

LDN -- What Others Are Saying About

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[Editor's note: As coverage of LDN increases, we cannot list every article and website that appears. However, we will do our best to include select examples that highlight the growing awareness and acceptance of LDN.]

Medical Journal Articles Concerning LDN

- **First study of LDN published in US medical journal:** Dr. Jill Smith's original article, "[Low-Dose Naltrexone Therapy Improves Active Crohn's Disease](#)," published January 11, 2007, in the *American Journal of Gastroenterology* (2007;102:1-9), officially presents LDN to the world of scientific medicine. Smith, Professor of Gastroenterology at Pennsylvania State University's College of Medicine, found that two-thirds of the patients in her pilot study went into remission and fully 89% of the group responded to treatment to some degree. She concluded that "LDN therapy appears effective and safe in subjects with active Crohn's disease." (For further information on Smith's study, please see the linked [Clinical Trials](#) page.)
- **The first published journal article to describe the successful use of LDN in a patient with advanced cancer** has appeared in the medical journal *Integrative Cancer Therapeutics* ("[The Long-term Survival of a Patient With Pancreatic Cancer With Metastases to the Liver After Treatment With the Intravenous {alpha}-Lipoic Acid/Low-Dose Naltrexone Protocol](#)," in March 2006) by Berkson BM, Rubin DM, and Berkson AJ. Burton Berkson, MD, PhD, a clinician from Las Cruces, New Mexico, and co-author of the article, has provided a copy of his [presentation](#) from the April 2007 meeting hosted by the National Cancer Institute. The slides include multiple images of CT scans and PET scans that document unprecedented remissions in heretofore terminally ill patients.

Excerpt: In October 2002 ...there was little hope for his survival. Today, January 2006, however, he is back at work, free from symptoms, and without appreciable progression of his malignancy.

- **The first peer-reviewed medical journal article on LDN** has been published in *Medical Hypotheses*. The full citation is as follows: Agrawal YP. Low dose naltrexone therapy in multiple sclerosis. *Med Hypotheses*. 2005;64(4):721-4.

Excerpt: The use of low doses of naltrexone for the treatment of multiple sclerosis (MS) enjoys a worldwide following amongst MS patients. There is overwhelming anecdotal evidence, that in low doses naltrexone not only prevents relapses in MS but also reduces the progression of the disease. It is proposed that

naltrexone acts by reducing apoptosis of oligodendrocytes. It does this by reducing inducible nitric oxide synthase activity.... It is crucial that the medical community respond to patient needs and investigate this drug in a clinical trial.

Press Coverage of LDN

The following are listed in reverse chronological order by date of appearance:

- **CBS TV News Broadcast: Naltrexone "May Treat Other Diseases."** Dr. Max Gomez, award-winning medical journalist for CBS-TV New York, presented a report on LDN on May 26, 2008. The video included an interview with Ronnie Raymond, who has had primary progressive MS for some 20 years and is now wheelchair bound. She feels that her use of LDN for the past year has dispelled her fatigue and restored her mental acuity. Others interviewed were David Gluck, MD, editor of this website, and Victor Falah, RPh, the chief pharmacist of Irmat compounding pharmacy. [Video and article.](#)
- **ABC News Reports: LDN a "Wonder Drug?"** On May 21, 2008, ABC Action News of Philadelphia reported the story of Pam Sweigart of PA whose debilitating Crohn's disease was interfering with her ability to care for her youngsters, until she obtained relief through the use of low dose naltrexone. The report also features interviews with two Penn State professors: Dr. Jill Smith, author of the first published clinical trial of LDN in humans, as well as Dr. Ian Zagon, who for over 20 years has pioneered animal research on endorphins as well as on LDN. [Video and article.](#)
- **The Mail Tribune of Southern Oregon: Naltrexone Halts a Patient's Advanced Parkinson's Disease.** This story, reported in March 2008, titled "[Naltrexone in tiny doses shows promise in treating autoimmune diseases](#)", tells the story of Bentley Lyon, whose Parkinson's disease of many years had been worsening. His wife and daughter persuaded him to try LDN back in 2004 and positive results appeared promptly. "It was like a miracle," his daughter recalled. The article also quotes Dr. Ian Zagon, a professor of neural and behavioral sciences at Pennsylvania State University, "Naltrexone apparently works by stimulating the body's own immune system....It's very simple," he said, "but it took a while to figure out."
- **CBS News: "Wonder drug" LDN Could Help Treat Cancer, MS.** This story, broadcast in February, 2008, appeared on CBS 47 (WTEV-TV) of Jacksonville, Florida, and features an interview with Lori Miles, an MS sufferer who can now walk again, thanks to LDN. Also quoted in the piece is Dr. Daniel Kantor, neurologist and director of the Comprehensive Multiple Sclerosis Program at the Shands Jacksonville Neuroscience Institute: "I would like all of us to write to our congressmen, ask the FDA and NIH—National Institutes of Health—to fund more research about LDN." [Video and viewer commentary.](#)
- **One of the first televised reports in the US on LDN** appeared on WIS-TV, channel 10, of Columbia, South Carolina on Oct 29, 2007. The piece, entitled

["New Treatment Developed for Crohn's Disease"](#) features an interview with Dr. Jill Smith. (Select the video link on WIS's website to view the actual televised report.)

- **Penn State University's** online newspaper, *Penn State Live*, on May 24, 2006 ran a story entitled "[Penn State research shows withdrawal drug offers relief for Crohn's sufferers](#)," concerning Dr. Jill Smith's groundbreaking studies on LDN and Crohn's disease. For further details, see the [Clinical Trials for LDN](#) page, as well as our multimedia coverage of Dr. Smith's keynote address at the [Second Annual LDN Conference](#), April 2006.

Excerpt: The results showed that 89 percent of participants showed an improvement with therapy [LDN], while 67 percent achieved remission of symptoms. The only side effect to treatment was sleep disturbance in some patients. Typical treatment for Crohn's involves using steroids or corticosteroids, which suppress the immune system and can have other toxic side effects. Treatment is often time-intensive and expensive, as well. "This is a novel approach to treating a common disease, and it's simple, it's safe, and it costs far less than current standards of treatment," Smith said....The National Institutes of Health (NIH) recently awarded the College of Medicine \$500,000 for the team to continue the study.

- *The Auburn Journal* (the daily newspaper of Auburn, CA) in early May, 2006 told the story of Vicki Finlayson, a 50-year-old woman who has been severely afflicted with a progressive form of multiple sclerosis since 1998 ("Lake of the Pines woman finds pain relief from MS with experimental drug"). She experienced substantial relief of many of her debilitating symptoms six months ago, soon after beginning LDN. Since then, Ms Finlayson has become an ardent advocate for LDN and is planning a large fund-raising event this fall in order to support needed scientific research into LDN use for MS.
- **In Scotland**, *The Sunday Herald's* story on LDN—"[This drug could help MS victims... but they can't get it](#)"—first appeared on October 16, 2005.

Excerpt: One medic who backs it is Dr Bob Lawrence, who supplies around 400 UK patients with LDN through his private company based in Wales. "I no longer need to advertise as people simply pass on the information," he said. "Many GPs, once they see that their patients get better on LDN, are really quite enthusiastic in promoting this method and in giving it to their patients."The cost of LDN to Lawrence's patients is around £25 a month, but he claimed that if the drug was produced in bulk for a mass market, it could drop to as little as 50p a month. That could mean huge savings for the NHS, as it costs more than £10,000 a year for a single patient on beta interferon.

- **A British newspaper**, *The Eastern Daily Press* of Norfolk (www.edp24.co.uk), published an article on LDN on May 21, 2004, entitled "MS Sufferers Campaign for Drug Aid."
- **The first known independent press coverage of LDN in the US** appeared in the May 15, 2004 issue of *The Brattleboro Reformer* of Brattleboro, VT (www.reformer.com). It carried an extensive article — "Drug Offers Hope for MS Patients" — about a man (shown in a color photo) who describes the improvement in his MS as "unbelievable." The article includes background information about LDN and an interview with Dr. Bihari.

Excerpt: "It is pretty amazing what [LDN] does...I wake up in the morning with energy. Last year, I was taking time off work, my body shook and I couldn't stand without supporting myself. Now I'm running a little and teaching. It's unbelievable."

- **An Irish newspaper**, *The Sunday Business Post* (www.sbpost.ie), carried an article about the use of LDN for MS on May 10, 2004 entitled "[MS Experimental Drug 'Could Save State Millions of Euro.'](#)"

Excerpt: One MS sufferer, a businessman from CoGalway, said he switched from Beta Interferon to LDN in early August and since then has experienced "a dramatic difference" in health. "It got rid of my fatigue and my joint pain, and also removed weakness in my lower limbs," he said. "I can now work a full day and enjoy more time with my children, and life in general."

- **The first known mention of LDN in a college newspaper** appeared in *The Columbia Spectator* (www.columbiaspectator.com) on May 1, 2004. The article, entitled "[Coping With an Unprofitable Cure](#)," was an opinion piece by an anonymous Columbia undergrad with MS. More than 20 responses have been posted on the *Spectator* website in response to the article.
- **The first known press coverage of LDN:** On April 12, 2004 *The Herald* (www.theherald.co.uk), the venerable newspaper of Glasgow, Scotland, carried a feature article — "MS Victim Finds Hope in Heroin Users' Drug; Campaign Launched for Urgent Trials of Naltrexone" — and an editorial concerning the increasing number of people who are petitioning for holding clinical trials specifically among people with MS in order that LDN could be licensed for their use. This marks the first attention we are aware of to LDN in the public press.

Excerpt: She decided to try the drug last April. "The first thing I noticed, lying in bed, was that the numbness in my back had improved," she said. Stiffness and fatigue also began to fade and — a particular milestone — she managed to complete her daughter's student loan forms, all 14 pages. "This morning I have got up, worked on my computer, cooked and tidied up," she said. "In a short while

we are going to go out. Prior to taking low dose Naltrexone I could not do anything before late morning."

Books on LDN

Increasingly, authors are publishing books that tell the LDN story in a variety of ways. The following publications came to our attention in 2008 and early 2009:

- [The Promise Of Low Dose Naltrexone Therapy: Potential Benefits in Cancer, Autoimmune, Neurological and Infectious Disorders](#) by Elaine Moore and SammyJo Wilkinson. McFarland Publishing. "Grounded in available clinical and scientific research, this new book describes the history of low dose naltrexone, its potential therapeutic uses, the results of animal and clinical studies, the drug's physiological effects, and its pharmacological properties. A section on practical usage information includes information on its administration, and compounding pharmacies. The resource section includes a list of doctors who prescribe LDN and links to all current studies. This book should be an invaluable reference for researchers, practitioners and patients who want to understand the therapeutic potential of LDN."
- [Those Who Suffer Much Know Much](#) by Cris Kerr of the Case Health website. "Described are the personal reports in detail of LDN use in the treatment of a wide range of diseases. The 29 case studies in this book feature Multiple Sclerosis, HIV, Hepatitis B, Primary Lateral Sclerosis, Cancer, and Crohn's Disease." This excellent publication, now in a new 2008 edition, is available free of charge.
- [Google LDN!](#) by Joseph Wouk. Forward by Dr. Bernard Bihari. A graphic personal account of Wouk's complete recovery from Progressive Relapsing Multiple Sclerosis as a result of LDN. Includes 100 page appendix with the latest LDN information. (Of note, Wouk's father Herman Wouk won the Pulitzer Prize for *The Caine Mutiny*.)
- [Up the Creek with a Paddle: Beat MS and All Autoimmune Disorders with LDN](#) by Mary Bradley. "A simple love story that successfully humanizes the implications of a simple, generic, out-of-patent drug. The book pulls directly at the heartstrings of every person, society and Government to take a leap of faith and help the LDN campaign. It is an easy, educational and enlightening read that has been compared to having coffee with a good friend." The first edition was printed in May 2005. Revised Second Edition became available in February 2009. Contains a Note from Dr. Bernard Bihari and a Foreword by Dr. David Gluck. Mary writes: "If you are part of a charity organization and would like to help share my story, for every book you sell through your charity I will donate to your cause."

Other Websites

Low-dose naltrexone has, in recent years, sparked a great deal of interest on the internet. Here are a few examples of independent websites featuring information about LDN:

- **International LDN Websites**, including those in [Italy](#), [Germany](#) (this site focused on CIDP), [Norway](#), and [Poland](#). [*Editor's Note: Please contact us if you have news of other international LDN websites.*]
- **[The Whitaker Wellness Institute](#)** has been prescribing LDN for years; now their website includes several pages on LDN, including [patient success stories](#) and in-depth articles. About Whitaker: "The Whitaker Wellness Institute was founded in 1979 by alternative medicine pioneer Julian Whitaker, MD. Over the past 30 years, the clinic has helped more than 40,000 patients achieve optimal health. Dr. Whitaker is also the author of 13 best-selling books including *Reversing Heart Disease* and *Reversing Diabetes*, as well as the popular newsletter *Health & Healing*, which mails to a quarter of a million households each month."
- **[Honest Medicine](#)**, Julia Schopick's website, features an interview in February 2009 with Burt Berkson, MD, PhD, who regularly uses LDN in his successful treatment of cancers and autoimmune diseases. Dr. Berkson, who has often presented his findings at annual LDN conferences, explains in this insightful interview his understanding of the frequent lack of readiness among most physicians to appreciate new effective therapies such as LDN.
- "**[Gazorpa](#)**" is a compendium of useful LDN information. It features "Patient Guide: How to Talk to Your Doctor About LDN" and the "Doctor's Folder: Information to Show Your Doctor About LDN;" a detailed history of naltrexone from its development in the 1960's; a transcript of a September 2003 radio interview with Dr. Bihari (on New York's WBAI); and an essay on fillers, the generally inert substances that constitute the greater part of the volume of LDN capsules.
- **[LDN Research Trust](#)** is a charity trust in the UK that aims to raise sufficient funds to support clinical research on LDN — beginning with MS. The results of surveys of LDN users, each a survey of 100 people who have MS, are available on its website.
- **[The Multiple Sclerosis Resource Centre](#)**, an MS magazine and website based in the UK, is spreading the word about LDN in the treatment of MS.
- **A new survey for LDN users with MS**, as well as a summary of statistics from the prior survey (below), can be found by [clicking here](#).
- **A petition on the Internet**, which was mounted in Ireland and the UK in order to gather support for a clinical trial of LDN in MS, had some 9,000 signatures as of March 2007. [Click here](#) to view and sign the petition.
- **A survey of those with MS who are taking LDN**, covering a host of issues and an impressive collection of brief individual comments, had gathered over 300

responses in the twelve months prior to March 2005. To see all the responses, [click here](#) to go to the website.

- **From the [GoodShape](#) website:**

I believe the most important Treatment that currently exists for Multiple Sclerosis is: LDN - Low Dose Naltrexone. My wife started LDN almost four years ago and has never had another exacerbation or further progression of her MS. Directly or indirectly I have helped hundreds of people start using LDN and 99 out of 100 people have had the same miraculous results. In 10 years I have never heard of any good results received from the use of FDA-approved MS drugs, so please do yourself a favor and start taking LDN - Low Dose Naltrexone.

- [Revolution Health](#) (formerly RemedyFind) features comments and ratings from people with a wide variety of illnesses who are asked to rank their treatments on a number of scales. Many have written about their experiences with LDN.