The LDN 2017 Conference
September 22 - 24, 2017

Portland, Oregon
Sheraton Portland Airport Hotel
LDN 2017
PORTLAND, CONFERENCE

We are delighted to welcome those who have been able to travel to Portland and our global audience who are joining us via our unique interactive live stream service.

The LDN 2017 Conference is the only LDN focused event in the world and the premier auto-immune chronic disease and cancer conference of its kind. It is here where the LDN community comes to meet, share ideas and learn from each other. You have the unique opportunity to mingle and present your questions to the experts.

This unique conference will feature the latest information from 31 amazing speakers, on topics ranging from practical LDN advice about the dosing and mechanism of action of LDN, to the latest research on and experience with the use of LDN to treat a wide variety of autoimmune conditions, cancers, pain and mental health.

Admission to the conference includes online access to the recorded presentations and case studies.

The LDN 2017 Conference provides CE credits for ND’s: The Oregon Board of Naturopathic Medicine have awarded 27.75 and The American Association of Naturopathic Physicians have awarded us 26.

You won’t want to miss our Expo Zone, dedicated to showcasing products and services from leading pharmacy companies from the USA, Canada, Germany and the UK.

This is a time of great promise. Numerous research studies as well as reports from patients, their physicians and pharmacists are showing tremendous breakthroughs and success using LDN for autoimmune disease, pain, cancers, mental health, autism and infertility. Our optimism must be backed by action and drive if we are to see LDN reach its full potential.

We would like to thank all the speakers for giving their time to be with us. Without them there would be no conference! I hope you have a rewarding time at our conference.

Linda Elsegood: Founder & Trustee
LDN Research Trust

A big thank you to all our amazing Volunteers for their dedication, who work tirelessly without pay. There are too many to list but everyone is appreciated for all they do!

The conference is a charity event organised by the LDN Research Trust, a registered charity in the UK dedicated to enhancing awareness of Low Dose Naltrexone (LDN).

Special thanks to our MC, Dr Mark Mandel

Sales and Marketing

Jim Warner Sandra Arthur
We are honoured to have the help and support of our Diamond Sponsor Fritz Bell, better known years ago as “Good Shape” and his charity GivenShare Inc. We are grateful for his tireless efforts throughout the years to educate patients and physicians in the use of LDN.

A word from our Gold sponsor:
Enovex’s founder, Dr Ike, “As a compounding pharmacist, your job satisfaction is seeing the medications that you prepare make a difference, change lives and provide hope and relief for your patients. LDN is one of those medications, when prepared and used properly will give one of the best results. We are passionate about compounding and very optimistic about LDN and all the possibilities that it can offer to our patients. LDN is one of the most common compounds we make in our pharmacy and being a sponsor for the biggest event of the year was a natural extension of our pharmacy practice.”

Event Sponsors
Sincere thanks to our wonderful Sponsors, Exhibitors, advertisers and Supporters.

Diamond: GivenShare
Gold: Enovex Total Wellness Pharmacy
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Conference Etiquette

Please put cell phones and lap tops on silent mode. If you need to use your cell phone, please do so in a break. If you are entering or re-entering the conference room during a presentation, please take a seat at the rear of the room until the end of the presentation. Please be aware and considerate of the fact that we are live streaming the event, e.g. by making sure you are in your seat before each session begins and avoiding unnecessary noise and keeping conversations for outside the conference room.

No photography or videography is permitted, however you will have free access to the live stream for 12 months.

Q & A Information

Questions may be submitted to the experts on the Q&A panels, please write them on the notepads provided and hand to a volunteer. ZRT Laboratories has generously provided pads and pens for this purpose.

Live stream participants should submit their questions via email to questions@ldn2017.com

Breaks

Morning and afternoon breaks will take place in the Expo Hall and the Foyer just outside. In addition to water we have a selection of teas and coffee and a self service popcorn cart in the Foyer.

Lunch Details

Lunches will be available from both the Coffee Shop and Concession Stand which can be purchased and eaten in the Cascade B & C Room or the Columbia Bar and Grill Restaurant.

Coffee Shop:

Boxed Sandwich ................................................................. $12
Deli sandwich + GF, Roast veggi wrap (GF, option available)
Boxed Salads ........................................................................ $12
a vast selection available - ALL Dressings GF, DF, and VF
Hummus box .......................................................................... $12
Yogurt Parfait (berries, oats and yogurt)............................ $5.50
Fruit and Cheese (in a box) ................................................... $6.50
Yogurt ....................................................................................... $2.50
Whole Fruit: .............................................................................. $1.50
Assortment of Bagels .......................................................... $3.75
Muffins, Danish, Scones ....................................................... $3.75
Coffee, espresso and specialty drinks:
range from .............................................................................. $3.75-$5.75

Concession Stand: The Concession stand will be placed in the Cascade Foyer

Boxed Sandwich ................................................................. $12
Same as coffee shop
Boxed Salads ......................................................................... $12
Same as coffee shop
Yogurt Parfait (berries, oats and yogurt)............................ $5.50

Columbia Bar and Grill Restaurant:

Buffet Lunch ........................................................................ $13.50
either: salad bar, soup bar, sandwich bar, or a hot item

Restaurant Lunch Menu

Salads

Traditional Caesar ............................................................... $12.50
House Smoked Salmon Salad .............................................. $16
Fresh fruit plate ................................................................. $14.50
Cobb Salad ........................................................................... $14.50
Baby Spinach Salad ............................................................ $14.75
Fried Chicken Chopped Salad ........................................... $14.25

Sandwiches & More

Turkey Club Sandwich ........................................................ $13.50
Jamaican Jerk Chicken Sandwich ....................................... $13.50
American Kobe Burger .................................................... $14.50
Asian Chicken Wrap ........................................................... $13.50
Grilled Cheese Sandwich .................................................. $12.50
Grilled Cheese Sandwich .................................................. $12.50
Fish and Chips ..................................................................... $15.50
Grilled Chicken Poblano Quesadilla ................................ $15.50
Pulled Chicken Tacos .......................................................... $12.50

*** Specific dietary requirement can be requested in the restaurant but not in the coffee shop or concession stand. There will be a longer wait for special orders.
To participate in LDN radio please email your questions to linda.ldnrt@gmail.com

www.ldnresearchtrust.org/ldn-radio-station
The National Academy of Hypothyroidism and Integrative Sciences (NAHIS) is a non-profit, multidisciplinary translational medical society dedicated to the dissemination of new information and training on the diagnosis and treatment of endocrine dysfunction and chronic multisystem disease, including chronic fatigue syndrome (CFS), fibromyalgia, Lyme disease and other vector-borne illnesses, autism, PANS and other autoimmune disorders. NAHIS also facilitates the implementation of effective innovative treatments via collaborative processes.

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NAHypothyroidism.org

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LDN 2017
CONFERENCE SPEAKERS

Paul S. Anderson, NMD
Paul Battle PA-C
Jill Brook, M.A.
Pradeep Chopra, MD
Galyn Forster, MS, LPC
Akbar Khan, MD
Jill Cottel, MD
Professor Angus Dalgleish
Samyadev Datta, MD
Stephen Dickson BSC (hons) MRPharmS
Galan Forster, MS, LPC
Kent Holtorf, MD
Darin Ingels, ND
Akbar Khan, MD
Ulrich Lanius, PhD
Ginevra Liptan, MD
Beth Livengood, NMD
Michael Lugwig, MS
**LDN CONFERENCE SCHEDULE**

**Friday**

Exhibitors Opening Times - 8.30 Exhibitors Open | 6.30 Exhibitors Close

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<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker/Presenter</th>
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</thead>
<tbody>
<tr>
<td>9:00</td>
<td><strong>Welcome</strong></td>
<td>Linda Elsegood</td>
</tr>
<tr>
<td>9:05</td>
<td><strong>Introduction</strong></td>
<td>Dr. Mark Mandel</td>
</tr>
<tr>
<td>9:10</td>
<td><strong>Using an Old Drug to Trick the Immune System into Healing Itself</strong></td>
<td>Stephen Dickson BSC (hons) MRPharmS</td>
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<tr>
<td>9:55</td>
<td><strong>Treating the Zebras in Primary Care</strong></td>
<td>Jill Cottel, MD</td>
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<tr>
<td>10:25</td>
<td><strong>Morning Break</strong></td>
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<tr>
<td>10:45</td>
<td><strong>The Role of the Opioid System in Immune-Mediated Disease</strong></td>
<td>Anthony Turel, MD</td>
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<tr>
<td>11:30</td>
<td><strong>Multiple Sclerosis: Result-Based Immune Therapies Beyond Those Normally Offered</strong></td>
<td>Paul S. Anderson, NMD</td>
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<tr>
<td>11:45</td>
<td>Q&amp;A</td>
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<tr>
<td>12:45</td>
<td>Lunch</td>
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<tr>
<td>1:45</td>
<td><strong>Modern Laboratory Tests for Diagnosing Lyme Disease</strong></td>
<td>Armin Schwarzbach, MD, PhD</td>
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<tr>
<td>2:00</td>
<td><strong>Immune Dysfunction and Chronic Lyme Disease</strong></td>
<td>Kent Holtorf, MD</td>
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<tr>
<td>2:45</td>
<td><strong>A Novel Approach to Type 1 Diabetes Mellitus</strong></td>
<td>Paul Battle PA-C</td>
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<tr>
<td>3:00</td>
<td><strong>Afternoon Break</strong></td>
<td></td>
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<tr>
<td>3:20</td>
<td><strong>Children are not Small Adults: Considerations for Medication Dosing and Delivery</strong></td>
<td>Deanna Windham, DO</td>
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<tr>
<td>3:50</td>
<td><strong>Psoriasis: A Novel Approach to Treatment</strong></td>
<td>Deanna Windham, DO</td>
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<tr>
<td>4:05</td>
<td><strong>Vitamin D and Autoimmune Disease: A Systematic Review of the Literature</strong></td>
<td>Jill Cottel, MD</td>
</tr>
<tr>
<td>4:20</td>
<td>Q&amp;A</td>
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<tr>
<td>7-8pm</td>
<td><strong>Laughter Yoga Course</strong></td>
<td>Jill Brook, M.A.</td>
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914.238.1700
NEW YORK
**Saturday**

Exhibitors Opening Times - 8.30 Exhibitors Open | 6.30 Exhibitors Close

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<thead>
<tr>
<th>Time</th>
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<td>Dr. Mark Mandel</td>
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<tr>
<td>9:10</td>
<td>Understanding and Managing Neuropathic and Inflammatory Pain</td>
<td>Leonard Weinstock MD</td>
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<tr>
<td>9:40</td>
<td>Beyond Tired: CFS/ME or Not?</td>
<td>Sarah Zielsdorf, MD</td>
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<tr>
<td>10:10</td>
<td>Morning Break</td>
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<tr>
<td>10:30</td>
<td>The Ten Most Important Fibromyalgia Discoveries of 2016 and 2017</td>
<td>Jarred Younger, PhD</td>
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<tr>
<td>10:30</td>
<td>Turning Down the Volume on Fibromyalgia Pain</td>
<td>Ginevra Liptan, MD</td>
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<tr>
<td>11:30</td>
<td>Q&amp;A</td>
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<tr>
<td>12:15</td>
<td>Lunch</td>
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<tr>
<td>1:15</td>
<td>Irritable Bowel Syndrome: The Roles of Small Intestinal Bacterial Overgrowth (SIBO) and Mucosal/Systemic Inflammation</td>
<td>Leonard Weinstock MD</td>
</tr>
<tr>
<td>2:15</td>
<td>Crohn's Disease: Latest Integrative Immunologic Therapies</td>
<td>Paul S. Anderson, NMD</td>
</tr>
<tr>
<td>2:30</td>
<td>An Introduction to Fire in the Hole - Intestinal Permeability, The Development of Autoimmune Disease, and a Comprehensive Approach to Healing the Gut</td>
<td>Thomas O'Bryan, DC, CCN, DACBN</td>
</tr>
<tr>
<td>2:45</td>
<td>What the Bleep Can I Eat?! Making Sense of Conflicting Autoimmune Diets</td>
<td>Jill Brook, M.A.</td>
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<tr>
<td>3:00</td>
<td>Afternoon Break</td>
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<tr>
<td>3:20</td>
<td>The Role of Non-Cytotoxic Drugs in the Management of Cancer</td>
<td>Professor Angus Dalgleish</td>
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<td>3:50</td>
<td>Broad spectrum, Gentler Anti-Neoplasics: Breaking the cycle of toxic therapy</td>
<td>Akbar Khan, MD</td>
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<tr>
<td>4:20</td>
<td>Q&amp;A</td>
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<tr>
<td>7:30-10pm</td>
<td>Networking Party</td>
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**Sunday**

Exhibitors Opening Times - 8.30 Exhibitors Open | 1.45 Exhibitors Close

<table>
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<td>Introduction</td>
<td>Dr. Mark Mandel</td>
</tr>
<tr>
<td>9:10</td>
<td>Thyroid Autoimmunity: Causal Relationships &amp; Novel Therapeutics</td>
<td>John A. Robinson NMD</td>
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<tr>
<td>9:25</td>
<td>Navigating the Narrative with your Health Care Team</td>
<td>Nasha Winters, ND</td>
</tr>
<tr>
<td>9:40</td>
<td>New Cost-Effective Treatment for Autoimmune Illnesses, Cancer, and Chronic Diseases?</td>
<td>Nasha Winters, ND</td>
</tr>
<tr>
<td>10:10</td>
<td>Review of Recent Statistics for Patients Taking LDN in a Special Needs Pediatric Practice</td>
<td>Brian Udell, MD</td>
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<tr>
<td>10:40</td>
<td>Morning Break</td>
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</tr>
<tr>
<td>11:00</td>
<td>Opioid Antagonists and Traumatic Brain Injury</td>
<td>Ulrich Lanius, Ph.D. and Galyn Forster, MS, LPC</td>
</tr>
<tr>
<td>11:30</td>
<td>A Medication to Gain Self-Awareness: Treatment of Dissociative Symptoms in Trauma-Related Disorders</td>
<td>Wiebke Pape, MD</td>
</tr>
<tr>
<td>11:45</td>
<td>A Guide to Testing Steroid and Peptide Hormones in Different Body Fluids</td>
<td>David Zava, PhD</td>
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<tr>
<td>Noon</td>
<td>LDN and Pets</td>
<td>Dr. Mark Mandel</td>
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<tr>
<td>12:15</td>
<td>Q&amp;A</td>
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<tr>
<td>1:15</td>
<td>Summary</td>
<td>Dr. Mark Mandel</td>
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</table>
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7-8pm Friday, Sept 22nd
You are invited for some healthy fun! Please join us on Friday night during the conference for Laughter Yoga with instructor Jill Brook.

Laughter Yoga
7-8pm Friday, Sept 22nd
You are invited for some healthy fun! Please join us on Friday night during the conference for Laughter Yoga with instructor Jill Brook.

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LDN 2017
CONFERENCE SPEAKERS

Dr. Mark Mandel
Dr. Laurie Marzell
Thomas O’Bryan, DC, CCN, DACBN
Wiebke Pape, MD

Debbie Rice, ND
John A. Robinson NMD
Armin Schwarzbach, MD, PhD
Mark Shukhman, MD

Anthony Turel, MD
Brian Udell, MD
Leonard Weinstock MD
Deanna Windham, DO

Nasha Winters, ND
Jarred Younger, PhD
David Zava, PhD
Sarah Zielsdorf, MD, MS
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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 ten chapters contributed by 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.

Chelsea Green Publishers are offering for non-bookstore retailers a special conference offer.

- 55% non-returnable discount for one order of 10 copies or more, with Free Shipping on 25+ books.
- To place an order contact Darrell Koerner dkoerner@chelseagreen.com quoting “LDN17”

The LDN Book will be available to purchase at the LDN 2017 Conference in Portland at the discount price of $20.
**DIRECTORY LISTINGS**

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Dr. Jade McGaff
Dr. Jade McGaff has been practicing integrated medicine for over 30 years and has been delighted to prescribe LDN for many types of health concerns, mental and physical. Phone consults available. 65-1235A Opelo Rd, Ste 2, Kamuela, HI, 96743. 808-345-8509
info@jademd.com www.jademd.com

Dr. Kent Holtorf
The National Academy of Hypothyroidism and Integrative Sciences (NAHIS) is a non-profit, translational medical society dedicated to the dissemination of new information on the diagnosis and treatment of chronic illness, facilitating the implementation of innovative treatments for doctors. www.NAHypothyroidism.org 310-375-2705

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LDN Research Trust Forum
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The forum is ideal for communicating with like-minded people who understand, and can relate to the many difficult issues which having MS and other autoimmune diseases bring.
Visit the forum here: www.forum.ldnresearchtrust.org

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www.ldnresearchtrust.org/conference/ldn-virtual-expo

Dr. Darin Ingels specializes in Lyme disease, autism, allergies and other immune and autoimmune disorders. As a naturopathic doctor, he focuses on using therapies that help modulate the immune system and improve immune function to help you overcome persistent or recurrent infections, autoimmune illness or chronic allergies.

Dr. Ingels is also an environmental medicine doctor, so he recognizes the impact of environmental influences on health, including diet, toxic exposures, lifestyle habits, mold or other allergens, stress and sleep as triggers for undermining your immune system. He uses diet, herbs, homeopathy, lifestyle counseling, immunotherapy and low dose naltrexone to help you achieve better health.
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www.wellnessintegrative.com dariningelsnd.com
The World’s Largest LDN Survey

Everyone can take part anonymously with the **FREE** Health Tracker App

Please tell your patients about the LDN App!
- Jill Brook M.A.

This free smartphone app guides patients to track their response to LDN, while anonymously donating their data so that we can accelerate research. It’s an invaluable tool for guiding patient-provider discussions about optimal dosing, as it tracks side effects, pain, sleep, quality of life, and more.

**You can find it in the App Store or Google Play Store.**

Please participate in this worldwide citizen science initiative!

LDN Health Tracker App

[www.ldnresearchtrust.org/ldn-health-tracker-app](http://www.ldnresearchtrust.org/ldn-health-tracker-app)
ULTRA LOW DOSE NALTREXONE

2 mcg - 25 mcg Naltrexone

5-7 Days Before Reducing Opiate Dosage*

20% - 40% Opiate Dosage Reduction*

Many of you have obviously heard of Low Dose Naltrexone (LDN) and the multitude of the conditions that it can be beneficial for. Some of you may not have heard about the benefits of ULTRA Low Dose Naltrexone. We are talking about 2 mcg to 25 mcg dosage forms that can be very helpful for a specific subset of population. We use this therapy on patients who have developed tolerance to the opiates and are on escalating doses of narcotics without sufficient pain control or on patients who are stable on a specific dose, but would like to have the opiate dose reduced.

The studies and the personal experience have shown that we can reduce the dosages of opiates from 20-40% on most patients once the therapy is initiated. Give a patient about 5-7 days on the once at bedtime dosing before attempting to reduce opiate dose. The mechanism of action is attributed to the naltrexone binding to the opiate receptors and preventing the downregulation of the receptors, thus making more receptors available for the opiates floating around in the blood.

This compound is actually harder to make because of the 2 step process involved in first making a triturate then being able to weight a measurable amount of naltrexone to make the capsules.

Keep in mind that LDN at 2mg-4.5mg will block enough opiate receptors to put patients in withdrawal, but 2mcg will not!

* RESULTS FROM A SMALL STUDY, INDIVIDUAL RESULTS MAY VARY

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