofield, in her unique and entertaining style, gave her impressions of LDN in the treatment of psoriatic arthritis.

The morning session ended with Stephen Dickson's second presentation describing possible drug interactions with LDN.

I introduced the afternoon session with a brief summary of my experience in treating a variety of auto-immune conditions, including such as MS, colitis, rheumatoid arthritis or Sjögrens syndrome, with an additional emphasis on cancer which, I believe, presents a far greater potential for LDN use both now and in the future.

The penultimate presentation was by Dr Rachel Allen, PhD, lecturer in Immunology, who gave an in-depth account of her work relating to the action and function of Toll-like 4 receptors, and their behavior and purpose in immune reactions.

The final academic event of the day was a combined question and answer session, with all the professional contributors responding to questions from the floor. This resulted in some lively discussion with numerous points of interest being presented and questioned.

The day ended with a fund-raising raffle and sale of donated items. Funds raised were donated to the LDN Research Trust.

I would like to personally thank all the contributors to this event, to Linda for her tireless work in the LDN Research Trust and in arranging the conference itself; to Tom Gilhooley for his dedication to the method and the intensity of his research; to Stephen Dickson for his unique support in providing a quality supply of LDN to the many hundreds now making use of it; to the additional contributions in knowledge and experience made by Dr Jaqueline McCandless and Dr Rachel Allen, each of whom has contributed greatly to the increasingly solid base of LDN knowledge, which will eventually be acknowledged as the true revolution in medical science that we know it to be.

I look forward in anticipation to the next big event in the LDN calendar, hopefully the third conference to be held in Glasgow, in 2011.

Dr Jaquelyn McCandless

Gave a Video presentation on LDN & it's use in Autism an& HIV

MALI CLINICAL PSYCHE/COUNCIL STAFF

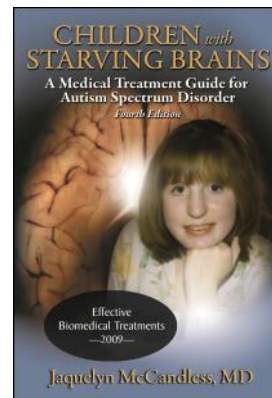


The Mali HIV trial results will be made available once they have been published.

Autism Book and DVD
Dr Jaquelyn McCandless

Available from

<http://www.starvingbrains.com>



AUTISM BIO-MED RX
(90-MIN DVD)



Jeni Suttie – spoke of her experience of LDN for Psoriasis



Photo Paul Burton

“Hopefully my experience of LDN for Psoriasis will help other people with the same condition learn of another option.”

Jeni's YouTube Link

<http://ldnurl.info/jenni2010>

Q&A Session

Q&A Session YouTube Links

Part 1 <http://www.youtube.com/watch?v=mDIuzw6Lyil>

Part 2 <http://youtu.be/FQpGEnvFkm0>

Dr Tom Gilhooly



Photo by Maija Haavisto

"The Birmingham LDN conference was a stimulating and enjoyable experience. I feel we are making great progress in the UK towards getting this treatment better understood and accepted"

Dr Tom Gilhooly's YouTube Links

Part 1 http://youtu.be/fWrG_UQtbsU

Part 2 <http://youtu.be/g3zQggp-vhk>

Part 3 <http://youtu.be/1r9Cp7ZZAF0>

Maija Haavisto – Experience of LDN for ME/CFS

"I think the conference was fascinating and also enjoyable.

All the speeches were interesting.

Hopefully in the future we will have more studies and clinical trials to discuss!"



Photo Supplied

Maija wrote a report on the conference which can be found

<http://ldnurl.info/maija>

Maija's YouTube Link

<http://youtu.be/0nza1f8S7-E>

Mo Schofield - Experience of LDN Psoriatic Arthritis



Photo by Maija Haavisto

" was I really entertaining! Felt very nervous unaccustomed as I am to public speaking. I thoroughly enjoyed the day & can't wait for the next one! It was lovely to meet you & so many interesting people: it was especially good to meet 'my' pharmacist in the flesh.

An extract from one of the many emails I received " I thoroughly enjoyed and learned loads. I found the speakers inspirational. I think Mo missed her vocation as a stand up comedienne!!

Mo's YouTube Link

<http://youtu.be/If3FpSKTbcM>

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

Dr Rachel Allen - what are toll like receptors - what they do in the immune system and immune diseases



Photo by Maija Haavisto

Dr Rachel Allen's YouTube Links

Part 1 <http://youtu.be/9zV7XeN0yes>

Part 2 <http://youtu.be/JKG8MQdHnh0>

Lisa Haines - Lisa Haines - Experience of LDN for MS



Photo by Maija Haavisto

I thoroughly enjoyed the conference. It was good to talk to so many people that actually know what you go through with a chronic condition such as PPMS. It makes you feel as if you are not alone. And more importantly that there IS something out there that can help you ! LDN !

Well done Linda for organising such an important event and hopefully it will help to raise awareness of this hugely important drug. LDN gave me back my quality of life.

Lisa's YouTube Link

<http://youtu.be/tCzWG73n7cc>

Stephen Dickson - LDN Questions & Answers Drug Interactions & LDN



Photo supplied

"the conference was an excellent opportunity for health professionals, researchers and patients to get together and discuss LDN. Personally I got a lot out of it - and our practice Will be changing as a result.

I think the best part of the weekend was having the toll like 4 receptor explained so succinctly by Dr Rachel Allen. It opens up the possibility of using twice daily dosing to increase the immunomodulation effect, whilst limiting side effects. This will likely be of benefit to many patients. "

Stephen Dickson's YouTube Links

Q&A's <http://youtu.be/P3WFjHTDGMs>

Drug Interaction <http://youtu.be/j6eeANwFbS8>

Tina M. Ferrie Star of BRMB Radio



Friday 22/10/10 9.02 A.M

Having just settled my first pupil of the day my phone suddenly rang. Thinking it was my husband I answered it.

On the other end I was told it was Vicky a reporter with B.R.M.B a local radio station in Birmingham.

She asked if it was a suitable time to talk about LDN and how it has helped my MS!

I asked if she could phone me back in 10 mins as I needed to sort myself out (real reason being I needed to get my notes out showing dates, info etc that I had scribbled down when Linda had telephoned me in the week forewarning me of this interview.)

Also I needed to sort out the pupil I was working with. Quickly he was given a work sheet to colour in, No objections there as it beats comprehension work. 10 mins later I was prepared with notes and drink of water as throat was already drying up !! Vicky phoned telling me she was going to ask questions and I was to try and answer them the best I could!

First question: How had LDN helped me?"| More energy! a bit of my old life back!" I gushed! going into how I had approached my consultant for it and being told NO!! also GP's were funding LDN themselves to help MS patients (although my GP is supportive he hasn't offered to pay for my prescription maybe if I tell him I mentioned his name on the radio he might change his mind !!)

I then went on to say that LDN is one of the cheapest meds out there so why won't the government back it as they are trying to cut all costs in the NHS!! My mind was in overdrive trying to mention all the points I had highlighted on the paper in front of me! My voice was getting more and more horse! gone was my telephone voice and the Brummie in me was coming through.

By the time Vicky asked me how MS effected me I think I could have gone for a part in Crossroads (for those old enough to remember it was a Birmingham based series shown in the 1980's .

I had mentioned Linda Elsegood, Dicksons, & e-med stating how they had been helpful and always willing to offer help and support!

10-15mins later after covering all my highlighted points Vicky began to talk telling me she had written questions down but hadn't needed to ask them as I had covered all of them!

She told me the interview would be on the radio next day the same day as the LDN conference ,it would be in bullet form during the news between 7a.m and 1.p.m

Thanking her I returned to work!!

8.00a.m 23/10/10

1st time I heard the interview!

Thank goodness it was only seconds as my voice sounded far worse than I thought. I listened till 1.00p.m thinking I had talked about more relevant information concerning LDN that hadn't been used but I think I might have highlighted how important LDN can be to MS sufferers .

I was upset they hadn't used the names of Linda Elsegood, LDN research Trust and Dickson's Chemist because without them I wouldn't feel like I do now!

So let me say Thank you to you all from my Family and myself!!

<http://www.brmb.co.uk/Article.asp?id=1994668>

A very BIG thank you from me Linda Elsegood to...

The **medical speakers** at the conference: Dr Bob Lawrence, Dr Tom Gilhooly, Pharmacist Stephen Dickson and a special thank you to Dr Rachel Allen.

The **LDN users**, Jeni Sutti, Lisa Haines, Maija Haavisto Mo Schofield and Denise Mcavoy for allowing me to read her story.

Peter Branch, Diane Ludkin, Robert Adams from **Proventus** for organising the "Meet & Greet" and the Registration.

Samreena Kamran for manning the LDN stand and all her help and support.

Rachel Evens and Derek Farrar for being there from the minute I checked in and helping right to the end. Rachel could be an assistant on a game show!

Dr Tom Gilhooly for acting as auctioneer.

Leah Monroe for accompanying me for a wonderful Indian meal and for all her help and support.

Paul Burton for the amazing star raffle prize.



Photo Paul Burton

Steve Morris for his wonderful graphite drawing.

Mark Kolczak for his help and support.

Ramsay and Kim for the free Omega Swirl samples and tasting.

Jill Marshall, Produce/Director for her continued interest in LDN.

Everyone that donated a raffle or auction item and everyone that bought tickets and was bidding.

A special THANK YOU to all the 127 people who attended and our sponsors who made it possible.

Matt Pinder for filming the conference which is available on DVD and YouTube.

In case I missed anyone...thank you!



Rachel Evens

Photo by Maija Haavisto

LDN Mascot Lambs - Competition



Photo Suzanne Harvey

Dr Tom Gilhooly was caught playing with the LDN Research Trust's Mascot Lambs by Suzanne Harvey. One could say he looks a little "sheepish"!

Just for fun we asked people to send in suggestions as to what Dr Tom is saying.

The winner was Elna Botes van Schalkwyk Dr. Tom says: "I'm better than Mary ~ she only has one little lamb!" Elna will receive a free lamb.

To adopt your own lamb visit: <http://ldnurl.info/shop>

MS/LDN and Me - Denise Frances



Conference Presentation read by Linda Elsegood
I am sorry that I can't be here today, unfortunately I have hurt my back which would have made the journey impossible. I was really looking forward to telling you my experience with LDN and how it has allowed me to do amazing things that, 2 years ago seemed completely out of my reach.

I would like to express my appreciation and support for LDN, Linda Elsegood and Dicksons Chemist without whom my story and my life, would be very different to the one being told today.

In 2007 I was diagnosed with MS, It started with a strange 'shock' like pain in my right leg and after a week of numbness and my leg 'buckling' under me I decided to go to my local A & E.

They kept me in for 3 weeks, gave me MRI's a lumbar puncture and put me on a course of steroids saying that they had found scarring and that I had Multiple sclerosis.

I was devastated, I had a full time job which I loved and was a semi-pro singer, and my daughter was on television in a modelling competition, which she won!! I had just met Mr Right. I really didn't need a debilitating disease!!

I begged and searched for answers and solutions. I had trouble explaining to the medical team that my symptoms were not going away and that generally I seemed to be getting worse. I felt very alone and misunderstood.

A year later I still hadn't had an 'exacerbation'. I was very confused I didn't fit the criteria and until I did, was not going to be offered any treatment. I asked for a second opinion.

Mr Thompson of the London Neurological hospital diagnosed Primary progressive MS, and although this was never going to be good news, at least things made more sense.

I was put on very strong painkillers, drugs to help my extreme dizziness and to help my incontinence problems, I also developed Bells Palsy and my leg and hand were extremely weak.

I was determined to find something to ease this burden and help me lead a more normal life. I spent hours for weeks until one day I was reading posts on the MS society website and noticed people were asking questions about LDN. There was much controversy and conflicting opinions as to whether anyone should take this 'unlicensed' 'untrialed' drug and what effect, if any it had on MS.

Everyone taking LDN said they had positive results.

After reading more about this amazing medicine I learned that there didn't seem to be any nasty side effects either!! I WANTED LDN !!! And I wanted it NOW!! What did I have to lose?? I wasn't being offered any drugs and my symptoms were becoming unbearable and seriously compromising my quality of life.

I managed to obtain LDN from a private GP, Dicksons in Glasgow dispensed it and to cut a long story short , after much persistence I now have LDN prescribed by my own GP on the NHS.

Almost immediately Ldn changed my life. My dizziness went completely; it was amazing how I had been surviving, holding on to furniture and not being able to focus properly. I also came off the drugs I had been taking for pain and incontinence. My weakness has continued to progress slowly but without the other debilitating symptoms I can now plan and do things that I thought I never I would again. ALL thanks to LDN !!

I have attached a slide show of me enjoying life since taking LDN. With airport assistance, I travelled alone to Australia to see friends, climbed a mountain (well a very large hill) to get to a water fall, went dancing, sung again at two gigs with my old duo partner and have the energy and stability to play with my two small grandchildren. I even recorded and sang the song accompanying the side show.

I WOULD NEVER BE WITHOUT MY LDN!!

I am so grateful for the quality of life it has allowed me and for the support and kind attention I have received from Dickson chemist and Linda.

I cannot thank you enough!!

You can see Denise's slide show on YouTube
<http://youtu.be/08Dd0yIJYX4>



Read All About It!



Party In Aid Of LDN Research Trust Roni Congram



I first learnt of LDN and its benefits in July 2009. Since then I have seen first hand the benefits to those with MS of taking this drug. Seeing the improvements in my husband's MS was what prompted me to try and raise money for this worthwhile cause. All I had to do was find a way to raise some money.

After a few days of thinking, we came up with what has grown into 'Party for LDN Research Trust 2011' The 'Party' bit seemed like the best idea, after all party = celebration and what are we doing if not celebrating in the knowledge that LDN has and could help so Many people?

So, we secured a suitable Venue, which I thought would prove difficult but didn't. From there everything seemed to fall into place. Caterers were happy to provide a cold buffet for the evening, shops happily donated prizes for a raffle and my band were happy to provide the music. We even hope to hold a Mini Auction. Even the local party shop was happy to donate. Within a matter of days, the 'Party' was going to happen.

The aim is to have a fun evening, with music, raffle and food. Information will be available about LDN for anyone who wants it. It will be a night to meet up with old friends and make some new ones AND raise money to help with raising awareness. There will be room for dancing for those feeling energetic and all monies raised from ticket sales and the raffle will go to the LDN Research Trust. The cost of tickets for this event will be just £ 10.00 per person. That includes a cold buffet and the venue has a licensed bar. Where else could you get night out including food for £ 10.00? With live entertainment? And all for a good cause.

We have also managed to work with some local hotels who have kindly agreed to accept reservations at a reduced rate for anyone wanting to make a night / weekend of the event.

The event is to be held In Surrey, surrounded by many places of interest within twenty five miles such as Wisley Gardens, a must see if you like horticulture, Hampton Court Palace for the history lovers amongst us and some beautiful walks across the North Downs and surrounding area. Some of the finest scenic views are to be found in the County of Surrey. London is easily accessible for anyone wanting to see the sights or go shopping. The date for the LDN Party is April 30th 2011 at the TA centre in Coulsdon, Surrey. The venue has disabled access and plenty of Parking for those wishing to drive. There is a well stocked bar also. And plenty of room for everyone to get up and dance the night away.

Full details of event, places of interest for anyone taking full advantage of a weekend away, details of how to book your tickets and info on the hotels offering accommodation is available at www.giveusagig.moonfruit.com on our special events page. Tickets are limited and available now so what are you waiting for? Go to www.giveusagig.moonfruit.com special events page and book your tickets now!

LDN has been Our Life Boat - John Donnelly



Our Fight against Cancer and how we are doing it.

Here is our story so far...

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, this seemed an impossible task to prove the doctors wrong that she would die in 2 to 6 months.

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

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 started 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.

June 2009 and 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.

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.

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

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 HBO for the week she was doing the SR. This seemed to really help with the energy levels.

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 and we have a plan for that one.

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 cant believe after this length of time there are no new lesions and we cant see the one in the limp nodes" She also said well there is 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 done it

She mentioned the dreaded word Tarciva but said she could see no reason to use it yet. Then I asked her for a blood test for T3 and T4 and also Potassium so she agreed and done that straight away. Results in a day or two

Role on the PET scan in December

To read more:

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

Steve Morris with his graphite sketch which was auctioned at the conference.



When i was first diagnosed with MS i thought (as everyone does) that my world was about to end as i knew it and i was right. But it wasn't the end of my life, in fact in some ways it was the start.

It's an illness that slowed me down and at the same time gave me the chance and the opportunity to discover that there is more to life than them mundane nine to five routine that everyone seems to exist for.

I discovered a passion i had long forgotten about in my drawings, I had the time to study the artistic side of my persona and in turn lead to the discovery of new ideas and friends such as the LDN web-site and Linda .

As for the medication itself, i do believe that it has helped me in my fight against this dreaded illness, its allowed my body to overcome the fatigue i once suffered from along with other aspects of my life.

As a gesture of my thanks to Linda and all involved i have donated this drawing in the hope that i can help in some small way to the on going fight against all these illness's.

To all of you listening to this...Don't give up, life has a way of bouncing back and with the help of LDN who knows what silver lining you will find around the corner.

Good luck to you all and God bless.
Steve morris.

Check out Steve's Art <http://ldnurl.info/stevemorris>

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/>

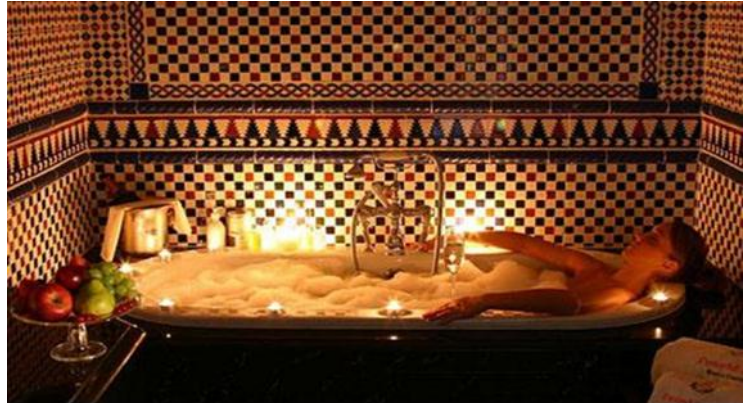


The Star Raffle Prize for this year's Conference was sponsored by *Harrogate Hydrotherapy*

The **Star Raffle Prize** for this year's Conference was sponsored by *Harrogate Hydrotherapy* and provides the winner with the opportunity to reap the benefits from a fantastic **Hydrotherapy Bath & Foot Spa System by Balsan**.

This top of the range model (which was demonstrated at the Conference) has a full remote control giving a wide range of sophisticated programmes and bespoke aromatherapy oils, to help tailor the treatment to your current state of health and fitness.

The system is clinically proven to soothe the aches and pains of everyday living and our library of testimonials bear witness that significant relief can be obtained from many conditions, such as back ache, muscle spasm, arthritis, sciatica, rheumatism, eczema and psoriasis. Furthermore, bathing in the oxygen rich champagne-like bubbles, cleanses and exfoliates the skin, leaving it invigorated and with regular use - blemish free.



Harrogate Hydrotherapy
Letting the Bubbles Ease your Troubles

T : 01423 567479

M : 07753 349197

E : harrogatehydrotherapy@btconnect.com

<http://ldnurl.info/hydrotherapy>

The Lucky Winner was.....Andy and Vicky Clarke.

We had a wonderful day at the LDN conference, Vicky started on LDN in May, when we went up to see Dr Tom in Glasgow.

We went Saturday with the intention of reinforcing what we already knew about LDN, but came away having learned a lot more, including diet and supplements, it was enjoyable listening to Dr Tom, Dr Bob and other very knowledgeable people on the subject.

We also enjoyed the various testimonials and sometimes funny ones, of the benefits of LDN not only for MS, but for many other conditions.

The icing on the cake was to win an hydrotherapy unit for the bath, the benefits of which was expertly demonstrated by Paul Burton who had kindly donated the prize, and I'm sure this will help in strengthening Vicky's muscles in her fight against MS.

We would like to thank everyone who organised and who had taken part in what was a very enjoyable day. Our two daughters Sophie and Megan have claimed first go in the hydrotherapy unit upon it's eagerly awaited arrival.

Once again thanks for a wonderful day.
Andy and Vicky Clarke.





Photo by Maija Haavisto

Special thanks to Ramsay and Kim from Healthy and Essential for offering free samples and tasting of their new range of Omega Swirl.

<http://ldnurl.info/omega3>



<http://ldnurl.info/essentialhealthclinic>

Dickson Chemist

Pharmacist Stephen Dickson is always at hand to answer any LDN and drug interaction questions.

<http://ldnurl.info/dicksonchemistglasgow>



Clinic 158 has been in existence as a private medical clinic now for more than 5 years.

LDN is prescribed frequently at the clinic.

Do you take LDN? Do you find getting a repeat prescription difficult and expensive? If so we are here to help, please call us on **0141 357 7357** for full details.

As the popularity of LDN increases we at Clinic 158 are thinking of developing a help line, as well as a dedicated LDN website.

Along with your experience we want our medical service to be known as a good one. We welcome feedback at all times, so that we can strive for an exemplary service to all our patients.

Clinic 158 www.clinic158.com Tel 0141 357 7357



MediaLogix was formed in 2003 by 3 enterprising individuals who had a common view and interest - how best to manage large volumes of digital photos and digital files.

After much research, MediaLogix became a reseller for a Norwegian software house who specialize in such software, and adopted the "making your pictures speak 1000 words" attitude to organizations in need of such innovative solutions.

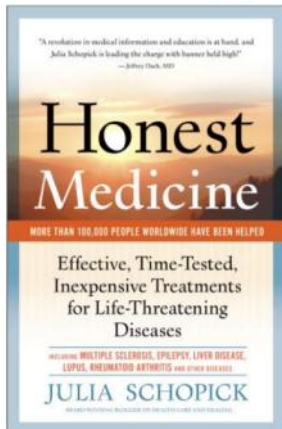
We targeted NHS and Police organizations as they have an ever increasing demand for handling such files and to date have supplied systems to many hospitals in the UK, primarily to the Department of Medical Illustrations.

MediaLogix are proud to have sponsored the **LDN Aware Conference in Birmingham** and the work done by the LDN Research Trust to raise the awareness of LDN.

Andy Kolczak Director
Faisal Mahmood Director <http://ldnurl.info/medialogix>



Pre-order your copies now of the long-awaited book, ***Honest Medicine: Effective, Time-Tested, Inexpensive Treatments***



for Life-Threatening Diseases, by Julia Schopick, Award-winning Blogger on Health Care and Healing.

Chapters contributed by Linda Elsegood, Mary Bradley, Malcolm West & Dr. David Gluck

In order to get ***Honest Medicine*** to those who need it in time for holiday gift-giving, Julia is offering a **special pre-publication DEAL—\$5 off—to LDNers, their friends and**

family. Offer good for the first 1000 people who pre-order!!

Your special coupon below entitles you to:

- **Pre-order *Honest Medicine***, at the special discounted **limited-time-only price of \$10 a copy + shipping (offer expires November 12th!)**. A great opportunity to purchase copies for your friends and relatives, in time for your **holiday gift-giving**. The book will be sent out to you as soon as it's published. (Details at <http://www.HonestMedicine.com/compldnexcerpt.html>.)
- Your “sneak peak” at a portion of the book, specially created for LDNers and their friends and family.

Let's get this book to the people who need it! PRE-ORDER COPIES FOR YOURSELF, YOUR FRIENDS & YOUR RELATIVES!

In Honest Medicine, they'll learn:

- How remarkable LDN is—through the personal stories and meticulously documented background information.
- How MS patients are routinely discouraged by their doctors from using LDN, and are given toxic, side-effect-laden medications instead, only to improve dramatically with LDN.
- The difference—in actual dollar amounts—between LDN and the toxic CRAB drugs.
- About the many studies that have been successfully performed on LDN. **Details and links to studies and abstracts included.**
- How LDN works for many autoimmune diseases, in addition to MS (e.g., Lupus, Rheumatoid Arthritis, Crohn's Disease), and even HIV/AIDS and some cancers.

Visit <http://www.HonestMedicine.com/compldnexcerpt.html> for a sneaky peak!

<http://www.HonestMedicine.com>

Email Julia@HonestMedicine.com

Please support Julia by ordering her new book, she will be making a donation from the sales of her book to the LDN Research Trust.

2010 International LDN Awareness Week (2010ILDNAW)

and the LDN Research Trust's "LDN Aware" Conference in Birmingham, UK are now history and we begin the countdown to next year.

All the presentations were videotaped and available on YouTube for the world to view.

To also spread the word, a press release announcing 2010ILDNAW was distributed to hundreds of print and online editors.

Please download the press release

<http://www.ldnaware.org/ldn/156-media.asp>

As a result of the conference and press release, thousands of new people are now "LDN Aware". And because they have become LDN Aware, thousands of people with diseases that threaten their lives face a brighter future.

2010ILDNAW also marked the first year anniversary of www.LDNaware.org and what a year it has been! Our objective in creating the website was to establish a recognizable "brand" image for LDN. By creating a brand, we are able to harness the enthusiasm of people worldwide and communicate our message with greater impact. LDNaware.org has everything you need to know about LDN all in one place – informative websites, patient forums, latest research, video presentations, case histories, conferences to attend, where to get LDN and more.

Another reason to create the "LDN Aware" brand is to become a better competitor. According to a recent Wall Street investment banking study the growing immune-suppressant drug marketplace is valued at over \$68 billion dollars a year and represents 350 products from 250 companies. Treating autoimmune disease, not to mention cancer, is one of the most profitable businesses on planet Earth. LDN threatens this status quo.

For instance, in marketing-speak, the "lifetime value" of a person with multiple sclerosis taking one of the established drugs, shown to be about 30% effective at slowing disease progression at two years, is over \$2 million dollars. These drugs often cost over \$3000 a month and pharmaceutical companies manipulate healthcare systems for maximum profitability. In the United States, if you have high-quality private or public sector health insurance your costs are largely covered. But if you lose your job, you may lose your health insurance, and these drugs quickly become unaffordable or you need to "beg" for financial assistance.

But what if LDN, a non-toxic pill costing less than a dollar a day, was found to be equal to or more than 30% effective than the \$3000+ a month drugs? What would happen if research verified what so many LDN users report - that LDN is a powerful therapy for a host of autoimmune conditions, even cancer? It would rock the status quo and billions of "lifetime value" revenue streams could dry-up. There would be fewer prescriptions, fewer doctor visits, fewer lab tests, and fewer hospital stays. While there would also be fewer sick people, LDN would be a financial disaster for the immune-suppressant marketplace.

That is why we need a strong, recognizable brand. We face a status quo that has very little interest in any drug therapy from which it cannot make piles of money. By organizing globally under LDN Aware, the process of getting more information to more people is more effective. Quite simply, LDN needs to be promoted like its big pharma competition.

I know of no other causes where you can have such a dramatic effect on someone else's life by simply pointing them to a website; www.LDNaware.org. For someone with Multiple Sclerosis, Rheumatoid Arthritis, Fibromyalgia, Lupus, Crohn's Disease and many other autoimmune conditions, it can mean the difference between walking and a wheelchair. For some with cancer, learning about LDN can mean life itself.

Do you know anyone who LDN could benefit? Could you change life? The more people who know about LDN the more people will benefit from LDN. Spread the word.



Malcolm West

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

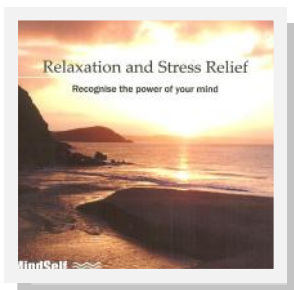
Ted Heaths Relaxation and Stress Relief CD suitable for all

- ◆ 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

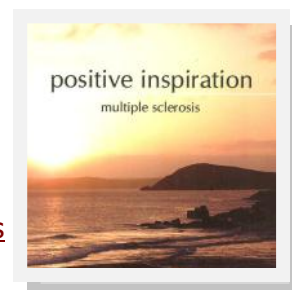
will help people to stay relaxed, calm and focussed, and can also help with the following:

- ◆ 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/hypnosis>



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

Web Master - Lee Reynolds

Forum Manager - Alan Browne Senior Moderator - Derek

Graphic Designer - Graham Parker

Survey Form - Mark Lane

Facebook Administrator - Laura Elsegood

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