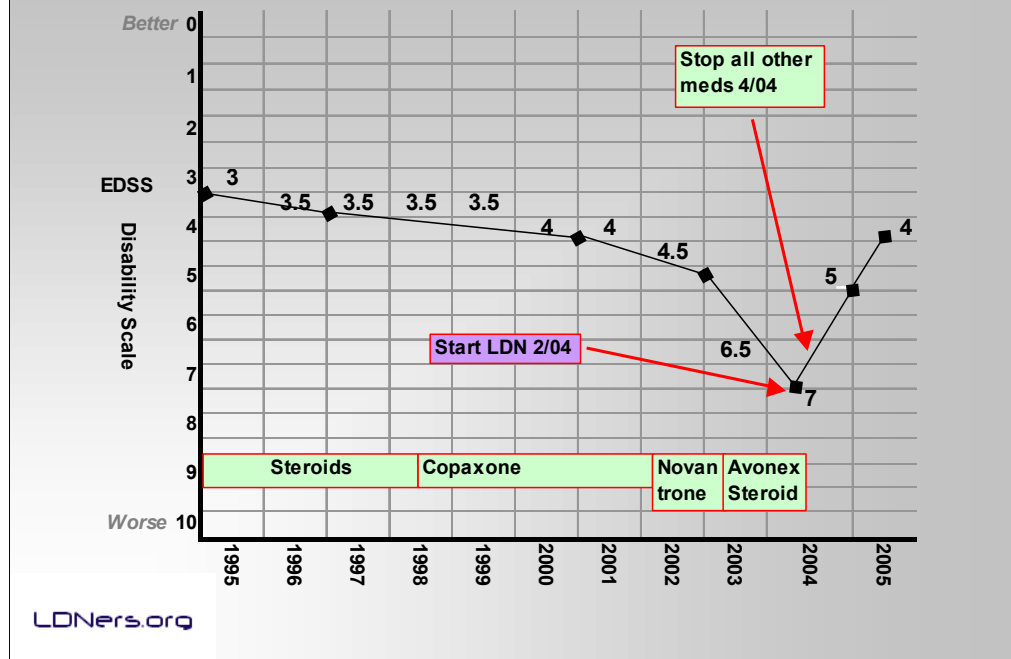


SammyJo's MS-LDN Timeline



Started RR '95 with full set of symptoms, frequent relapses.

Copaxone 98-02, only 1 relapse.

SP and Novantrone 2002. Got worse the whole time, cane by Feb 03.

Please don't let anyone you know try Novantrone chemo for MS until they've tried LDN.

Only made it 1 yr, not 2. My LVEF heart function went down from 60 to 50. FDA just increased warnings. Heart & leukemia risk for the rest of my life.

Continued to worsen for 10 months after Novantrone, until starting LDN Feb 2004.

Immediate improvement 1st nite - slept for 8 hrs straight first time in years.

Put down my cane of 1 yr after 4 weeks. Amazed my neuro.

Continuous improvement ever since, can now walk 1 mile.

LDNers.org Survey 1 – General Findings

Survey 1 Population:

- **267 Subjects, avg. 10 yrs diagnosis, 65% female**
- **Avg. LDN treatment 8 months, 24% 2 years+ of LDN treatment**
- **10%, 28 individuals out of 267, reported a total of 42 relapses, 0.2 /yr**

Survey Results:

	PPms	PRms	RRms	SPms	Total
Total in MS type	13%	4%	43%	39%	267
Avg Mo's LDN	10 mo	13 mo	7 mo	9 mo	8 mo
Relapse Rate	0.1	0.2	0.3	0.3	0.2
Subjective Assessments:					
Symptoms Improved	53%	75%	82%	57%	70%
Progression Halt	50%	58%	34%	43%	45%
LDN Helps, Will Continue	76%	83%	75%	70%	76%

LDNers.org

Online surveys

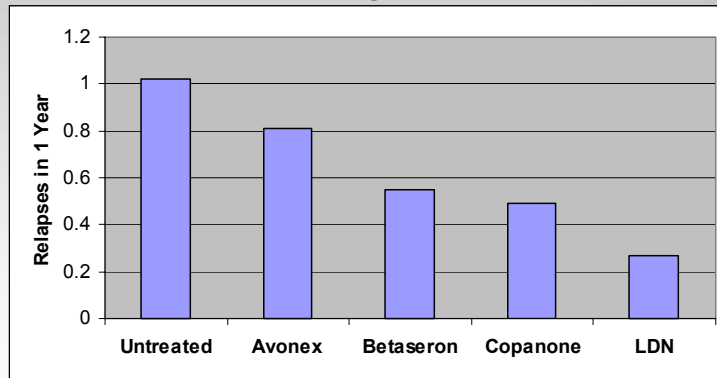
Aggregate anecdotal reports into statistical format

#1 to help others make informed decision about LDN, since limited medical advice.

#2 Serve as an alert for researchers that there is something positive happening with LDN users, and spur research.

LDNers.org Survey 1 – Relapse Rate

- Survey 1 Relapse Rate: 0.2 relapses per year, or 1 relapse in 5 years
- Better than the ABC drugs for MS



ABC Source: A prospective, open-label treatment trial to compare the effect of IFNbeta-1a (Avonex), IFNbeta-1b (Betaseron), and glatiramer acetate (Copaxone) on the relapse rate in relapsing–remitting multiple sclerosis: results after 18 months of therapy. PMID: 11795454
LDN Source – LDNers.org Survey 1, July 2004

LDNers.org

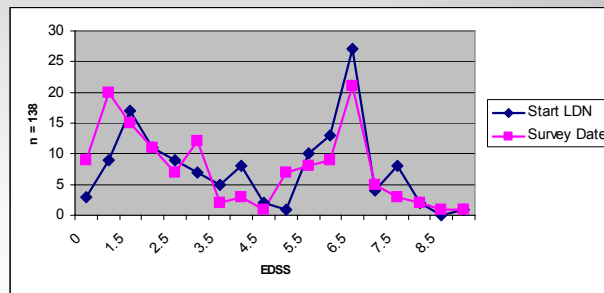
The low relapse rate reported in the first survey was the most significant finding.

LDNers.org Survey 2 – Disability

Survey 2 Population:

- 138 subjects – I have contact info for interested researchers
- 4.27 Avg. EDSS when they began LDN (able to walk about 400 meters)
- 3.66 Avg. EDSS when they took the survey 2nd half of 2004
- Avg. length of LDN treatment – 8 months

Survey Results:



LDNers.org

EDSS	Start LDN	Survey Date
0	3	9
1	9	20
1.5	17	15
2	11	11
2.5	9	7
3	7	12
3.5	5	2
4	8	3
4.5	2	1
5	1	7
5.5	10	8
6	13	9
6.5	27	21
7	4	5
7.5	8	3
8	2	2
8.5	0	1
9	1	1
Avg.	4.27	3.66

After LDN: MS Recovery

LDN halted my disease activity, so recovery could begin
It's been hard work, but I can now walk 1 mile

These therapies have worked for me:

1. **Physical Therapy & Massage**
2. **Chiropractic**
3. **Supplements - Omega 3-Fish Oils, cathechians, Co Q10**
4. **Nanosecond PEMF - Pulsed Electromagnetic Energy**

See [MS Recovery at LDNers.org](http://LDNers.org) for details and clinical studies.

LDNers.org

LDN quickly halted my MS disease progression. Then the hard work began on repair and recovery after years of damage, from MS *and* the MS drugs that only left me with more disability. Lucky for me my cousin Vicki is an RN rehabilitation specialist, so I've had great guidance on recovery therapies. In return I tipped her off on LDN for fibromyalgia, and now we're both here celebrating our recoveries at the LDN conference! I can now walk one mile, thanks to LDN, followed by:

Physical Therapy, Massage, Chiropractic, Supplements and Pulsed Electromagnetic Energy. You've heard about or used the first 4, and your neurologist better be writing PT scripts for you. But PEMF is an important therapy for all LDN advocates to know about because I have helped several MS patients *get off pain narcotics so they could start LDN* by using PEMF pain management technology instead of drugs. For me, I didn't have severe pain, but PEMF completely restored my heart function after it was degraded by Novantrone.

After LDN I lost respect for standard medical protocols and started down the integrative medicine path, especially therapies tested by clinical research. See [MS Recovery at LDNers.org](http://LDNers.org) for research details.