



The LDN 2023 Conference

June Friday 23rd – Sunday 25th 2023
Anthracite Hotel, Carbondale, PA USA

2023



SOLUTIONS PHARMACY

www.SolutionsPharmacy.com

5517 Little Debbie Pkwy

Ooltewah, TN 37363

Phone:423-894-3223



Hello, my name is Stephen Wilson, I am the P.I.C. (Pharmacist-In-Charge) at Solutions Pharmacy.

I have worked for several compounding pharmacies, but no pharmacy has been as passionate about perfecting each patient's compounded medication as Solutions Pharmacy.

Providers I hope you stop by our booth to say hello. We would like to give you some information about Solutions Pharmacy.

Thousands of providers have trusted Solutions Pharmacy, will you?

ABOUT SOLUTIONS

Solutions Pharmacy was established in 1960.

We are innovative, and have a state of the art compounding only pharmacy. We strive to meet every patient's unique needs, with the highest quality, integrity, safety and great customer service.

WHY SOLUTIONS

- **We treat providers, patients and staff like family**
- **Accurate, high quality compounded medication**
- **6 Expert pharmacists & an LDN specialist**
- **Excellent customer service**
- **Affordable pricing**

VISIT OUR BOOTH

- **A different free gift item each day (*while supplies last*)**
- **Some tasty snacks**

Information on:

- **LDN Low Dose Naltrexone**
- **BHRT Bio-identical Hormone Replacement Therapy**
- **Thyroid Medication**

LDN 2023

Carbondale Conference

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

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).

The LDN 2023 Conference is the only LDN focused event in the world and the premier auto-immune chronic disease, mental health, and cancer conference of its kind. Here, the LDN community meets, shares ideas, and learns 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 15 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 etc.

Admission to the conference includes online access to the recorded livestream presentations.

We have 15 hours of pre recorded presentations which are available from Link use the 25% Discount with news34

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

This is a time of great promise. Numerous research studies and reports from patients, physicians, and pharmacists which show tremendous breakthroughs and success using LDN for autoimmune diseases, 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 want to thank all the speakers for giving their time to be with us and paying their expenses. Without them, there would be no conference!

Special thanks to MC, John Bardsley who is the right person for this task.

Robert Jones and Brian Holden for all their work on the website, brochure, livestream etc their continued help and support is invaluable.

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!

I hope you have a rewarding time at our conference.



Linda Elsegood: Founder & Trustee LDN Research Trust

We would like to thank all our Sponsors, Exhibitors and Advertisers that have made this conference possible.



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Exhibitors



Conference Etiquette

Please put cell phones and laptops 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 sit 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, by emailing questions@ldnresrachtrust.org

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 the Expo Hall, which can be purchased and eaten in the Expo Hall, Foyer or Courtyard.

Networking Party with live music held around the exhibitors, appetizers and fruit juice with an Open Bar where you can purchase drinks of your choosing.

Lunch Menu \$14.95 + Tax

Choose One: Sandwich, Wrap, or Salad

Sandwiches

Ham Sandwich DF & GF
Turkey Sandwich DF & GF
Turkey Club (Pork Bacon) GF
Served on:
Lettuce, Tomato, Onion, &
Standard or GF Roll

Wraps

Caesar Wrap
Egg Salad Wrap
Roasted Veggie Wrap GF & DF

Salads

Caesar Salad w/ Grilled Chicken
Garlic Croutons / Parmesan
Cheese / Caesar Dressing
Harvest Salad
Greens / Apples / Candied
Pecans / Cider Vinaigrette
Steakhouse Salad
Iceberg / Bacon / Carrots /
Onions / Hard Boiled Eggs
/ Cheddar Cheese / Ranch
Dressing

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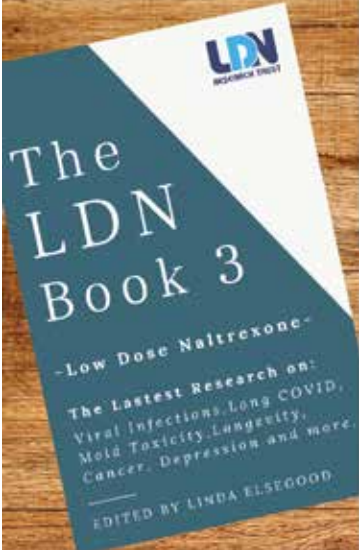
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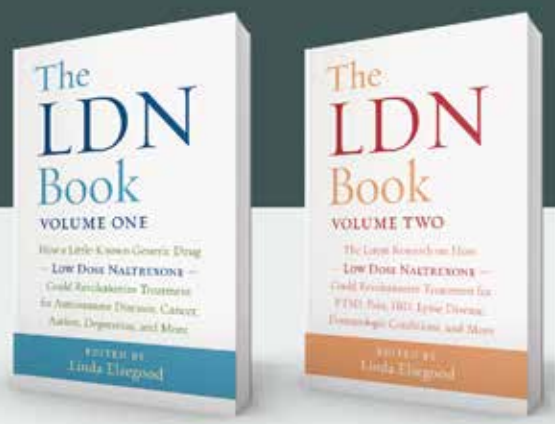
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This book is gold! It is a science-based, effective solution to the rampant chronic health problems that plague millions today. It is easy to understand, simple to implement, and most importantly, will be a guiding light for so many who are out of answers and are desperately searching for a path home to health.

www.theldnbook.com

Dr. Mindy Pelz, DC

Chelsea Green Publishing is offering US Retailers 55% discount and free shipping, good for one order of 25 books minimum, during June 19-25, 2023 LDN Awareness Week.



LDN23 Special Offer
for The LDN Book Volume One and Two

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We compound quality

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Where patients get compounded LDN makes a big difference in health outcomes.

The quality and effectiveness of compounded medications can vary widely from pharmacy to pharmacy.



Why choose
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for LDN



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Practitioners see the difference

Town & Country Compounding is head and shoulders above the rest.

Town & Country Compounding's LDN titration kits have helped my success rates in managing pain in patients with autoimmune diseases.

Dr. Asher Goldstein, MD



Town & Country Compounding makes customized medication at the highest level.

Their high-tech labs, expertise, and rigorous compounding protocols give me confidence that my patients are getting the best quality compounds.

Dr. Phillip S. Kim, MD



I recommend Town & Country Compounding to all my patients.

Their facility is top-notch. They've got a beautiful new lab.

You can rely on their compounded medicine.

Dr. David Wertheimer, MD



Town & Country Compounding's commitment to quality is the best in the area.

I checked out the processes at their lab and was impressed.

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Dr. Warren Slaten, MD





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LDN 2023

Conference Speakers



Paul S. Anderson, NMD



Harpal Bains, MBBS, DFSRH,
PGC Aest Med (Dist)



Dagmara Beine, MPAS, PhD



Sebastian Denison, RPh,
FAARM (candidate)



Stephen Dickson, BSC (hons),
MRPharmS



Amalia Fantasia, PhD



Galyn Forster, MS, LPC



Paula Kruppstadt, MD,
DABP, FAAP, IFMCP



Norman Marcus,
MD, DABPM



Yusuf (JP) Saleeby, MD



Christine Salter, MD, DC, ND



Leonard B. Weinstock, MD



Sajad Zalzal, MD



Sarah J. Zielsdorf, MD, MS

LDN 2023 Schedule - Friday June 23rd

8:00	Exhibitors Open	
8:30	Registration	
9:00	Introduction	John Bardsley
9:05	Welcome	Linda Elsegood
9:10	History, Pharmacology and Mechanism of LDN	Stephen Dickson BSC (hons) MRPharmS
9:45	LDN in Mental Health Treatment: Regulation is Not Enough, A Suppression/Disruption Strategy is Necessary	Galyn Forster, MS, LPC
10:25	Break	
11:00	LDN Dose Adjustment for Reactive Oncology Cases	Paul S Anderson, NMD
11:30	Dosing variability and clinic perspective	Sebastian Denison Clinical Compounding Pharmacist
12:00	Q&A	
1:00	Lunch	
2:00	Autoimmune Thyroid Disease and LDN	Sarah Zielsdorf, MD
2:35	Trigeminal Neuralgia and Neuropathy	Leonard Weinstock, MD
3:10	Break	
3:40	LDN Case Studies: Literature & Clinical Observations Case Reports	Yusuf Saleeby, MD
4:15	Low Dose Naltrexone and Precision Genetics	Paula Kruppstadt, MD, DABP, FAAP, IFMCP
4:50	Q&A	
5:50	Visit Exhibitors	
6:30	Close	
7:00	Speakers Only Dinner	



Experts in Low Dose Naltrexone

Working with the LDN Research Trust since 2006

CELEBRATING 15 years of supporting patients in receiving LDN in the UK and EU.

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LDN 2023 Schedule - Saturday June 24th

8:00	Exhibitors Open	
8:30	Registration	
9:00	Introduction	John Bardsley
9:05	Welcome	Linda Elsegood
9:10	LDN in COVID Illness	Yusuf Saleeby, MD
9:45	LDN in the Treatment of Pain in Ehlers-Danlos Syndrome	Norman Marcus, MD
10:25	Break	
11:00	Chronic Viral Infections and LDN	Sarah Zielsdorf, MD
11:30	LDN and Multiple Sclerosis	Paul S Anderson, NMD
12:00	Q&A	
1:00	Lunch	
2:00	Tourette Syndrome and LDN Treatment	Leonard Weinstock, MD
2:35	Vitamin D Resistance	Sarah Zielsdorf, MD
3:10	Break	
3:40	LDN's Impact on Ageing - a Study Measuring Biological Age in a Small Cohort Before and After They Start LDN	Harpal Bains, MBBS, DFSRH, PGCAest Med (Dist)
4:15	Real-World Data on LDN therapy From the Perspective of a Longevity Clinic	Sajad Zalzal, MD
4:50	Q&A	
5:50	Visit Exhibitors	
6:00	Networking Party around Exhibitors	
7:30	Close	

LDN 2023 Schedule - Sunday June 25th

8:00	Exhibitors Open	
8:30	Registration	
9:00	Introduction	John Bardsley
9:05	Welcome	Linda Elsegood
9:10	LDN with Nutritional Medicine	Amalia Fantasia, PhD
9:45	LDN in Pulmonary Conditions	Sebastian Denison Clinical Compounding Pharmacist
10:25	Break	
11:00	LDN's Role in a Terrain-Centric Approach to Pediatric Cancer	Dagmara Beine, DNM, PhD
11:30	A Case Report of LDN and Rheumatoid Arthritis	Christine Salter, MD, DC, ND
12:00	Q&A	
1:00	Visit Exhibitors	
1:00	Lunch - served 1pm - 2pm	
2:30	Exhibitors Close	



CHM is a Functional Medicine center with seven providers all experienced with LDN prescribing and assisting patients with conditions from chronic illness to wellness visits. Lyme disease, COVID illness and Endocrine disorders are our forte. Associated with FLCCC, ILADS and IFM.

www.carolinaholisticmedicine.com



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Join us for the Networking Party

Saturday 24th at 6pm. It will be held around the Exhibitors.

We have live music (played softly) a free drink, canapes, and a paid Bar. It should be a good event for all.



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LDN 2023

Recorded Speakers



Alba Azola, MD
Hopkins Long COVID Clinic
Experience with LDN



Apple Bodemer, MD, FAAD
LDN in Dermatology



Miriam Martinez Callejas,
MPharm
Lowering Hashimoto's
Thyroiditis Antibodies with LDN



Angus Dalgleish, MD, FRCP,
FRACP
Cancer and Case Studies
Long COVID and Case Studies



Sebastian Denison, RPh,
FAARM (candidate)
Dosing Variability and Clinic
Perspective



Lynn Gufeld, AGACNP
LDN for Chronic Pain in
Hypermobility Spectrum Disorder
/ Ehlers-Danlos Syndrome



Darin Ingels, ND
LDN and Lyme Disease



Annette Johnson, MD
LDN in Secondary
Fibromyalgia/ME/CFS/MCS
from Multi-Infectious Disease



Nat Jones RPh, FAPC
Scar and Wound Therapy
with Topical LDN



John Lambert, MD, PhD
Long COVID: Pathogenesis,
and Treatment Options,
Including Low Dose Naltrexone



Elizabeth Livengood, ND
LDN for Alcohol Use Disorder
LDN Surprises and Side
Effects



Mona Morstein,
ND, DHANP, VNMI
LDN and Alopecia



Michelle Moser,
RPh, FACA, FACVP- Advances
in Dosing of LDN, Note from a
Compounding Pharmacist



Richard Nahas, MD
An Introduction to Blockages



Laura Odom, Anatomy PhD
Candidate - LDN Reduced
Anxiety in Persons with MS
During the COVID-19 Pandemic



Masoud Rashidi, PharmD
The Applications of Different LDN
Dosage Forms that Compounding
Pharmacists Offer (Lozenge,
Capsule, Topical, Suspension); Pet
and Human Dosages



Pamela Wartian Smith,
MD, MPH, MS
New Concepts in the
Treatment of PCOS



Cory Tichauer, ND
LDN, Peptides and Synergistic
Therapies to Support Immune
Tolerance



Brian D. Udell, MD - Low Dose
Naltrexone as an Adjunctive
Therapy for Speech Acquisition
in Autism Spectrum Disorder



Stefanie Werner, NMD
LDN & Emergent Immune
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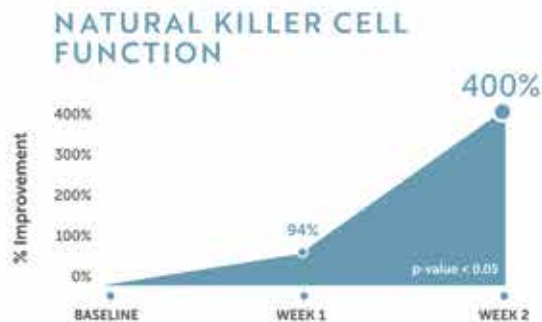
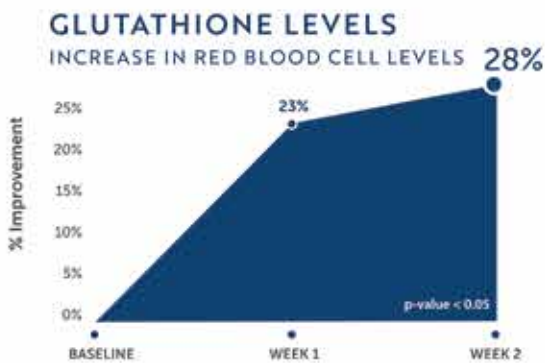
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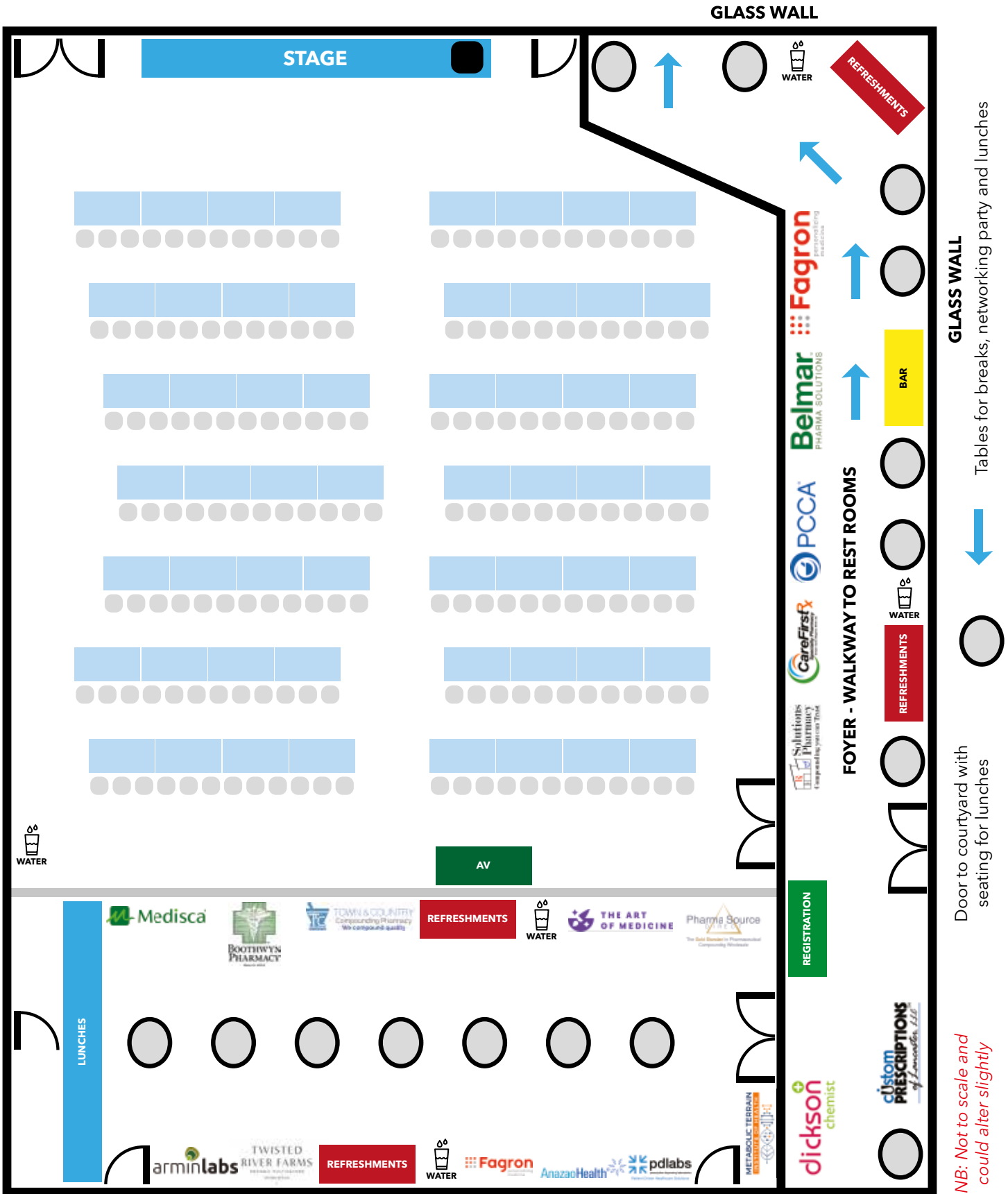
Sinha R, Sinha I, Calcagnatto A, Trushin N, Holey JS, Schell TD, Richie JP Jr. Oral supplementation with liposomal glutathione elevates body stores of glutathione and markers of immune function. Eur J Clin Nutr. 2018 Jan;72(1):105-111. doi: 10.1038/ejcn.2017.132. Epub 2017 Aug 30. PMID: 28853742; PMCID: PMC6389332.

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Floorplan



Tables for breaks, networking party and lunches

Door to courtyard with seating for lunches

NB: Not to scale and could alter slightly



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