

LDN Low dose naltrexone

Description

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To Jesus:

You can save this to a "Health" folder for easy access later. Use this as a starting point for your own research and share with your doctor as appropriate.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects. Typing in the name of two medications or a medication & an herb in a search bar of most browsers will bring up results with their interaction effects.

Low dose naltrexone (LDN)

LDN low dose naltrexone 3-5g at bedtime helps:

Chronic pain

Opiate addiction

Cancer

Autism

Aggression

Alzheimers

Hepatitis C

Parkinsonâ€™s

Diabetic neuropathies

Dermatomyositis (an inflammatory muscle disease)

Autoimmune disorders-

Chronic fatigue/fibromyalgia

Celiac

Colitis

Crohns

IBS

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Lupus

MS

Rheumatic

Psoriasis

ALS

Ulcerative colitis

Multiple sclerosis

HIV/AIDS

Hasimoto's thyroiditis

Irritable bowel syndrome (IBS)

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Lowdosenaltrexone.org

ldnresearchtrust.org

LDN & pain

LDN is so effective for chronic pain that patients used 46% less opioids for pain when they had access to LDN for almost half a year.

Raknes, G., and Småbregne, L. (2017) Low-dose naltrexone and opioid consumption: a drug utilization cohort study based on data from the Norwegian prescription database. *Pharmacoepidemiol Drug Saf*, 26: 685–693. doi: [10.1002/pds.4201](https://doi.org/10.1002/pds.4201).

LDN & addiction

LDN & VLDN (very low) have been shown to help people get off of opiates they are addicted to without withdrawal symptoms.

evolveindy.com/3-novel-ways-how-low-dose-naltrexone-therapy-can-revolutionize-addiction-treatment-according-to-science/

McKenzie-Brown AM, Boorman DW, Ibanez KR, Agwu E, Singh V. Low-Dose Naltrexone (LDN) for Chronic Pain at a Single Institution: A Case Series. *J Pain Res*. 2023 Jun 14;16:1993-1998. doi: [10.2147/JPR.S389957](https://doi.org/10.2147/JPR.S389957). PMID: 37337611; PMCID: PMC10276990. <https://pmc.ncbi.nlm.nih.gov/articles/PMC10276990/>

Mannelli P, Patkar AA, Peindl K, Gottheil E, Wu LT, Gorelick DA. Early outcomes following low dose naltrexone enhancement of opioid detoxification. *Am J Addict*. 2009 Mar-Apr;18(2):109-16. doi: [10.1080/10550490902772785](https://doi.org/10.1080/10550490902772785). PMID: 19283561; PMCID: PMC3190236.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3190236/>

LDN & cancer

LDN appears to target opioid growth factor (OGF), reducing cancer cell growth.

LDN improves the response of the immune system to cancer, especially bladder, breast, liver, lung, lymph nodes, pancreas, colon, and rectal cancer.

Donahue RN, McLaughlin PJ, Zagon JS. Low-dose naltrexone targets the opioid growth factor-opioid growth factor receptor pathway to inhibit cell proliferation: mechanistic evidence from a tissue culture model. *Exp Biol Med (Maywood)*. 2011 Sep;236(9):1036-50. doi: 10.1258/ebm.2011.011121. Epub 2011 Aug 1. PMID: 21807817.

LDN combined with a chemotherapy drug, cisplatin, alleviated the toxicity associated with cisplatin.

Exp Biol Med (Maywood). 2011 Sep;236(9):1036-50. doi: 10.1258/ebm.2011.011121. Epub 2011 Aug 1.

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Low-dose naltrexone (LDN): Tricking the body to heal itself

SOCIETY FOR EXPERIMENTAL BIOLOGY AND MEDICINE

http://www.eurekalert.org/pub_releases/2011-09/sfeb-ldn090211.php

articles.mercola.com/sites/articles/archive/2011/09/19/one-of-the-rare-drugs-that-actually-helps-your-body-to-heal-itself.aspx

LDN, opiates & cancer

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As LDN lowers opiate use by over 45%, it also should lower cancer incidence as opiates appear to significantly increase cancer proliferation, including breast cancer.

LDN, opiates & falls

LDN usage also can reduce the increased falls, sedation, tolerance & addiction found in opiate usage for pain.

<https://fpm.ac.uk/opioids-aware-clinical-use-opioids/long-term-harms-opioids>

Aya Yoshikawa, Gilbert Ramirez, Matthew Lee Smith, Margaret Foster, Anas K Nabil, Sagar N Jani, Marcia G Ory, Opioid Use and the Risk of Falls, Fall Injuries and Fractures among Older Adults: A Systematic Review and Meta-Analysis, *The Journals of Gerontology: Series A*, Volume 75, Issue 10, October 2020, Pages 1989–1995, <https://doi.org/10.1093/gerona/glaa038>

Association between long-term opioid use and cancer risk in patients with chronic pain: a propensity score-matched cohort study

Sun, Mingyang et al. *British Journal of Anaesthesia*, Volume 129, Issue 1, 84 – 91

Opium use and subsequent incidence of cancer: results from the Golestan Cohort Study Sheikh, Mahdi et al. *The Lancet Global Health*, Volume 8, Issue 5, e649 – e660

Autism & LDN

“75% parents of autistic children surveyed reported that LDN delivered overall beneficial results. There were significant improvements in communication, cognition, and socialization. Additional positive effects were also reported, such as decline in inattention, restlessness, hyperactivity, and aggression. LDN can potentially help with self-injurious behavior as well.” “With that said, there was also a reduction in agitation, hyperactivity, temper

tantrum, stereotyped behavior, and social withdrawal.â€•

<https://www.americanintegrative.com/low-dose-naltrexone-ldn-therapy-can-help-treat-patients-with-autism/>

<latitudes.org/low-dose-naltrexone-ldn-for-autism/>

Alienherbalist.com search for LDN

[immunetherapeutics.com/wp-](immunetherapeutics.com/wp-content/uploads/2014/10/Immune_Therapeutics_Low_Dose_Naltrexone_Sheet_for_Doctors-.pdf)

content/uploads/2014/10/Immune_Therapeutics_Low_Dose_Naltrexone_Sheet_for_Doctors-.pdf

lowdosenaltrexone.org/faq.html#What_diseases_has_it_been_useful_in_treating

[psychologytoday.com/us/blog/holistic-psychiatry/201910/my-](psychologytoday.com/us/blog/holistic-psychiatry/201910/my-exploration-low-dose-naltrexones-benefits)

<exploration-low-dose-naltrexones-benefits>

<ldnresearchtrust.org/>

This is low dose naltrexone at 4.5mg at bedtime. It has not only helped more than 50 diseases (including autism) often dramatically, at the lower dosage after two weeks few people note any side effects, and usually notice no side effects even more quickly if theyâ€™ve ever taken the full 50mg before.

LDN

Low dose naltrexone is available by prescription, also available as full dose 50 mg tablets 30 count. The price can be as low as \$40 before insurance in \$15 with insurance depending on copay.

The benefit of getting the 50 mg tablets and cutting them to 3-5mg each is a savings of over 90%. People often rinse/rub off the color coating in case it is FD&C that has lead & mercury. Then they crush the 50mg tablets with a mortal & pestil or a spoon & bowl. They add a drop of honey or a little stevia, and or monk fruit to taste better. Then they use a 5ml medicine doser (a couple dollars at any pharmacy) to add 5ml of water, mix together, draw back the 5ml of water now with the 50mg of naltrexone mixed in, & give 0.5ml per day which is roughly 5mg.

To eliminate any discomfort when taking it at bedtime, LDN is often started in the morning for a week or a couple days (sometimes at full dose) , then moved to the 5mg dose in the afternoon for a few days, then evening, then finally right at bedtime where it often works best. If it affects sleep, taking it any other time more comfortable will still work.

caution if:

on immunosuppressants

on high steroids (is often a substitute for steroids)

Category

1. Uncategorized

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Author

biggs

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