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# LDN For Parkinson's Disease: Low Dose Naltrexone



## Synopsis

LDN (Low Dose Naltrexone) is a proven-safe (by the FDA in 50mg doses!) off-label prescription drug which has gained a great deal of attention over the past few months due to its remarkable disease modifying effects of controlling and reversing symptoms of Parkinson's Disease. Lexie is one person who has experienced a reversal of most of her Parkinsons Disease symptoms over the past 5 years. She was officially diagnosed with Parkinsons disease in 2008 (although her non-motor symptoms began 20 years earlier). In this question and answer format with Robert Rodgers, PhD, from Parkinsons Recovery, Lexie offers detailed information about her experience with taking LDN. She has been able to titrate off her daily use of traditional PD medications, while controlling and reversing most of her own PD symptoms, thanks to LDN. Many doctors are not familiar with LDN as a treatment for Parkinson's symptoms. It is a prescription medication, so a prescription from a doctor is necessary. Lexie offers suggestions about how to discuss a request for a LDN prescription from your doctor and offers specific suggestions about where to get LDN once a prescription is in hand. This interview was originally published in *Pioneers of Recovery*, a series of stories by people who succeeded in reversing their Parkinson's symptoms using one treatment modality or another. Lexie's story of recovery centers on the use of LDN which has been so beneficial to her own recovery from Parkinson's Disease.

## Book Information

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## Customer Reviews

Former professor at the University of Texas at Austin and the University of Kentucky, Robert

Rodgers, PhD is the founder of Parkinsons Recovery. He has been conducting research on Parkinson's Disease for the past seven years. His Ph.D. is from Michigan State, his master's degree from Cornell and his undergraduate degree from Vanderbilt. Robert's passion is to provide support, information and resources to individuals who currently experience the symptoms of Parkinsons and their families. Lexie is a 65 year old woman who has enjoyed a 25 year career as an executive sales and training specialist in the high-end cosmetic industry. Unfortunately, she had to retire due to the high pressure nature of her job which was causing her to have problems with her Executive Functions. Her Neurologist recommended that it was time for her to quit her job. She is married with no children (unless you count 2 beloved dogs as children!) and is now enjoying her retirement by focusing on all of the ways she can be a healthy person with Parkinson's Disease!

This slim volume captures the essence of what it takes to begin a PD recovery healing journey with LDN. Dr. Robert Rodgers is a dedicated pioneer in exploring healing technologies and treatments and his interview with Lexie Lindstrom provides a treasure of good information. I have seen Lexie in person presenting at several PD Recovery conferences and she is an amazing lady radiating high energy, vitality and good health. I myself have yet to start any PD medications, but if ever I get to that point I will first try LDN and will use this book as my guide. Information includes safety concerns, how to work with your neurologist and places (compounding pharmacies) to obtain your prescription. The only addition I would like to see in the book is a 2014 update on Lexie's health • perhaps in the next edition!

I bought this book because I Have Parkinson's, I read it in no time, it was easy to read. and very helpful. I recommend it highly. I bought two so I could give one to a friend that is in the same boat.

Very interesting story from a person with PD.

interesting book

In this short book, Lexie Lindstrom tells the true story of her victory over Parkinson's disease with a little known, off-label drug called Low Dose Naltrexone (LDN). You will learn how she tried taking the Parkinson's disease drugs her doctors prescribed for her, but hated their side effects. Thankfully, Lexie had enough faith in herself and her research capabilities to feel confident that she would be able to overcome this terrible disease without having to take the side-effect-laden

medications her doctors were prescribing. Her online research led her to LDN, and she has never looked back. Lexie is tireless in spreading the word about LDN, and Parkinson's disease patients throughout the country are benefiting from her wisdom. I am so impressed with Lexie's story that I have asked her to take part in my upcoming book that will feature people's successes using LDN for various conditions, including Parkinson's. (Other conditions that will be included are Crohn's disease, fibromyalgia, chronic fatigue syndrome, lupus, rheumatoid arthritis -- and others.) I hope you will read Lexie's story in this short book. I know you will be as impressed as I am by her ingenuity and her commitment to helping other people. Julia Schopick [HonestMedicine.com](http://HonestMedicine.com)

This soft cover 8x10ish " book is in large print. It is written by an individual with no credentials listed. It could be read in 20 min or less. I don't know how to rate it zero stars or I would have.

It is strictly anecdotal ....one person's point of view. Not enough scientific research for back up

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