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INTERVIEW SERIES

**Why Haven't You Heard
About The Drug That Helps
Everything From Cancer
To MS?**



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Expert Interviews On Mind Body & Spirit

Dear Student,

I'm Michael Senoff, founder and CEO of HardToFindSeminars.com.

For the last five years, I've interviewed the world's best business and marketing minds.

And along the way, I've created a successful home-based publishing business all from my two-car garage.

When my first child was born, he was very sick, and it was then that I knew I had to have a business that I could operate from home.

Now, my challenge is to build the world's largest free resource for online, downloadable audio business and health related interviews.

I knew that I needed a site that contained strategies, solutions, and inside information to help you operate more efficiently.

I've learned a lot in the last five years, and today I'm going to show you the skills that you need to survive.

It is my mission, to assist those that are very busy with their careers.

And to really make my site different from every other audio content site on the web, I have decided to give you access to this information in a downloadable format.

Now, let's get going.

Michael Senoff

Michael Senoff

Founder & CEO: www.hardtofindseminars.com

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Why Haven't You Heard About The Drug That Helps Everything From Cancer To MS?

Samantha Wilkinson was diagnosed with Multiple Sclerosis in her early 30s, and every time she went to the doctor's, she received worse and worse news. It wasn't long before she had to give up her career and be cared for by her husband. But when she was prescribed an electric wheelchair to help with her mobility, she decided to do a little research. That's when she came across Naltrexone.

Naltrexone is a medicine that was developed in the 1960s to aid addicts detoxing off of heroin. But because it works by essentially healing the immune system, it can now be used to treat a multitude of disorders from MS to cancer to autism. After getting on Naltrexone, Samantha's MS instantly felt better. She went from being prescribed that electric wheelchair to hiking and climbing without even needing a cane. It made a world of difference.

But in this interview with Elaine Moore, the author of *The Promise Of Low Dose Naltrexone Therapy*, you'll hear the purely monetary reason Samantha had to struggle to get this drug prescribed to her, the amazing ways Naltrexone can be used in treatment today, and how to get your hands on it if you think you could benefit from it.

You'll Also Hear...

- The many uses for Naltrexone – virtually any disorder that affects the immune system (which are most disorders) can benefit. Find out if it's right for you
- All the drug facts about Naltrexone: how it's usually dosed, the common side effects, and any risks
- The complete healing protocol that jumpstarts immune systems and gets them working properly – environmental factors, diet, and stress reduction are all important elements too
- The government website you can go to for drug trial information about Naltrexone
- The science behind Naltrexone and how it works with the immune system to get it to heal itself

Because Naltrexone was developed such a long time ago, it's a generic drug now, and there's no money in it anymore. Sadly, this "no money" factor is why you won't see it advertised. It's also why it doesn't get funding for the kinds of studies that would allow it to be approved to treat certain disorders. But in this interview, you'll hear the many benefits it can give, and how to get it prescribed if you think you can benefit from it.

Hi this is Kris Costello and I teamed up with Michael Senoff, to bring can bring you the world best health-related interviews. So if you know anyone struggling with their weight with cancer, diabetes, ADHD, autism, heart disease or other health issues send them over to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).

Kris We'll be talking with Elaine Moore. And Elaine Moore has worked with clinical scientist in hospital laboratories more than 30 years. And she's also are in medical writer specializing in autoimmune diseases. Elaine thanks for joining us.

Elaine Oh, you're well, I'm happy to be here.

Kris So you've written The Promise of Low Dose Naltrexone Therapy. Elaine just what is Naltrexone?

Elaine Naltrexone is an opiate antagonist drug. Which means that it blocks the receptors that pick up opiates. And by using a low dose these receptors are only blocked for about 6 hours and after there's like a rebound effect where the body produces way more endorphins. And it's these endorphins and (inaudible) that are the body's own opiates. They are called indigenous opiate compounds. In contrast to a androgynous which would be drugs. And these compounds have a moderating effect on the immune system.

Kris So these opiates are actually produced in the brain.

Elaine Right.

Kris And Naltrexone works to shut those down, or how does that work?

Elaine It actually blocks them. Your cells in your body have receptors for many different things. Mostly hormones and drugs. Say you have specific receptors on self and take up opiates and the pickup both synthetic opiates an opiate drugs and also the endogenous ones. So your pain pills would go to these receptors. By blocking them temporarily you'd still have endorphins in your blood, the ones that are certainly aren't just gonna vanish. We just have the temporary shutdown and then in response to this 6 hour shut down your body produces many more endorphins. Like 300 times as many. In a lot of diseases there are low endogenous opiates. And some people think that might be the cause of some of these diseases. Like different autoimmune diseases and cancer. So they find

like in MS studies that have been show that a lot of people with MS have low endorphin levels.

Kris Naltrexone actually has a very interesting history and a very involved history. Can you tell us a little bit with industry of Naltrexone is?

Elaine Yeah in the late 60s and 1970s there was a real problem with heroin abuse in a new sponsor with a movement called the war on drugs. In which President Nixon as researchers to find different ways to combat the problem. About that time methadone came out and that was pretty successful. But an often require a lot of therapy. People had to go in for counseling. So the expense was pretty high. So they were looking for a drug that would be people from experiencing the effects of heroin and therefore they wouldn't want to take it. And also Naltrexone given in high doses where you block the receptors all day. But people didn't feel very good because they weren't getting their endogenous opiates either. But they weren't getting any effects from heroin. So it was invented for that purpose or created in the lab for that purpose.

Kris And so now low dose Naltrexone is being talked about to help with diseases such as autism, cancer, pancreatic cancer, Crohn's disease, AIDS, fibromyalgia, multiple sclerosis, and it's a long list. And I think part of the problem with that is people tend not to believe it. So what's going on with that? Why is it so effective for so many different things?

Elaine Well there are opiate receptors on the immune system cells as well so all these endorphins that are (inaudible) affect me and system cells. And the body has a natural mechanism known as homeostasis were different systems work together to promote good health. It's like if you're an accident your plate Michael might increase to keep your blood clotting, say you don't bleed to death. You know different mechanisms get in place. And with these endorphins they help the immune system work to heal the body. And in a way in way low dose Naltrexone helps the body heal itself that's why it works with so many diseases. Because pretty much everything is governed by your immune system that's basically your white blood cells which are from the bone marrow. In autoimmune diseases for instance you might get an advanced proliferation of white blood cells that are causing inflammation. And inflammation is the root of many diseases. And whenever the immune system is ineffective and not working properly,

causing too much inflammation and not killing cancer cells like it should
Naltrexone can step in and heal the immune system.

Kris And so are the dosage is different for the different diseases? Or how is it normally prescribed?

Elaine It's normally prescribed a low dose say, 1.5 milligrams which is about as low as you can get. Just to start low and build up. But the average dose is 4.5 milligrams. And then what Dr. Zagone at the University of Penn State has found out the nature endorphins is really meta-Keplinz11 and it's also known as opiate growth factor or OJS. That compound can also be given. OJS seems to work better in certain cancers.

Kris And so how do people go about if they're are interested in the Naltrexone? Do they go to their normal physician and can they write a prescription for a low dose?

Elaine Yeah, their doctors do write a prescription for low dose and generally a compounded capsule. And there are (inaudible) in Boca Raton Florida. A lot of people get it through the mail, is there unable to get it locally. But yeah, doctors prescribe generally.

Kris Okay and are there any websites that table conducted for more information?

Elaine Idners.org.

Kris And that some website where people can find out about low dose Naltrexone. So Elaine you wrote the book with another gal Samantha Wilkinson who had very, very severe symptoms of multiple sclerosis. She discovered a low dose Naltrexone and is basically free from symptoms at this point.

Elaine Pretty much so. At that time Sammy Jo had used commission therapy, she's giving injections daily and they were not helping her. She seemed to be deteriorating where every time she'd go for a doctor's visit she'd hear more bad news. Her doctors should hold her order a motorized wheelchair. Sammy is really quite young, she was only in her I think early 30's when she was diagnosed with MS. And it caused her to give up her career that she had, she wasn't able to work. Her husband found it difficult to take care of her son his own. Said the moves back to Texas so

they can be close to her media family members who helped other care. And when she started researching and found low dose Naltrexone her doctor was skeptical but she managed to find someone else to prescribe it for her. And she immediately noticed relief. She said the first initiative Naltrexone was the first time she slept in a very long time. She slept all night without tossing and turning in having leg spasms. And she went from walking with a cane, she never did get a wheelchair, to climbing in hiking and pretty much completely functioning. She did away with all of her conventional medicine.

Kris That's truly an amazing recovery and Elaine why isn't low dose Naltrexone more well known? I mean it isn't in the mainstream as far as I can tell.

Elaine Well it's not. There's no money in it for pharmaceutical companies. Naltrexone the drug is now a generic drug because it first came out in the 70s so it was a generic drug by the 80s. And so there's no pharmaceutical company that has a patent stretch rates for a. Probably there's 50 different companies that make Naltrexone. So there's compounded formulas, but they're inexpensive. So you're not gonna see advertising for it, there's not one company that will pay for research because they wouldn't profit from it.

Kris So there hasn't been basically much in the way promotion for it?

Elaine No, there's no real motion. Because there's no one who would stand to profit from it. What needs to be done is when it was FDA approved a long time ago that it was approved as a drug for opiate use. And it was later approved for alcohol abuse, it's since approved for certain conditions such as soap injurious behaviors that some children have in some cases autism have self-injurious behaviors, so it's used for that. They studied it as a treatment to help withdrawals from smoking. It's now that I used with another drug for weight control. But no one of the few researchers has done clinical trials on diseases that we're talking about today.

*For more interviews on health, mind, body and spirit, go to Michael Senoff's
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Kris So basically it's word of mouth and it's patients that have tried it and seen results.

Elaine There have been trials. There's been the trial on Crohn's disease at Penn State. Penn State's than a lot of research. It's all pretty much with very small grants. Say you know I'm getting that entitles that are needed to get approval her (inaudible) with these other conditions. Right now it's used off label.

Kris And one of the things you talk about a lot in the book also is the use of LDN in autoimmune disease. Can you can and go for what is autoimmune disease? And how does Naltrexone work on helping people recover from that?

Elaine Well, Dr. Zagone feels that pretty much every single autoimmune disease and there's more than 80 separate autoimmune diseases can be helped by and low dose Naltrexone. Autoimmune diseases are disorders in which the immune system is ineffective and rather weak and it launches an inappropriate response. Normal your immune system wards off bacteria and viruses and pollen and you know allergies, it is a launching an immune response to them to protect you from them. But when they immune system is ineffective and begins to target the bodies own proteins. So for instance in Graves ' disease which is autoimmune hyperthyroidism, your immune system produces in the bodies that causes the thyroid cells to produce excess thyroid hormones. And in MS you got antibodies and different immune system chemicals that are destroying the myelin that covers the nerve sheath they keep you from having the proper response from muscles, from nerves. So there's a variety of different autoimmune diseases, you know of to 80, even psoriasis. And they published a study showing that narcolepsy is actually an autoimmune disease. They're finding more and more diseases, even endometriosis they're finding to have it auto immune origin. LND is considered an (inaudible) modulator so it helps strengthen rather than stimulate the immune system, it helps to get back to its normal function.

Kris Do people do other things also when they take this, as far changing their diet?

Elaine I think for any healing program you need a complete protocol where you're watching diet and lifestyle. Pretty much all autoimmune diseases have

known environmental factors that were so the disease in cause flares. Stress is a big trigger off of all of the autoimmune diseases. And so stress reduction techniques, proper diet, sugar and saturated fats off and are very harmful to the immune system. So avoiding them. And for instance hyperthyroidism in Graves disease both iodine and processed foods can worsen the conditions. So avoiding known triggers, keeping a healthy lifestyle along with LDN forms a good protocol. Good solid nutrition and nutrient rich diet, avoiding processed foods.

Kris So kind of looking in all these areas and taking Naltrexone has been effective for people?

Elaine Oh yeah many, many people. Yeah it's amazing. But it's more that Naltrexone is, it's not really alternative medicine it is a pharmaceutical used the low doses. In a way it's a mode of action is more to healing the body naturally, it's making the body's own components, the immune system cells for properly and restores their function. In cancer it prohibits cell proliferation. In cancer works differently where a keeps the tumor cells from growing and it cuts off their little supplies, blood supplies that they start to create.

Kris And are people doing research on the effects?

Elaine Yeah, Dr. Anne Zagone at Penn state has done a lot of research in head and neck cancers, pancreatic cancers, if they all cancers, renal cancers, myelomas. Dr. Bahari in New York has treated a lot of patients over the years off and he's had success if in lung cancers, the other cancers I mentioned. So you've got the two sides, you got a lot of clinicians using in their practice in seeing good results and then at Penn state they're doing research with those animals in conjunction with humans with other doctors working on it and seeing the results both in the lab and at if the bedside. Then you've got at Stanford Dr. Jarrod Younger if that's conducting trials in fibromyalgia and he's seeing good results.

Kris So people will low dose Naltrexone off well a lot of these folks that show up?

Elaine Yes they will. They can also go to clinicaltrials.gov and look for any trials where Naltrexone's involved.

Kris And that's a very low dose that you're talking about in, The Promise of Low Dose Naltrexone Therapy. Are there any side effects or things that are worrisome about taking Naltrexone?

Elaine No, the only worrisome thing is he one and one to take it if you're taking opiates. And the reason for this is because someone who is used to taking opiates wouldn't feel the effects because their receptors would be blocked and that could cause them to take a higher dose for pain relief. So it's not that there's an interaction that way but it could cause them to take too much. Some people find that they have trouble sleeping when they first start taking it and it especially if they take it at night. And Dr. Zagone Starr own taking it at night and if it doesn't work and are having problems sleeping, which of course is that for your health right there, then just switch and take it during the daytime. And what's important is that to take it approximately at the same time every day, just once a day because you want that blockade for 6 hours and then that 18 hours where the drug is really doing its thing.

Kris You know I think if you had to choose between trouble sleeping and not be able to walk I'd choose trouble sleeping for while at least.

Elaine That's true, yeah. It's worth a try but it really doesn't matter what time of day because there's not like a circadian rhythm with it.

Kris And it sounds like there's ways to move the dose around so that the sleeping thing isn't that big of a deal. So Elaine is there a contact for you, if people want to contact you directly regarding The Promise of Low Dose Naltrexone?

Elaine Yes, I have a website it's www.elaine-moore.com and they can contact me through my website. And I also have articles on Naltrexone and autoimmune diseases, particularly thyroid disorders.

Kris And so this works for thyroid disorders also?

Elaine You know there haven't been clinical trials but many thyroid patients have heard if that it can work for any autoimmune disorder. So many patients have tried using low dose Naltrexone and they finding, it especially in people who have what's called thyroid eye disease, which is an inflammatory eye condition that runs its own course separate from the

thyroid disorder that is part of the whole process, they're finding excellent results using LDN. And people with thyroid disorders, which most of them are autoimmune, are finding decreases in their thyroid antibodies which improves their condition.

Kris So Elaine houses Naltrexone work for Autism? That's also mentioned in your book.

Elaine For autism what they're finding is that there morphine compounds caused by certain foods if, this is how the theory goes, that like we have different more morphine compounds and probably metabolize food different, say you don't find the same response in every child has on to some. They're finding at least 50% will show a real (inaudible) response to Naltrexone. Because it will lower the level of those morphine that are caused by caseins, dairy products, and also wheat products. So there's a strict diet they goes along with this theory too. That Dr. Pankieth over at University State Ohio has done a lot of research on autism and has found that the certain children will respond really well, will start showing better eye contact, more socialization. And the theory is that a lot kids have these high morphine levels and it's almost like they're kinda spaced out, like people using morphine and morphine does cause social isolation, usually your heroin addicts and morphine users prefer solitude, social isolation and that's what they think a lot of the kids with autism are showing, those are the symptoms they're manifesting.

Kris And so they take the low dose Naltrexone and do they also all to the diet?

Elaine Yeah, they all to the diet. There's a specific diet that works really well, it doesn't work for everyone, there's probably someday there's going to be several different classifications for autism, you'll find some caused by this some caused off by that and there will be different from cuts. But it's definitely worth the try and some kids have done amazingly well. And really it's such a low dose of side effects are really rare.

Kris Well dealing we want to thank you so much for joining us and for sharing your book The Promise of Low Dose Naltrexone Therapy and we look forward to talking with you in the future.

Elaine You're welcome Kris, I enjoyed talking to you and I hope to talk to you again soon.

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That's the end of our interview, and I hope you've enjoyed it. For more great health related interviews go to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).