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- Live stream
- Doctors info pack 2016
- Do you have a story to share?
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- Volunteer?
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2016 an exiting year for LDN


The LDN Book, pages 10-12.

The Game Changer, page 13.


Wishing everyone a Happy New Year
First I want to wish everyone a Happy New Year and thank each and every one of you for your support in 2015.

As we start 2016 many projects started in 2015 and before are coming to fruition, this is going to be an exciting year!

We start with the LDN 2016 Conference on 19th, 20th & 21st February, which will also see the launch of The LDN Book.

We will complete and edit the LDN Cancer Documentary (we thank all of you who supported this financially with crowd funding!) The documentary will go live when the LDN/Cancer paper is published.

The worlds largest LDN survey has started and will run throughout 2015, we hope to have a paper published using the anonymous data. We ask all those people taking LDN to use the LDN Health Tracker App which is FREE! We will never share your details with anyone and all data is held securely.

In this issue of the LDN Newsletter we are focusing on these 4 major events taking place in 2016.
The LDN 2016 AIIC Conference is the only LDN focused event in the world. It is produced by the LDN Research Trust, a non-profit, Registered Charity dedicated to raising awareness as well as funding research and clinical trials of LDN as a treatment for Multiple Sclerosis, Crohn’s Disease, Colitis, Autism, IBS, Lupus, Fibromyalgia, Rheumatoid, Arthritis, Chronic Pain and other auto-immune diseases.

The central role of the conference is to review, compare and contrast the most recent LDN-related data and treatments. It also offers compelling examples, experiences and case studies from many of the world’s leading experts, practitioners and patients who are using LDN as treatment for a range of immune-related diseases and in many cases achieving positive, life-changing results.

$30 off a 3 day ticket using the code conf30
$15 off the live stream using the code live15 *

For more information see the following pages in this newsletter:

- Conference details
- Flash sale - 24 hours on 11th January for non medical professionals only
- Q&A, including info on the Conference Live Stream
- Speakers and topics
- Silent Auction

For booking go to The Conference website here

* The code will not be applicable during the 24 hour flash sale.
Flash Sale!
24 hours only
11. January*

Discount offer available for:
The LDN 2016 Conference **Live Stream**, non medical professionals only

The offer is available to:
Private persons (non medical professionals) only

What is the offer:
The LDN 2016 Conference Live Stream for $30, normal price $55. Use the code: $25off

What must I do to use this offer:
Go to the conference webpage [here](#) and order the Live Stream as normal.

In the process you will be asked if you have a special code. Use the code $25off

NB You will have to order within the timeframe mentioned. Remember the timeframe is in UK/UTC 0 time.

What is Live Stream?
Se Q&A for more information, page 8.

* UK/ UTC 0 time (UTC times zones [here](#))
The past 12 months have seen the acceptance of LDN progress at an astonishing rate in terms of public awareness and use as well as in formal research. Breakthrough results are occurring across many disease fronts and the only place to learn more is the upcoming LDN 2016 AIIC Conference – February 19 - 21, 2016 in Orlando.

The LDN 2016 AIIC Conference is not just the centerpiece of the LDN community, it is the only event in the world where the leading doctors, pharmacists and researchers gather to share their experiences. The speaker line-up is a who’s who of world-class experts and several plan to make major announcements about the results of their most recent studies.

And healthcare professionals earn 12.5 CE Credits!

Sponsorship and exhibitor space has grown substantially since the 2014 event with participants including Mark Drugs, Researched Nutritional, Skip’s Pharmacy, ArminLabs, NutraMedix, University Compounding Pharmacy, Context Media Health, Murray Ave Apothecary, Dickson Chemists, the C3 Foundation and Focus Performance. Aleia’s and Tropical Foods are both Silver sponsors and will be providing amazing gluten free and organic snacks. The Townsend Letter, Compounding Today, International Journal of Compounding, Alternative Therapies in Health and Medicine and Integrative Medicine - A Clinicians Journal have all signed on as media sponsors.

Plus, we have partnered with the Fundraising Travel Foundation on a silent auction featuring several amazing, exotic trips you can bid for. These are truly, once-in-a-lifetime style vacations and adventures you will remember (and tell stories about) for years.

The next 12 months will be an exciting and fast-paced time with some amazing treatment breakthroughs on the horizon. Whether you’re a practitioner or a patient, you need to be at the forefront of information - The LDN 2016 AIIC Conference is the only way to ensure you have the necessary knowledge.

I look forward to seeing you all there.

Jim Warner
LDN Conference content and speakers

Dr Mark Mandel will introduce and provide a summary each day View details.

There will also be Q&A Panels.

For schedule go to the LDN conference webpage, you can find it here.

Alcohol addiction:
The Sinclair Methods for alcohol addiction
Claudia Christian View details

Allergy/asthma etc:
Effective treatment of chronic allergies, asthma and sinusitis
Dr Deanna Windham View details

Autism:
Biomedical treatment for autism spectrum disorder
Dr Brian Udell View details

Cancer:
Immune modulation; the new modality for cancer treatment.
Professor Angus Dalgleish View details

Non-toxic broad spectrum cancer therapy
Dr Akbar Khan View details

Chronic fatigue syndrome (CFS) & fibromyalgia (FM):
New evidence-based treatments of chronic fatigue syndrome (CFS) and fibromyalgia (FM)
Dr Kent Holtorf View details

Chronic pain/pain:
Clinical hypnosis and pain control. Truths and myth
Lachlan Cox View details

Dietary triggers of pain and inflammation
Dr Tom O’Bryan View details

Management of chronic pain with low dose naltrexone
Dr Pradeep Chopra View details

Pain case studies
Dr Pradeep Chopra View details

Crohn’s disease:
Crohn’s Disease
Paul Battle PA-C View details

Lupus:
An Integrative Approach to The Treatment of Lupus
Dr Deanna Windham View details

Lyme disease:
Symptoms and laboratory tests in chronic Lyme disease and co-infections
Dr Armin Schwarzbach View details

Continued on page 7 >
Mental health:
Traumatic Stress, Dissociative Symptoms and Consciousness
Ulrich Lanius, Ph.D. [View details]

Treatment of psychiatric disorders such as PTSD, impulse control difficulties, emotional dysregulation, PMS, anxiety, hypervigilance and sleep issues.
Glyn Forster MS, LPC [View Details]

Multiple sclerosis:
Dr Jarred Younger [View details]

Other:
LDN in Primary Care: case studies
Dr Jill Cottel [View details]

Mechanism of action of low dose naltrexone
Dr Pradeep Chopra [View details]

Pharmacokinetics, Pharmacodynamics, and Interactions & Cautions in Common Practice
Pharmacist Stephen Dickson [View details]

Report on a longitudinal study of the effects, side effects & interaction of naltrexone in low dose.
Dr "Skip" Lenz [View details]

Pregnancy:
Evaluating the use of Low Dose Naltrexone During Pregnancy.
Dr. Phil Boyle [View details]

Restless legs syndrome:
Restless legs syndrome (Willis Ekbom disease) – is RLS (WED) an inflammatory disorder?
Dr Leonard Weinstock [View details]

Sarcoidosis:
New applications for LDN: Sarcoidosis
Dr Leonard Weinstock [View details]

Sexual function:
LDN as a modulator of sexual function.
Dr Mark Shukhman [View details]

Thyroid disorders:
New Evidence-based diagnosis and treatment of thyroid disorders
Dr Kent Holtorf [View details]

Ulcerative Colitis:
Ulcerative Colitis
Dr Leonard Weinstock [View Details]
Q&A

The LDN Conference 2016

When & where:
February 19, 20 and 21 2016
Orlando, Florida, United States,
DoubleTree by Hilton Hotel, Orlando Airport

Who can attend:
Everyone

Is the conference itself full or can I still book?
There are still some places left if you hurry and book. Go to the webpage here.

Are there any special offers?
Yes, see p 3 and p 4 or visit the website

Can I attend without actually being there:
Yes, it's possible to attend via Live Stream

What is a Live Stream?
The Live Stream enables you to watch the conference live (depending on your time zone)
OR you can watch the presentation videos at a time to suit you. You can use the online chat and submit questions for the Q&A panels.

Where can I access Live Stream?
Click here which will take you to the joining page.
Prior to the conference you will be sent full details in an email to your registration email address.

What are the prices for Live Stream?
$55 for the public
$95 for a medical professional including a Certificate for 12.5 CE Credits

Do you have to watch the Live Stream when it is happening?
No, all the presentations are available as separate videos once each presentation is finished.

How long do I have to watch the presentations?
Once you have paid to attend the conference in person or the Live Stream, you will have access to the presentation Videos for 12 months. You can watch as many times as you wish.

What is the Live Chat feature of the Live Stream?
Once you login to the Live Stream page on the website, you will see the Live Chat Section which will run during the conference and you will be able to take part in discussions online.

How do I submit questions for the Q&A panels?
You will be given an email address which will accept questions for the medical panel 7 days before and during the conference. We will try and have as many questions answered during the 5 Q&A panels as possible.

Will the conference be accessible after it ends?
Yes it will be possible to access the conference for a fee.

Who are the speakers?
See in this newsletter or go to webpage.

What is the programme?
You will find the programme here.

Can I buy the LDN book directly at the conference?
Yes while stocks lasts.

Will there be speakers that have also contributed to the book?
Yes several of the speakers have also contributed to the book. See page 11.
Special opportunity for those attending the Conference either in person or via Live Stream.

Your ‘Bucket List’ trip could be on offer! our Silent Auction!

The LDN Research Trust have partnered with the Fundraising Travel Foundation on a silent auction featuring several amazing, exotic trips you can bid for at the conference.

These are truly, once-in-a-lifetime style vacations and adventures you will remember (and tell stories about) for years.

The trips that will be auctioned are, as we finish this newsletter, not finalized yet. The actual trips that will be up for auction will be published at a later date at the conference webpage.

They will be amazing though!

The silent auction will be held at the Networking Party on Saturday 20th of February 2016.

The auction will be open to the attendees at the conference itself and the ones following the live stream.
Health & Wellness

Low Dose Naltrexone (LDN) holds the potential to help millions of people suffering from various autoimmune diseases and cancers, and even autism, chronic fatigue, and depression, find relief. Administered off-label in small daily doses (0.5 to 4.5 mg), this generic drug is extremely affordable and presents few known side effects.

So why has it languished in relative medical obscurity?

The LDN Book explains the drug’s origins, its primary mechanism, and the latest research from practicing physicians and pharmacists as compiled by Linda Elsegood of The LDN Research Trust, the world’s largest LDN charity organization with over 19,000 members worldwide.

Featuring 10 chapters with contributions from medical professionals on LDN’s efficacy and two patient friendly appendices, The LDN Book is a comprehensive resource for doctors, pharmacists, and patients who want to learn more about how LDN is helping people now, and a clarion call for further research that could help millions more.

The book will also be available as an e-book. More information to follow.

For contributors, chapters and reviews see next pages.

Click the logo’s to visit the websites where you can purchase The LDN Book:

[Links to purchase options]

How a Little-Known Generic Drug — Low Dose Naltrexone — Could Revolutionize Treatment for Autoimmune Diseases, Cancer, Autism, Depression, and More

Edited by Linda Elsegood

Pages: 240 pages
Book Art: Black-and-white illustrations throughout
Size: 6 x 9 inch
Publisher: Chelsea Green Publishing
Paperback: 9781603586641
Pub. Date: February 22, 2016
For more info see [webpage].

The LDN Book will be launched at the LDN 2016 Conference.
Content - The LDN Book

- Preface by Linda Elsegood*
- Introduction by Jill Cottel*
- Chapter One: The History and Pharmacology of LDN by J. Stephen Dickson*
- Chapter Two: Multiple Sclerosis and Lupus by Deanna Windham*
- Chapter Three: Inflammatory Bowel Disease by Jill P. Smith and Leonard B. Weinstock*
- Chapter Four: Chronic Fatigue Syndrome and Fibromyalgia by Kent Holtorf*
- Chapter Five: Thyroid Disorders by Kent Holtorf*
- Chapter Six: Restless Legs Syndrome by Leonard B. Weinstock* and Trisha L. Myers
- Chapter Seven: Depression by Mark Shukhman* and Rebecca Shukhman
- Chapter Eight: Autism Spectrum Disorder by Brian D. Udell*
- Chapter Nine: Cancer by Angus G.

- Appendix: Starting the Conversation by Mark H. Mandel*
- Appendix: Frequently Asked Questions about LDN by Skip Lenz* and with Julia Schopick

I personally would like to thank all the authors for their time and support with The LDN Book as well as the staff at Chelsea Green Publishing. All Royalties will generously be given to the LDN Research Trust.

Linda Elsegood

* Will be speaking at the LDN 2016 conference
“As a practicing physician who has used LDN as a cornerstone therapy for over fifteen years, I can say without equivocation that LDN is the most important and successful medicine I have ever used. I often joke that if not for LDN I couldn’t pay my mortgage; I’ve had so many new patients referred to me by someone whose life has improved dramatically through the use of LDN. And despite my knowledge and experience with LDN, I’ve learned a great deal from The LDN Book—aspects of its basic science I hadn’t known, new uses, and how its uses can inform us about the causes of various diseases. This is a wonderful book for any patient with an autoimmune disease, cancer, depression, or a host of other conditions and is a must-read for any physician whose goal is to help their patients.”

- Dr. Thomas Cowan, author of The Fourfold Path to Healing and coauthor of The Nourishing Traditions Book of Baby & Child Care

“I first came across LDN several years ago when a medical colleague said I should look into its positive effects in patients with MS, Crohn’s disease, and other autoimmune disorders. I was so impressed with what I read that I helped submit a petition to the UK government to ask for funding for further research into this inexpensive drug. But, as with so many petitions, no progress was made. I hope The LDN Book—which presents up-to-date findings that again confirm the efficacy of this safe, cheap, generic drug in helping to control many chronic, disabling conditions—is read by those in the Department of Health and by all doctors caring for patients with autoimmune disease. In the UK, LDN has been stranded in limbo; maybe now the time has come for it to be accepted as a recognized therapy that could, at least, be tried on those suffering such long-term diseases of the immune system.”

- Praise for The LDN Book - Dr. Chris Steele, MBE, general practitioner; medical presenter on ITV’s This Morning.

“Low Dose Naltrexone (LDN) was discovered by my husband and partner, Dr. Bernard Bihari. Incredibly informative and superbly written by various members of the medical profession sharing their experiences using this extraordinary drug, The LDN Book honors his legacy in helping patients suffering from autoimmune and other diseases to regain their health and their lives.”

- Jacqueline Young
What’s the documentary about?

The use of Low Dose Naltrexone (LDN) in cancer treatment has been examined for some time and now we are on the verge of a major breakthrough in its use to treat and kill cancer cells.

Described by one of the UK’s leading cancer doctors as a “Game Changer” for the way that cancer can be treated and which may give patients a whole new perspective and quality of life.

All will be revealed in early 2016 when a medical paper will be published detailing how LDN can be used to “kill” cancer cells.

We are making a documentary about this incredible discovery and we are seeking support to make the film even better.

The film has been started but we seek further funding to complete the documentary and make it the very best piece of work that it can be.

We know how important this is for the future of cancer treatment and we need to get the word out there. Many are donating time to make this project a success but we still need to raise funds to fully investigate and understand these findings.

If you would like to help us meet the costs, go to our website for more information.

Some have already had experience with the use of LDN in cancer treatment. Are you one of them?

As we prepare for the news we are also looking for people who want to share their stories, either as patients or as doctors using LDN in their cancer treatment.

They will be gathered and published either in a special edition newsletter or ebook to compliment the documentary and the medical paper to help others searching for more information.

If you would like to help, please contact us here.
Do you use LDN or are just getting ready to try it?

Do you know if it is making a difference in regards to your condition?

Would you like to be involved in making potential medical history?

What about making a difference for thousands of others with your condition in regards to treatment options?

If so, we need your help!

As some of you know, we have launched the world’s first, global, remote research survey in regards to using LDN with our myLDN App.

Now, more than ever before, we (meaning you, too!) have an opportunity to get the much needed research in order to get LDN approved for use for your condition.

However, in order to get researchers interested in LDN, it is imperative that we provide data as statistical evidence and proof that LDN is indeed making a difference in patient’s quality of life.

The myLDN App has not only been designed to track your experiences with LDN, but also to help patients in general to gain more control over your condition.

As you may already know, we are so thrilled to have a breakthrough in cancer research with LDN. With this breakthrough, we have the opportunity to take things further in regards to research for other conditions, such as yours.

By downloading and using the myLDN App, not only will you be helping yourself in understanding a lot more about your body and condition, but also thousands (millions?) of others potentially!

The more (anonymous) data that is collected by your usage means that we are many steps closer to getting LDN approved for 174 different conditions.

It’s FREE and anonymous, look a thte next page for more information.

Please help us in order to help you – let’s make medical history together!
**myLDN App** keeps track of the changes to your LDN dosage and keeps a record of how this affects you in these key life markers:

- Quality of life
- Sleep patterns
- Pain
- Mood
- Energy

You can also add any other medications or supplements you take to myLDN and track their dosage and frequency taken.

- Set alarms to remind you when to take your LDN and other medications
- Track food/dietary items which might have affected you
- Keep track of any exercise you have done
- Keep track of any medical aids you might have used

Specific questionnaires for Multiple Sclerosis, Fibromyalgia, Chronic Fatigue Syndrome and Spinal Cord Diseases are presented to users with those conditions – more questionnaires for other conditions will be added over time.

- Keep a journal of how you are getting on
- View graphs of the data entered
- Create PDF reports of your data for printing and taking to your GP
- Receive notifications from LDN Research Trust direct to the app

**myLDN App** is available on Window Phone, iPhone, Android devices, PC’s/Laptops and Amazon Kindle.

We are making exciting headway in regards to research and with your help, now more than ever before, LDN users can make a huge difference and impact.
Survey on supplements

Dear Member

A few months ago, I wanted to update my supplement regime which led me to carry out research which was very surprising indeed.

I found out that there can be a big difference in quality between the varied brands of supplements available and that some which have been sampled professionally have been discovered to be substandard, either because they don’t contain the quantities of ingredients they claim to on the label, or because they contain additional ingredients which they have failed to state.

I also found out that although drug manufacturers are required to meet EU Good Manufacturing Practice (GMP) and ensure that there is a comprehensive Quality Management System (QMS) in place to control quality, because many vitamins and minerals are considered to be foods and not classed as medicines, these products are not regulated by the MHRA and these guidelines and procedures are not required. Often, producers need only hold a food hygiene certificate in order to manufacture their products and their procedures are not subject to anything like the same scrutiny as pharmaceuticals.

This led me to speak with a Pharmaceutical manufacturer, who would be willing to explore the possibility of manufacturing supplements to a pharmaceutical standard. The good news is we should be able to secure a discounted price for our members and we also hope to partner with an online retailer to offer discounts on some familiar and trusted brands.

Would you be interested as a member of the LDN Research Trust to receive a discount on supplements, vitamins, minerals? If you are interested, please can send us a list of the supplements, vitamins, and minerals you currently take and brand names. All personal data is held securely and not shared with a 3rd party. Once we have completed our survey, I will find out the next step and will keep you all updated. Any feedback is always welcome.

Many thanks Linda (email)

Share your LDN story

We are looking for testimonials to help giving a more accurate picture over what and who LDN might help. As there are little research the words of users, doctors prescribing and others are very important. We need your story!

It can be for our newsletter, vimeo video’s (phone interview) and/or on our webpage.

Interested? Contact us at email.

Do you have a question?

Do you have a question you would like a doctor, pharmacist or others to answer? We will do our best to find a good answer in our new column Q&A.

Please send us an email.
The LDN Research Trust is a registered charity committed to clinical trials of Low Dose Naltrexone (LDN).

We have an annual information pack for medical professionals detailing current research trends, potential side effects, forms of LDN and, for patients who choose to, how to obtain a prescription for LDN.

This information pack is ideal for medical professionals who have been asked by their patient about LDN, or for patients who would like to broach the idea of a new treatment but are unsure how to talk to their doctor about it.

Low-dose Naltrexone (LDN) Fact Sheet 2016:

- Suggested Method of Therapy
- How Naltrexone Works
  - In Autoimmune disease
  - In Cancer
  - In Autism
  - In Hay fever/Severe Allergy
  - In Thyroid Disease
- The Use of Low-dose Naltrexone, and the Occurrence of Side Effects
- Types of LDN
- Intrinsic Toxicity of the Drug

For more information on the LDN Research Trust visit our webpage.

The information pack is free of charge.

Free Download Now >
Volunteer with the LDN Research Trust

As a not-for-profit, the LDN Research Trust relies not only on monetary donations, but people power too.

Our volunteers carry out vital campaigning using skills and experience from all walks of life.

We always have openings for fundraising volunteers from marketing and PR assistants to forum moderators and general fundraising volunteers.

Volunteering with the LDN Trust can provide you not only with the knowledge that you are actively helping other people, it will provide invaluable experience and expand your skills in a rewarding and challenging role.

Wherever your special talent lies, we want to hear from you!

For more information on volunteering your skills and time with the LDN Research Trust, get in touch via the website or using the contact details you will find on the last page.

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“RESVERATROL has shown positive effects on the animal Optic Neuritis—the animal model of MS.”

“If you suffer from CogFog or diagnosed with CCSVI, RESVERATROL has been shown to increase brain blood flow significantly.”

Resveratrol can also benefit those with:

- Autoimmune disease, especially MS, due to the positive study in animals with Optic Neuritis.
- Anyone who has a family history of diabetes - as prevention.
- Anyone with coronary heart disease.

Price per bottle is £17.99.

£1 from the sale of every bottle goes to the LDN Research Trust.

Contact us for more information:
0141 531 9412 / email

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).
The LDN Research Trust is a small UK-based not-for-profit charity committed to initiating clinical trials of Low Dosage Naltrexone (LDN) and supporting anyone with diseases like cancers, Multiple Sclerosis, Crohn’s Disease, fibromyalgia and many others. We work closely with worldwide medical professionals to further research and work into LDN and its benefits for multiple conditions. To assist us in our work, we have a growing member base of doctors, pharmacists and current LDN users.

If you are reading this, you will already be aware of the case for LDN usage. Our latest fundraising campaign lets you donate and potentially win up to £250,000 every week! The LDN Research Trust has partnered with The Weather Lottery, a UK-based lotto run by Prize Provision Services Ltd on behalf of local charities. With an average chance of one in 63 chances of winning a prize of up to £25,000, your £1 ticket price will go towards helping us help others in the LDN community.

As a small charity, we appreciate every donation we receive, no matter how small. We receive around 37 pence out of every pound, with the rest of the money covering The Weather Lottery’s prize fund and administration costs. Every penny we receive goes back into helping us help others and get the word out about LDN and the benefits it can provide.

How it works: When you sign up to the Weather Lottery, you will be assigned six numbers. Your numbers will then be checked against the last six digits of temperatures in Fahrenheit as published by the Daily Mail on the day of the draw, from six places around Europe.

Match 3 numbers and you win £2, match 4 you win £20, 5 numbers wins £250 and all six will win you the full £250,000 jackpot! The Weather Lottery jackpot is not shared between winners, so your jackpot will be 100% yours if you win.

- The weekly Weather Lottery Draw costs just £1.00 per entry.
- Win up to £25,000 every week!
- The Weather Lottery has so far paid out over £4,800,000 in prizes, to over 800,000 winners. Will you win one of the next jackpots?
- **Sign up and support LDN Research Trust!**

**Example results:**

<table>
<thead>
<tr>
<th>Corfu</th>
<th>Istanbul</th>
<th>Tenerife</th>
<th>Innsbruck</th>
<th>Edinburgh</th>
<th>Stockholm</th>
</tr>
</thead>
<tbody>
<tr>
<td>83°F</td>
<td>96°F</td>
<td>81°F</td>
<td>77°F</td>
<td>62°F</td>
<td>64°F</td>
</tr>
</tbody>
</table>

Match your numbers to win! The jackpot winning numbers in the example above would be 3, 6, 1, 7, 2 and 4.

This lottery is limited to UK players only. Terms and Conditions may apply.
Did you miss the LDN 2014 Conference?

Would you live to watch the presentations?

Get instant access to the talks + receive 10 CME Credits for just $25 (approx 25 Euro or £16)

That’s right, get yourself a front row seat to all 10 hours of presentations given by doctors and pharmacists who spoke so well and offered inspirational new information as to how they use LDN to treat conditions like MS and Cancer as well as:

- Lyme Disease
- Thyroid Conditions
- Fibromyalgia
- Crohn’s
- SIBO
- Fertility Issues

Those that attended came away feeling inspired and educated with a wealth of knowledge that they can put into practice.

* Don’t forget the huge bonus - medical professionals will receive 10 CME Credits for their virtual attendance of the conference simply by subscribing for only $25.00.

CME's Awarded by Oregon Board of Naturopathic Medicine.

Approval number 14-356, Total of 10 general CE broken down, 3 pharmacy hours and 2 pain hours.

Who were the speakers? - Click

The Conference Schedule - Click

Conference Brochure - Click

Conference Review - Click

CME Credit still valid for 2015 on the Live Stream!
**Direct donations and Gift Aid:**

**Make it worth more**

Though the LDN Trust runs various fundraising events and projects, we are able to take donations directly via the MyCharityPage site or directly via Instant Bank Transfer.

**All direct donations can be sent to:**
Barclay’s Bank PLC  
Sort Code: 20-03-26  
Bank Account No: 60515213

Gift Aid is the best way to make your direct donation worth even more. If you are a UK taxpayer, your donation will be increased by HMRC by up to a third (that’s about 28p in the pound).

MyCharityPage automatically claims Gift Aid on behalf of the LDN Research Trust. To claim Gift Aid on Instant Bank Transfers, there is one quick declaration form here: Fill out the Gift Aid form here

All donations are appreciated; will you make yours even better?

**Volunteer with the LDN Research Trust:**

As a not-for-profit, the LDN Research Trust relies not only on monetary donations, but people power too. Our volunteers carry out vital campaigning using skills and experience from all walks of life.

We always have openings for fundraising volunteers from marketing and PR assistants to forum moderators and general fundraising volunteers.

Volunteering with the LDN Trust can provide you not only with the knowledge that you are actively helping other people, it will provide invaluable experience and expand your skills in a rewarding and challenging role. Wherever your special talent lies, we want to hear from you!

For more information on volunteering your skills and time with the LDN Research Trust, get in touch via the website or using the contact details to the right.

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**Contact Us**

For more information, to make a donation or for volunteering opportunities, please contact us:

**LDN Research Trust**
PO Box 1083,  
Buxton,  
Norwich,  
NR10 5WY  
United Kingdom

UK:  
01603 279 014

US:  
(847) 794 8046  
This is a US Skype number

International:  
00 44 1603 279 014

Visit our website

Registered Charity Number:  
1106636

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Trustees: Linda Elsegood, Alex Parker, Neil Lucas  
Medical Advisers: Dr David Borenstein, Dr Phil Boyle, Dr Pradeep Chopra, Dr Akbar Khan, Dr Bob Lawrence, Dr Leonard Weinstock and Deanna Windham  
Pharmaceutical Advisor: Stephen Dickson, Mark Mandel and Skip Lenz  
Newsletter Editor & Design: Linda Elsegood and Beate Improvement  
Proof readers Phyllis and Gill  
HealthUnlocked Manager: Denny Johnson  
Pintrest Manager: Chris Hughes  
Researcher: Allys Savage  
App Developer: David Savage  
Web Masters: Brian and Rob

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A big thank you to all our many volunteers, their help and support is greatly appreciated.