

## Proposed uses of LDN (Low Dose Naltrexone) – The short list



- Chronic Fatigue & Fibromyalgia
- Inflammation
- Eczema & Psoriasis
- Arthritis
- Hashimoto's and Graves'
- Autism Spectrum
- Allergies & Asthma
- Mood Disorders
- Vector Born Illness (*Lyme ++*)
- Multiple Chemical Sensitivities
- Toxic Mold Illness (*Mycotoxins*)
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- Chronic Pruritus
- Multiple Sclerosis
- Crohn's and Ulcerative Colitis
- HIV
- Complex Regional Pain Syndrome
- Cancer

Directions: Take Capsules orally nightly at bedtime, increasing by specified amount every 7 days till stable dose is achieved. Do not exceed 4.5mg/day. Note: Typical stabilization dose is usually 3mg - 4.5mg/day.

If on thyroid replacement monitor for symptoms- fast pulse, palpitations or sudden onset of insomnia. If any of these symptoms appear, thyroid dosage adjustment will be needed.

**\*Remember to avoid all Opioids while taking this medication.**

Complimentary Therapies Synergistic to LDN Therapy – Please call Good Life Pharmacy for help with supplements. Ask Angie Svoboda, Pharm.D.

- ✓ **Vit D3 levels- maintain 80-120 ng/ml (25-OH-D3)**
- ✓ **Fish Oil EPA/DHA 4gm/day (high quality) or Specialized Pro-Resolving Mediators (SPMs)**
- ✓ **Herbal Anti-Inflammatory combos- Curcumin, Boswellia, Fenugreek, Ginger, Polyphenols**
- ✓ **Alpha Lipoic Acid 600mg-SR BID**
- ✓ **Vit C 2000mg/day**
- ✓ **S-Acetyl Glutathione 300- 600mg/day**
- ✓ **Coenzyme-Q10- 200-400mg/day**
- ✓ **Melatonin 3mg-20mg/qHS**
  
- ✓ **Hormone Balance**
- ✓ **Thyroid Balance**
- ✓ **Detoxification**
- ✓ **Paleo/Ketogenic Diet (*low glycemic, low allergy, anti-inflammatory*)**
  - Grain free (esp Glutens), Casein
  - Low Lectin Diet (grains, night shades, legumes/beans)
- ✓ **Heal Leaky Gut**
  - Probiotics- 20 bil- 900 bil/qHS
  - PreBiotics
  - Berberine 500mg BID
- ✓ **Insulin/Glucose Balance**