LOW DOSE NALTREXONE: LONG TERM STABILIZER

LDN emerged a few years ago as a treatment for fibromyalgia and other pain conditions. Its original intent was to relieve pain and reduce the use of opioids. This goal was met and it was discovered that LDN also suppresses inflammation and enhances the immune system. About 5 years ago some persons with AA began using LDN. About 80% have responded very well. It has proven to reduce pain and stabilize the disease. Overall, persons with AA who have used LDN have done far better than others. We now recommend it to all persons with AA who can take it. Below is specific information about the use of LDN.

Where is it Obtained?

Compounding pharmacies throughout the country now make it with a doctor's prescription.

Dosage

Starting dosage is 1.0 mg a day. Raise to 2.0 mg after 2-3 days taken 1.0 mg in AM and PM. Split dosage works best. Average dosage is 4.0-5.0 a day. Dosage can go to 14.0 mg a day.

Who Can Take LDN?

Any AA person not on a high daily dosage of opioids. A person on daily tramadol, codeine, hydrocodone, or oxycodone-acetaminophen can take 1.0 mg to see if there is an adverse reaction. Most persons on low dose opioids can switch to LDN. Persons on LDN can usually, however, take a one-time a day weak opioid.

Use with Medicinal for Inflammation

One of the great attributes of LDN is that it works well with corticosteroids, neurosteroids, ketorolac, hormones, and peptides.

Stabilization

LDN is the only drug that does the following:

a. Relieves pain
b. Suppresses inflammation
c. Suppresses autoimmunity
d. Enhances immune system and suppresses EBV
e. Control neuroinflammation and central pain