

REFILLS

BLOG

CONSULTS

SUPPLEMENTS

WEIGHT LOSS



WELCOME TO OUR MONTHLY NEWSLETTER

At Central Compounding Center South, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

Sincerely,
Jennifer L. Burch, Pharm.D., CDE

Low Dose Naltrexone (LDN) Therapy

What is Low-Dose Naltrexone (LDN)?

Naltrexone (NTX), a non-selective antagonist of opioid receptors, is commonly used at standard doses, ranging from 50-100mg daily, as rehabilitation therapy for discharged opiate addicts to eliminate addiction in order to maintain a normal life and prevent or reduce relapse.

Accumulating evidence suggests that Low Dose Naltrexone (LDN; 3.0-4.5 mg orally, taken once daily at bedtime) can promote health supporting immune-modulation which may reduce various cancer-causing and inflammatory autoimmune processes. LDN may also play a role in healing and repair of tissues, as well as promoting stress resilience, social bonding, and emotional well-being; and helping with psychiatric problems.



What conditions have been treated with Low Dose Naltrexone (LDN)?

- Fibromyalgia
- Hashimoto's and Graves Auto-immune Thyroiditis
- Skin Conditions, such as Psoriasis, Eczema
- Rheumatoid Arthritis
- Inflammatory Diseases
- Depression
- Lyme Disease
- Irritable Bowel Syndrome, Crohn's, Ulcerative Colitis
- Lupus
- Chronic Pain Syndromes
- Autism

- And many more!

How does LDN work?

LDN Therapy has several mechanisms of action throughout the body systems which work together.

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- LDN increases the secretion of naturally occurring endorphins which help to relieve pain and reduce inflammation.
- LDN causes the release of Opioid Growth Factor (OGF) which works to reduce inflammation, auto-immune responses, and tumor cell growth.
- LDN reduces inflammatory immune cell signaling in the gut and the brain.
- LDN causes glial cells to protect nerve pathways instead of causing inflammation of the immune system.
- LDN increases dopamine levels which induce the feeling of happiness.

What are the side effects of Low Dose Naltrexone?

In general, side effects are minimal. Some have reported vivid dreams and a few patients have reported a day of headaches or body aches. If a patient is using other medications, our pharmacist will help determine if any adjustments need to be made to your current regimen.

Since inflammatory diseases are complex, making lifestyle changes and taking nutritional supplements with the guidance of our pharmacist can help LDN work more effectively. Our pharmacist can share additional information and work with you and your medical provider to see if low-dose naltrexone (LDN) is the right treatment option for you.

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SPEAKERS:



JIM HRNCIR, RPH

*LDN EXPERT PHARMACIST
AND OWNER OF LAS COLINAS
PHARMACY COMPOUNDING &
WELLNESS IN TEXAS.
SPEAKING ON LDN DOSING &
APPLICATIONS*



ASHER GOLDSTEIN, MD

*BOARD CERTIFIED PAIN
MANAGEMENT PHYSICIAN AND
PUBLISHED RESEARCHER,
SPEAKING ON THE USE OF LDN
TO ADDRESS CHRONIC PAIN*



AKBAR KHAN, MD

*LDN PHYSICIAN AND
PUBLISHED RESEARCHER,
SPEAKING ON THE USE OF
LDN AS A CANCER THERAPY*



MICHELLE MOSER, RPH

*LDN MASTER SPECIALIST AND
OWNER OF MAKERS
COMPOUNDING PHARMACY
IN WASHINGTON*



JOHN HERR, RPH

*OWNER AND LDN EXPERT
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PHARMACY IN NEW JERSEY*



JENNIFER BURCH, PHARM D

*LDN EXPERT PHARMACIST AND
OWNER OF CENTRAL
COMPOUNDING CENTER SOUTH
IN NORTH CAROLINA*

www.ldnpractice.com

Join LDN Experts to learn about Low Dose Naltrexone! Learn how LDN works, discover the latest research and hear case studies of patient success stories. The physicians will discuss in-depth its uses for pain and integrative cancer therapies.

Sign up now at <https://www.centralcompounding.com/seminars.php> for the Low Dose Naltrexone (LDN) 2022 Practice Summit Saturday, February 12, 2022, from 11 AM-3 PM EST. Both Patients and Providers are welcome.

Be sure to register with the discount code **LDNRx** for \$50 savings (expires February 11, 2022).

PLEASE NOTE: CURBSIDE PICKUP

Please remember, we have curbside pick-up available due to the Coronavirus. Our hours are from 9-5:30 Monday-Friday with a break from 12:30-1 for lunch. Call or text us at 919-484-7600 when you

arrive. Thanks for your patience.

Share your experience with Central Compounding

If you have received excellent care or service from the pharmacists and staff at Central Compounding, we would appreciate an online review.

[REVIEW US ON FACEBOOK](#)

[REVIEW US ON GOOGLE](#)

ASK US ABOUT OUR WEIGHT LOSS PROGRAMS

We offer a physician managed program for patients who find weight loss exceptionally difficult.

[READ MORE](#)



REMINDER MESSAGE ABOUT CONSULTATIONS:

Central Compounding Center offers one on one personal consultations with Jennifer Burch, PharmD, CDE, who is experienced and specially trained in customized hormone therapy. Hormone consultations are by appointment only, and are \$175.

Call Mary, our Patient Care Coordinator, to schedule your appointment.

HORMONE TESTING

We provide ZRT test kits to help us customize your hormone therapy specifically for you!



HOURS: Monday - Friday 9am - 5:30pm
Closed for lunch 12:30pm - 1pm
Closed Saturday and Sunday

