

LDN and "Withdrawal"

Stopping LDN does not lead to withdrawals in the clinical sense. Opiate agonists like oxycodone can create physiological dependency and withdrawal when taken regularly, but Naltrexone is an opiate antagonist which is the opposite – it blocks opioid action during the first hours after dosing.

That said there can be effects when stopping because the helpful immune system balancing benefits are stopped. So the original condition may reassert itself. Kind of like if you wore corrective lenses for nearsightedness for a couple years and then tossed your glasses away. We've had many members that have had to stop LDN dosing for surgery. This is generally not a problem. If there were "withdrawal" symptoms they would show up in a day or two. Depending on a person's particular system and condition there may be some levels of healing in addition to LDN's system balancing effects.

Occasionally there is a report that someone stopped and felt "worse than before I started." I'm speculating that maybe this is because LDN started working on something but was not allowed to finish. Perhaps it's like if someone started a computer update and unplugged the unit in the middle of the update. When they start up the computer again it's not working right. Possible parallel issue? There can be reactions such as mood issues, headaches, flu feeling etc. when starting LDN. The reactions can come up if stopping, but reaction is a more accurate word than withdrawal.

I will also mention that we have had a report that patients with an extensive history of opiate use before they started LDN *may* have withdrawal type symptoms if they suddenly stop LDN. There was speculation that in their case the internal opiate system is so damaged that the person has very low levels of Endorphins when LDN is stopped. These people may need to taper LDN. BUT this situation is unusual. If someone wants to be cautious and taper off LDN, IMO there is no downside to doing that.

Are there withdrawal symptoms from LDN? [BTW she means to say that Naltrexone is an opioid antagonist] <https://ldnresearchtrust.org/are-there-withdrawal-symptoms-ldn>

The above thinking reflects the standard thinking about LDN. That said we do see reports from LDN users who have stopped and have reactions beyond what is generally expected. Hopefully with more clinical experience we will learn the best way to minimize these problems.