



International LDN Awareness Week, October 19 - 25th, 2009

October 19 - 25th, 2009 has been designated International LDN Awareness Week, to focus media attention on the successful use of the inexpensive generic medication, Low Dose Naltrexone, or LDN. A broad range of diseases respond well to LDN, including Multiple Sclerosis, Crohn's disease, Lupus and Fibromyalgia. Immune system dysfunction appears to be the link. The Fifth Annual Conference on LDN kicks off the week on Oct. 19th, 2009.

Bethesda, MD ([PRWEB](#)) October 1, 2009 -- International LDN Awareness Week begins when researchers, physicians and advocates convene on October 19, 2009 at the National Institutes of Health in Bethesda, MD, for the Fifth Annual Conference on Low Dose Naltrexone. There is no charge for the conference; participants register at [ProjectLDN.com](#).

The aim of International LDN Awareness Week is to bring LDN out of the shadows, so more disease sufferers may benefit from the off-label use of this inexpensive generic drug.

Thousands of patients worldwide now enjoy improved health due to LDN. Most learn about it through word of mouth, success stories, Internet research, online forums, and a growing number of doctors who prescribe it for patients with autoimmune diseases. The LDN protocol employs approximately 1/10 the dose of naltrexone, a drug approved in 1984 by the FDA to treat alcoholism and drug addiction.

LDN is changing patients' lives.

"Before I started taking LDN, I was an invalid," says Linda Elsegood, a founder of the [LDN Research Trust](#), a non-profit UK charity, formed in 2004 to raise awareness of and research for LDN. "I had almost every symptom of Multiple Sclerosis: constant fatigue, body numbness, hearing loss, twitching muscles, vertigo. Linda is now almost back to normal. "LDN saved my life. Along with hundreds of others, I'm working to get the word out to patients who desperately need to know about LDN." Linda adds that LDN has virtually no side effects - unlike most of the much costlier, highly toxic medications doctors prescribe to treat MS.

Vicki Finlayson, of Auburn, California, lived a life filled with 9 years of side-effect-laden medications approved by the FDA for MS. "I was on just about every one of these medications, and often on several at once - pain medications, too. My MS got progressively worse, until I was bedridden." In 2005, she found LDN. "I felt improvement in two days." She's now back to normal; all her symptoms are gone. In May, 2008, Vicki did an amazing thing for someone with MS - she walked 53 miles to the State Capitol Building in Sacramento to meet with state officials to raise awareness about LDN. "I'll be back on the Capitol steps October 21st! I'm educating the public, doctors and government officials about this inexpensive, effective treatment. LDN gave me my life back. It's important that I spread the word." Because low dose naltrexone represents an inexpensive, off-label use for a drug approved long ago by the FDA, pharmaceutical companies -- who carry out most of today's drug research -- aren't much interested in funding research on LDN.

Hundreds of patients - and several doctors - who have experienced remarkable results in themselves and their patients, conduct research and raise research funds. One group of US patients raised enough money to help fund a successful trial at the University of California (San Francisco). Trials are being conducted in Mali, Africa and Milan, Italy.



LDN - CLINICAL PRACTICE AND RESEARCH:

Over 20 years ago, naltrexone was approved by the FDA to treat addiction, at much higher doses. But in 1982 Dr. Ian Zagon and other researchers at Penn State discovered its ability, in very low doses, to normalize a dysfunctional immune system. Bernard Bihari, MD, a Harvard-trained New York neurologist, observed positive clinical results using LDN for HIV, MS and other immune system disorders. His observations led to years of treating patients with most immune diseases, including HIV/AIDS, with positive results, and virtually no side effects.

According to Dr. Bihari's friend and colleague, David Gluck, MD, who works tirelessly to educate the public about LDN: "Low Dose Naltrexone may be the most important therapeutic breakthrough in over fifty years. It provides a safe, inexpensive method of medical treatment by mobilizing the natural defenses of one's own immune system."

Dr. Ian Zagon and his colleagues at Penn State are continuing human trials for several disorders, including multiple sclerosis, Parkinson's disease and various cancers; Stanford University is beginning a Phase II trial for fibromyalgia.

Doctors throughout the US, UK, Canada, Italy, Israel, Australia and Nigeria prescribe LDN for their patients.

LDN RESEOURCES, WEBSITES, BOOKS & RADIO SHOW:

Several websites are devoted to LDN, including Dr. Gluck's, lowdosenaltrexone.org; and websites of patient advocates, Linda Elsegood and SammyJo Wilkinson, ldnresearchtrust.org and LDNers.org. These websites help patients and fund research.

Books About LDN:

1. [International LDN Awareness Week eBook](#) - 100 Testimonials.
2. Cris Kerr's resource, [Those Who Suffer Much KNOW MUCH](#), features LDN testimonials as case studies.
3. [Up the Creek With a Paddle](#) by Mary Boyle Bradley, and LDN interviews, [Blog Talk Radio](#).
4. Free ebook by Julia Schopick, [The Faces of Low Dose Naltrexone](#).
5. [The Promise of Low Dose Naltrexone](#), by Elaine Moore and SammyJo Wilkinson

INTERNATIONAL CONTACTS:

USA Conference, visit ProjectLDN.com.

International LDN Awareness Week, contact:

USA CONTACTS will arrange connections with physicians and patients for interviews about LDN:

SammyJo Wilkinson, SammyJo (at) LDNers (dot) org, (425) 361-2049

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Organizers of International LDN Awareness Week (October 19-25, 2009):

- Linda Elsegood, LDN Research Trust, UK Internationally supported by:
- SammyJo Wilkinson, LDNers.org



- Julia Schopick, HonestMedicine.com
- Malcolm West, Practical Communications Group

Thanks to [Skip's Pharmacy](#), for supporting the First International LDN Awareness Week. Dr. Lenz will be presenting at the 5th Annual LDN Conference.

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