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INTERVIEW SERIES

**How This Woman Found Her
Own Treatment For Multiple
For Multiple Sclerosis
When Doctors Failed Her**



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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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How This Woman Found Her Own Treatment For Multiple Sclerosis When Doctors Failed Her

Sammy Jo Wilkinson was diagnosed with Multiple Sclerosis at age 30, and quickly went downhill. It wasn't long before she needed a cane to walk, and doctors told her things were only going to get worse because there was no cure. But when she was prescribed an electric wheelchair to get around because the cane wasn't enough anymore, she went online to do her own research. That's when she discovered low dose Naltrexone.

Naltrexone works by boosting the immune system. And Sammy said it relieved her painful symptoms immediately, something no other drug treatment did before. She went from barely being able to walk with a cane to walking almost a mile without one. And in this interview, you'll hear her amazing story, the shocking reason Sammy's first doctor wouldn't prescribe Naltrexone for her, the many other disorders that can benefit from the drug, and how to get your hands on it if you think it might be right for you.

You'll Also Hear...

- Exactly what MS is like from an insider's perspective, along with all the treatments Sammy tried before Naltrexone – injections, chemo, steroids, and more
- The remarkable way Naltrexone triggers your body to produce its own medicine
- The MS symptoms Sammy still has and how Naltrexone helps her get relief from them
- All about the book she co-authored about Naltrexone and the website she set up where she carefully compiles patient-based evidence for the drug (along with advice, support and help you can also find there)
- The diet Sammy is on that helps with her MS symptoms too

Sammy says that before she discovered Naltrexone, she thought she would have been bedridden at this point in her life. But now, she's able to take control of her MS and reclaim her quality of life. And in this interview,

you'll hear all about her miraculous story, and the treatment that got her there.

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 Sammy Jo Wilkinson began having symptoms of Multiple Sclerosis, and after nine years of conventional therapy including chemotherapy as she began to lose the ability to walk little she started researching alternatives. And in her research and cover of the drug low dose naltrexone and began taking it and almost immediately noticed improvement. So her success with LDN turned her into an advocate for LDN. And but now she spends her time working to get the word out about low dose Naltrexone. As a therapy for MS and many other diseases. Sammy Jo, it's great to have you with us today.

Sammy Jo Thanks Kris, it's good to be on your show.

Kris So you starting having some very, very troubling symptoms. What did you experience back then?

Sammy Jo Well I was starting to have numb hands and feet. And strange sensations. So I went to a neurologist. I thought maybe I had carpal tunnel syndrome. He said no that wasn't it and he told me to come back pretty soon. But I went back 6 months later with even more symptoms going on. Strange tightness around my chest and starting to have vision problems and dizziness and walking problems. So he did a MRI and diagnosed me with Multiple Sclerosis at age 30.

Kris So you were 30 years old. And were you working at the time?

Sammy Jo Yes, I had a finance degree and was heavily involved in a technology career. And I was actually just starting an

internet startup at the time too. So I had quite a bit going on. And I continued to work for 7 years with the illness.

Kris What was it like to get that diagnosis?

Sammy Jo Well it's pretty devastating because there's so many unknowns with it. Multiple sclerosis comes in a variety of formats if you would. And some based are usually with the relapsing or remitting, where you just have these violent attacks. And though started happening pretty frequently, every few months for me. Where I would fall down blind, couldn't walk, paralyzed and have to go in for intravenous steroids to get it under control. Then you go on for a few months everything's kind of OK but you still have strange creepy feelings all over body. Numbness, tingling, lots of different problems, vision problems, cognitive problems. But then some people get what they call primary progressive MS, where it starts off pretty severely from the start and just continuously gets worse.

Kris How do the diagnosis it? What kind of things that you have to go through for that process?

Sammy Jo They primarily use that MRI which is magnetic resonance imaging, and they do a scan of your brain in your spinal column. Because this primarily attacks the frontal nervous system, where the immune system has gotten out a whack and mistakes the body's own covering on the nerve system, which is called the myelin sheath, as an invader in starts attacking it. So it damages it, it scars it and that's where the term sclerosis comes from, because there's most will scars throughout your central nervous system in your brain.

Kris And how many people have MS, and do you know in the United States?

Sammy Jo In the United States it's about 1/2 million.

Kris How long did the usually take to get a diagnosis.

Sammy Jo There getting better at it now because there's better recognition of it. Or it might be more common actually, so there's more diagnosis of it. But some people have gone years and years with all the strange symptoms and nobody could diagnose them. And there's also confusion, you know, with different diseases like Lyme disease can cause a problem with the central nervous system as well and cognitive dysfunction. So there's a lot of misdiagnoses problems too.

Kris And so when you were first diagnosed, what were the first treatment?

Sammy Jo There wasn't any FDA approved medications yet, so the only thing really was the IV steroids which is pretty hard on the body too. So that would just calm down the inflammatory state so you can function again. And after about two years of that I decided to try Copaxon which had been recently approved and all of the MS medications are basically injections, either today's injectables that you inject yourself, copaxon was a daily injection that I had to do into my thighs in stomach. There's interferon's as well brand names of Avonex and Betaseron those are intramuscular injections that you deliver yourself. And lately they've got one that is given by IV at the hospital. Now some of these have pretty severe side effects so, the interferons cause flu like symptoms, you get injection site reactions. Later on I started to get worse, I was told I had secondary progressive MS. And the only treatment available that they suggested would help me was a form of chemotherapy also approved by the FDA for MS.

Kris And so when you say worse, what kind of symptoms were you dealing with?

- Sammy Jo Just everything progressively getting worse. Where my walking as getting worse, I was starting to fall. And starting to worry about my mobility.
- Kris That must have been really, really terrifying.
- Sammy Jo It's not a rosy outlook that's for sure. There's no cure and they don't know the cause of it.
- Kris And so when you started not being able to walk within the tight you to do? I mean what were your options?
- Sammy Jo I started the chemotherapy that was given if every 3 months and it's a 2 year program. After about 4 months I needed to take pain because I was just having so much trouble and falling so if frequently. So I started working with a cane if and I was on that and doing the chemotherapy for about a year off, then I was told side effects were too extreme to, it was starting to decrease my heart function and so I had to stop it. So at that point we just gave up on our life in Seattle. So we returned to my home state of Texas where my family was.
- Kris So basically there's no promise of recovery.
- Sammy Jo No, in the best that the FDA of new medications offer is to slow the progression. And the studies show there's about a 30 to 45% was slowing progression. But they do nothing for easing the symptoms and the discomfort. And many people also have severe neuropathic pain with MS, sit in the end of using painkillers and that leads to addiction problems.
- Kris And so when you were told that you would you wheelchair, what did you do?
- Sammy Jo Yeah, I kept trying to walk with a cane. It got to the point where I couldn't even leave the house and I was evaluated by the doctors and approved for the insurance for a big

expensive motorized wheelchair. And that was pretty much a low point. And I took one more look on the Internet and some patience talking about this pill. It wasn't a needle, it wasn't an injection, it wasn't an IV, it was called low dose Naltrexon. And they were saying that it not only slows progression that also offers a symptom relief.

Kris And this is after you had been injections for many years and chemotherapy?

Sammy Jo Yeah I can tell you I was really disappointed I hadn't heard on the Internet before that.

Kris So you discovered the low dose Naltrexon and what did you find out about it?

Sammy Jo It sounded too good to be true, of course. That not only was it a pill, it was also very inexpensive, you know no more than \$30.00 a month. Because it was a generic medication then approved by the FDA for other purposes and have been later been discovered in researched at Penn State to have an effect on the immune system. And so I started talking first with patients because as my neurologist about it he had never heard of it and said he wouldn't prescribe it for me. So I actually had to get a prescription from a doctor in Pennsylvania over the telephone. But I had heard such good things from other patients, that they were getting symptom relief across all of the various symptoms that you get with MS and some people had been on it up to 5 years and said their MS had not progressed. So I studied it for about 3 months, I had to read every study on it I could, and then I decided to give it a try.

Kris So at that point it was a ray of hope.

Sammy Jo Yes, definitely I was very ready to be disappointed because I had seen so many disappointments along the way. But the first night that I took it was the first night in many, many years that I actually slept 8 hours straight. Because when you lay down at night many people with MS their legs start to thrash in a spasm for you have to get up and go to the fact the multiple times because you have problems with the bladder. But I slept 8 hours straight.

Kris So just after a month basically?

Sammy Jo Yeah, the improvement was very rapid. I was down in Texas at the time, the prior summer I had not been able to go outside at all because it's so hot out there. As making around I found myself down the garden at 85° pulling weeds.

Kris Just after a month. Wow.

Sammy Jo Yeah, I tell you that by May it had been 3 months. And so I had progressively improved.

Kris A continued taking a low dose Naltrexon?

Sammy Jo Yes, I've now been on it for 5 1/2 years. They improvements that I noticed were amazing. At one point I was able to walk as far as a mile and before that I couldn't even leave my house and had to use a cane.

Kris Wow that's incredible. And how does the low dose Naltrexon work? Why did this work so effectively for you with MS?

Sammy Jo Well, it's an interesting medication because it actually is one of the trigger, that triggers your money two friends of all medication. When you take it and you only take 4 1/2 mg so it's a very low dose, you can take it any time of day but you take it at the same time every 24 hours. And it creates what they call an opiate blockade and that has as

your mind to respond by producing its own opiates which are endorphins. The immune system is full of opiate receptors that call for these extra blood as endorphins and somehow that modulates the immune system to go from a dysfunctional, you know crazy situation where it's confused back to normal function.

For more interviews on health, mind, body and spirit, go to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).

Kris And so does it work for other autoimmune disorders also?

Sammy Jo Right. Anything with the new system has gone haywire or isn't functioning, if it's too low in the case of cancer and HIV where it can't fight the problems it makes it stronger. If it's overactive autoimmune conditions it calms it down. And that's one of the things that people off. They say, "How one can just help so many disorders?" But really it's helping one system failure, which is the immune system.

Kris How do people get the low dose Naltrexon? Is this something they can go to their Physicians to get? Or do they go to a pharmacist? How would they go about if they're interested in pursuing this?

Sammy Jo No, if it's an FDA approved medication so it requires a prescription from a doctor. So the doctor hasn't of this and that's starting change because there's now we think about 100,000 people worldwide that are using low dose Naltrexon. And each one those kind of gets inspired when they get their life was like I did to educate their doctor and to tell their friends and family about this. But you can tell your doctor about it, is only 4 1/2 milligrams, there's virtually no side effects other than possibly sleep disturbance. The only contraindications is that you would not take this with opaque containing painkillers like: like it in. And that's another reason why you need to work with

your doctor's, so they fully understand if you have any other medications that contain opiates.

Kris And so after being on the low dose Naltrexon for 5 years?

Sammy Jo 5 1/2.

Kris 5 1/2 years, what kind of symptoms you still have with the MS?

Sammy Jo I'm still disabled and some of that can be just from the damage that I sustained the first 9 years. You know the scaring on the central nervous system and the spinal cord. So I still have to walk carefully and I can't walk very far. But I don't have all of the annoying symptoms and the painful conditions that I had before with the spasms. And also my brain has started to function properly shortly after I started the low dose Naltrexon. Because people with MS also have cognitive dysfunction.

Kris I'm curious had you heard of things like the Swank Diet? Did you try any of that also?

Sammy Jo Oh yes. I was trying everything that I could research on the internet and learn about from my nutritionist or my doctors I went along. And so I had a very clean diet, no sugar, avoid anything that might be candidas because you don't want to challenge your immune system with more problems than it needs to deal with. So a lot of supplements, antioxidants as well, and omega 3 fish oils are incredibly important for helping to support that myelin sheath around the nerves, because it's actually a fatty substance itself.

Kris The Swank's actually very, very low fat. Now did you try that? Have you heard of other people trying that with success?

Sammy Jo I know that a lot of people just pursue it as a matter of common sense. And it has a long history behind it. But he fats in the fish oil are different from say animal fats. So I try to concentrate on just taking the supplements that contain the proper fish oils and avoiding of course as much fat as I can in my diet.

Kris So you got inspired because of this recovery from taking low dose Naltrexon. Share with our listeners if you would Sammy Jo how you got inspired. What did you do?

Sammy Jo Well the first thing I did because I was a technologist, I set up a website to place links on it to educate others about any information, any resource that was going on. And also as a platform so that I could survey all the folks that I was hearing these anecdotal stories from and these discussion forums. Because I knew researchers don't pay attention to anecdotes, doctors don't like anecdotes. And so I go well let's take our patient based evidence, that's really what it was, and put in to something that can boil down into statistics. So I asked questions about how long have you been on LDN, what's your number of relapses you've had, symptom improvement, and that sort of thing. And 237 answered my survey, I tallied it up and we came up with a relapse rate of 1 in 5 years. The untreated MS patient has on average a relapse once a year. So that was very impressive. Now this wasn't anything that could be considered a scientific study because they volunteered themselves, it wasn't double blind, randomized anything like that. This is the kind of thing that you do on a do it yourself mission.

Kris So people reported it actually worked huh?

Sammy Jo Yes, 76% of them said they had symptom relief. You know there's not even medication really that can help those symptoms.

- Kris So then you're talking recovery really.
- Sammy Jo Yes, I would definitely call this a major recovery. Because before this I just thought I was gonna go right downhill and end up bedridden.
- Kris So you started LDNers and if people wanna find that website, why don't you go ahead and give that out for them so that they can find it.
- Sammy Jo Yes, it's LDNers.org. LDNers, it's kind of a club. You know?
- Kris And they can go and there's a forum in there?
- Sammy Jo Yes, I have links to all of the discussion forums where they can talk to other patient. Because we're still primarily having to consult with each other really. And give advice to each other because the research is limited. Although I'm excited that now we have 3 major universities in the US Penn State, Sanford, and University of California San Francisco all have ongoing studies. Of course there are several outside of the country.
- Kris What other kinds of things are happening in the Low Dose Naltrexon world?
- Sammy Jo Well, I was invited to co-author a book with Elaine Moore. And that was really exciting because we were able to make a compendium of all the research to date and it was published by the McFarlen which is a major medical publisher. So that really helped and Elaine was the medical expert and has written several books already on various auto-immune conditions. So she was able to really shed a lot of light on that. Also someone I met back when I was early doing this was Dr. Josh Agawalt, he's at Cornell University, he wrote the forward for this because he was very interested in the effects of Low Dose Naltrexon as well.

Kris Sammy Jo we wanna thank you so much for joining us today and for sharing your story with people that may be struggling with auto-immune disorders or MS. And for the wonderful book The Promise of Low Dose Naltrexon. And we look forward to hearing about what you're doing

Sammy Jo Thank you Kris, this was wonderful.

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).