

Increasing Endorphins May Be Helpful in Treating Chronic Diseases, New Connexion Journal Reports

Low dose naltrexone (LDN) may stop the progression of chronic diseases by increasing endorphins – the body’s natural pain killer – making patients not only feel good, but get well, says article in New Connexion Journal.

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Is there a “magic pill” that can stop the progression of diseases by increasing endorphins – the body’s natural pain killer – making patients not only feel good, but get well?

“LDN certainly is one of the cheapest and most versatile of treatments. And that it works for so many conditions is nothing short of remarkable,” says Julia Schopick, author of *Honest Medicine: Effective, Time-Tested, Inexpensive Treatments for Life-Threatening Diseases*.

LDN is an inexpensive nightly pill whose main side effect is “vivid dreams.” Since naltrexone has been “off-patent” for many years, no company controls it, it is inexpensive to create, and any compounding pharmacist can create it, according to Schopick.

A narcotic blocker, naltrexone was approved by the FDA in the mid-1980s for treating drug and alcohol addiction. Soon afterward, neurologist Dr. Bernard Bihari (who passed away in 2010) discovered that, in small doses, LDN has immune-system-modulating and endorphin-raising capabilities. Dr. Bihari reasoned that because of this, it could help patients with autoimmune disorders. He was right. When patients took LDN at bedtime, he found that it raised their endorphin levels, resulting in halting further progression of their diseases.

Multiple studies have been conducted on the use of LDN treatment for patients with MS, fibromyalgia, Crohn’s disease and HIV/AIDS. Studies have consistently found that LDN is safe and effective, but many experts agree that further research is needed to explore the beneficial uses of LDN in treating diseases, according to the journal *Clinical Rheumatology* (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3962576>).

“LDN is absolutely unique. And that’s part of its problem, in that it’s a brand new paradigm, a new way of thinking of treatment. Instead of the medication actually doing the work, LDN goes into the body and essentially tricks the body by forcing it to double and triple its output of endorphins and Met-enkephalin, also known as opioid growth factor (OGF),” says Dr. David Gluck, a board-certified specialist in both internal and preventive medicine.

Low-Cost Treatment

In 1993, Malcolm West was diagnosed with MS. For years, he was treated with traditional MS drugs. As his disease progressed, he tried multiple treatments – estimates at one point put the yearly cost of his treatments at \$40,000 – a hefty price, but his treatments were covered by insurance. However, none of these medications worked. It was only when he lost his job in 2008 – and with it, his health insurance – that West finally tried LDN. His condition began to improve almost immediately.

“LDN has changed my life,” says West. “My MS-related symptoms have improved, and my disease does not seem to be progressing. However, because of the damage I experienced prior to starting LDN, I still walk with a cane or walker and require use of a wheelchair or scooter. [With LDN, there are] no shots. No infusions. No blood tests. No heart scans. No neurologists. My MS drug therapy [is] now costing me less than \$500 a year.”

According to Dr. Gluck, studies have shown that autoimmune diseases are all marked by a weak, dysfunctional immune system. The moment the immune system is strengthened by LDN, it remembers that its first and most important job is to never attack itself.

“I have come to think that LDN is one of the most significant therapeutic discoveries in 50 years,” says Dr. Gluck.

Read the full article at http://www.newconnexion.net/magic_pill.

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VICKY THOMPSON

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(503) 697-8916
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