

LOW-DOSE NALTREXONE (LDN) FOR AUTOIMMUNE TREATMENT

HOW LDN WORKS

LDN will temporarily block the body's natural endorphin receptors. The body will respond by giving a small boost of endorphins, that in turn causes the immune system to stop making antibodies against the thyroid. Over time, the antibodies disappear.

LDN works best as a piece of your whole program to achieve good health. Gut health is particularly important with autoimmune thyroid issues.

LDN DOSING PROTOCOL

- First month: 1.5 mg at bedtime
- Second month: 3.0 mg at bedtime
- Third month and beyond: 4.5 mg at bedtime

Important: Minimal or no alcohol is advisable during the treatment period. LDN should not be taken in conjunction with narcotics.

High dose Naltrexone (50-150 mg) is used with addicts to stop cravings and help them wean from substances.

COMMON SIDE EFFECTS

Side effects are rare with LDN. A small percentage of patients experience wakefulness at night or vivid dreams. In these instances, we move dosing to the morning.

If you have experience side effects, please call the office at (847) 304-5526 so we can advise you.



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