

“This book is a vital resource for patients who want to become the authors of their own health.” — WENDELL POTTER, *New York Times* bestselling author of *Deadly Spin* and founder of Tarbell.org

The Power of Honest Medicine

MS, Rheumatoid Arthritis, Crohn’s, Parkinson’s,
Lupus, Hashimoto’s, Fibromyalgia, and More

LDN: An Inexpensive Alternative to the
Costly, Toxic Medications Doctors Prescribe
for Autoimmune and Other Diseases

Low Dose Naltrexone Success Stories
From Patients Around the World

JULIA SCHOPICK

BESTSELLING AUTHOR OF HONEST MEDICINE

with DON SCHWARTZ, PhD

Fritz Bell (GoodShape.net)

I first learned about Fritz Bell (aka “GoodShape”) from Mary Boyle Bradley, who shared her husband Noel’s experience with LDN in Honest Medicine. Mary first learned about LDN in 2002 from GoodShape.net, a website created and run by Fritz. The website also had a message board for people eager to learn about alternative multiple sclerosis treatments and to share their experiences. (The website was active from 2000 to 2015.)

Mary began communicating with others on the board, as well as with Fritz, who told her that, ever since his wife Polly began taking LDN for her MS in 2000, she experienced almost immediate improvement and never had another exacerbation. Mary decided to convince Noel to try it. So, it was because of Fritz that Noel started taking LDN, and was helped for many years.

From 2011 to 2012, Mary had a BlogTalkRadio program devoted entirely to LDN. She interviewed many of the pioneers, including Drs. David Gluck and Ian Zagon. She also interviewed Fritz, as well as many other LDN patient advocates, including SammyJo Wilkinson, Destiny Marquez, and me.

I met Fritz at an LDN conference in Chicago in 2013, and we became friends. I learned the dramatic story of how LDN helped Polly, and how their experience turned Fritz into a tireless and passionate advocate for LDN. He has convinced many people to try it and has, in fact, helped just as many to make their own LDN.

As you will see from his story, Fritz was one of the early LDN pioneers. I am honored that he has agreed to tell his story for our book. His chapter is taken in part, with Mary’s permission, from her BlogTalkRadio interview with Fritz.

Here is Fritz’s story in his own words.



My late wife Polly was originally diagnosed with MS in 1986. From then, until we found LDN in 2000, her condition declined. By 1995, she needed a wheelchair. We experienced what many people have gone through—the panic that nothing is working.

Out of desperation, we got in line early for Betaseron, the CRAB drug that came on the market in 1996. But in our case, as in many others, the drug was a disaster. Polly went backward as soon as she got on Betaseron. It took us about two or three months to realize this, but once we figured it out, I started searching and looking for other options. [Author's Note: CRAB drugs are four “disease-modifying drugs,” often prescribed as the first line of treatment for MS patients. CRAB stands for Copaxone, Rebif, Avonex, and Betaseron.]

In September 1999, people on the message board found a transdermal histamine treatment, which afforded Polly and a few other people on the board some measure of improved energy. But Polly and others didn't experience true improvement until LDN.

Many of the people who participated in my message board had been kicked off regular medical message boards for spouting alternative medicine ideas, which weren't popular in those days. Somehow or other, quite a bunch—maybe a dozen people, who had some really good alternative medicine ideas—ended up on the GoodShape board.

At that time, message board members used made-up names—for instance, there were Norma AK from Alaska, Marilyn from Vancouver, Marlene from Washington, and Jeannie Z from Florida. These people ended up helping me to oversee the board.

I don't know who heard about LDN first, but I do remember that one of us discovered an article from the winter of 1999 that had been published in the Brewer Science Library Newsletter out

of Wisconsin. It was an un-authored article, but we soon discovered that it was written by a woman named Christina L. White—a brilliant alternative medicine researcher and writer.

In the article, Christina White wrote that she had interviewed a friend of Dr. Bihari's daughter, to whom he had given Low Dose Naltrexone a dozen years before for multiple sclerosis. The story goes that this young woman reportedly took LDN for her MS for 10 years, then stopped taking it when she went out of state, and her supply ran out. She ended up getting an exacerbation about three or four weeks later that landed her in the hospital. According to the article, she went back on LDN and was doing well again. A very impressive story about the power of LDN!

Christina L. White's article ended with something like, "It's too bad things like this take 10 or 15 years to develop and test. But wouldn't it be nice if somebody out there would test it themselves? And if you do, please write me a letter and tell me how it worked for you."

A number of us on that message board were excited about doing just that; we took up the challenge, and by early March 2000, a dozen or so of us were taking LDN. And we didn't begin at 1 mg. We jumped right in at 4.5 mg! We didn't know any better. Within a month, all of the people who took LDN were reporting a level of success and were planning to continue taking it. Several of us are taking it to this day.

Polly started taking LDN at the beginning of March 2000 and had an excellent response to it. Before LDN, she had pretty much been in bed for all but an hour or two a day and was only getting up in her wheelchair for dinner. But within a couple of days, she was sleeping better and waking up better. The first couple of nights at 4.5 mg were a little rough, but within a matter of days, things were going more smoothly. Our life picked up. We took two cruises

and went back to going shopping and all kinds of things we hadn't been able to do for some time. Polly returned to a level of activity she hadn't experienced for at least five years.

Unfortunately, she died from heart failure at age 65, four years after starting LDN. Heart conditions were in her family's history, but she lived 10 years longer than others in her immediate family. When she died, Polly's MS had been stable for four years, and we were planning our third recovery cruise.

I credit her dramatically improved functionality and quality of life to LDN. Polly's and my experience with LDN, as well as the experiences of many of the people on our message board, turned me into a patient advocate—dedicated to helping others to get LDN.

In the early years I gave away a lot of 50 mg Revia naltrexone tablets along with amber bottles, droppers and instructions to create homemade liquid LDN. Today, I give out Naltrexone from two American manufacturers. But now that I am getting older, I have slowed the fight.

But, over the years, I have been able to help many people by providing them with LDN. Here are several of my recollections.

In 2005, I was a guest speaker at the inaugural "Low Dose Naltrexone Annual Conference" in New York City. There, I spoke about the first major LDN-facilitated cancer recovery that I witnessed. There were to be many others after that.

In 2004, a friend called me at our Florida home and said that her 88-year-old father was dying of terminal prostate cancer; he had been in a coma and sent home from the hospital with hospice care. She wondered if it was too late to try "that medicine you always talk about" on her father. With nothing to lose, I provided her with a bottle of liquid LDN and told her to put a few drops into his permanently open mouth every evening. I left town the next day to spend the summer up north.

When I returned to Florida in December, this woman called to ask me to come to dinner the following Friday. I accepted and apologized for not having checked in with her for news of her father. She said not to worry, and that she would tell me about him at dinner. Shortly after I arrived, to my utter shock and delight, her father and mother walked in the door, having just returned from a cruise. After three weeks in a coma and on intravenous feeding, a few drops of LDN over four evenings caused him to wake up and announce that he wanted milk!

I understand that his doctors all dismissed his LDN treatment as having been of no value. He lived another four years. To my knowledge, his prostate cancer never returned.

A few years later this same friend convinced her brother to take LDN two weeks before scheduled surgery to remove intestines that had been damaged by Crohn's disease. But when he entered the hospital for his pre-op examinations, his physicians sent him home: They could not find the damaged area they planned to remove.

A woman from the GoodShape message board who had received medicine from me wrote me a long email describing a June visit the previous year she had had with her sister and her 15-year-old nephew. They had been to see the oncologist who was treating the young man's glioblastoma, a fast-growing and often fatal brain tumor.

During the visit, the family was advised that the oncologist had exhausted all options for the 15-year-old and informed his mother that it was unlikely that he would make it to the end of the year. At that time, the woman offered her sister—the patient's mother—naltrexone tablets and the preparation materials I had given her. He began taking LDN shortly after that devastating doctor's visit.

The following March, the young man returned to the oncologist's office with his mother and aunt. The doctor reviewed the recent CT scans of his brain. Upon first look, he saw no signs of the glioblastoma. According to the email the boy's aunt sent me, the

physician left the examining room and brought back three other oncologists who observed the boy, commented on the scans, and had a discussion in the hall. The young man's oncologist returned and announced that the doctors had agreed that they would write up this boy's incredible remission in their hospital newsletter as the first such miracle that had taken place that year in the hospital's cancer unit.

The young man's miraculous remission from a glioblastoma was chronicled a couple of months later. But, of course, there was no mention of his elective LDN treatment. That story made me cry—with happiness.

Another family friend had a 45-year-old son with multiple myeloma, an incurable blood cancer. The family spent hundreds of thousands of dollars on chemotherapy treatments and all kinds of other treatments to arrest this disease—all to no avail. Ultimately, he was bedridden at his elderly parents' home. Many visitors came to say their goodbyes. I gave his sister the usual amber bottle containing liquid LDN and suggested that she give him a few drops every night.

The story I got a couple of weeks later was simply amazing.

After four days on the LDN treatment, this man miraculously got out of bed. He dressed himself and came downstairs for breakfast to meet with some of his farewell visitors. His mother was so amazed by his apparent recovery that she called his oncologist to get him back on chemotherapy. Neither the mother nor her son's physician believed that the LDN treatment was of any importance. He returned to chemotherapy and unfortunately, did not survive. That story made me cry because it was so incredibly sad.

After years of vacationing in Michigan, I became acquainted with a cleaning woman in her sixties who had some drinking and smoking habits. When I saw her one June, she told me that both

she and her husband had undergone treatment for lung cancer. She also told me that her 40-year-old son had committed suicide during that summer and that she had decided against further cancer treatments. She felt that she could no longer go on. I asked her if she would do me one big favor, and I gave her a six-month supply of naltrexone tablets to make her own LDN, along with directions on how to prepare and take it. She promised me she would take it and keep me informed.

In December she called, asking for more naltrexone and told me she had not felt this good in over two years. She was unloading truckloads of firewood and baking Christmas cookies for the first time in years. Her husband, who had not taken LDN, died from lung cancer the following summer. She was still doing well eight years later and moved to another state. I eventually lost touch with her but was glad to have helped her have a second chance at life.

My college roommate and good friend was diagnosed with primary lateral sclerosis, a disease similar to the dreaded ALS, twelve years ago. He became a permanent LDN user and is now one of my healthiest friends! He still walks with a limp but plays golf three times a week and has “shot his age” several times.

I know two elderly men who were both diagnosed with stage four prostate cancer and have been taking LDN for ten years. They do not know each other, but I have followed their progress and am happy to report that both are doing very well, with an excellent quality of life. One lives down the street from me, and the other lives on the west coast of Florida. Both men retired because their doctors predicted that they only had months to live. One of these men was a promising new president of a state university, but his career was cut short after this serious diagnosis. Every time I get reports from these men, I receive the same update: Their oncologists are still telling them that they have stage four prostate cancer and should prepare for the end.

I began my own LDN treatment in March of 2000, at the same time I started Polly on it. I wanted to test it for myself in hopes of preventing future disease. I believe LDN saved me from getting prostate cancer. Before I started taking LDN, my PSA level was high. After LDN, it's been low. As a matter of fact, today, it's lower than it was seventeen years ago. And LDN may have saved me from getting some other minor illnesses. I am sure it has cured my lifetime problem of hypoglycemia. After having avoided sugar my entire life, now I can have a stack of pancakes and syrup! I am making up for some pleasures I missed in my youth and still maintaining my LDN regimen, seventeen years later.

My most recent LDN success story involves my son Christopher's partner Kristen, who was diagnosed with both neuromyelitis optica (or Devic's disease) and myasthenia gravis. She couldn't see anything out of her left eye, and she couldn't see color out of her right eye. After six months of taking LDN, her vision in both eyes improved substantially, and now, she sees normally in each eye. Unfortunately, before finding LDN, she ran up huge hospital bills, because of doctor-prescribed plasmapheresis treatments that didn't help her achieve the remission that LDN gave her.

The good news about LDN keeps spreading through the Internet and the medical world, thanks to organizations like LDN Research Trust and endless Internet postings by dozens of intelligent, caring people like Linda Elsegood, Julia Schopick, Brian Haviland, and Dudley Delany. Thanks to the growing number of doctors like Bob Lawrence, Burt Berkson, Jill Smith, and many others, the work of Dr. Bihari and Dr. David Gluck continues, and an ever-higher level of respect is being generated for this truly remarkable, lifesaving medication. I am genuinely pleased to watch the slow but growing recognition that LDN is securing.

Just recently, I had an opportunity to watch the streaming videos of the LDN conference put on in Portland, Oregon, by Linda

Elsegood and the LDN Research Trust. I was encouraged to watch the presentations by over 30 doctors who are now using LDN successfully in their practices. Add to this the fact that there have been several books about LDN—also a good sign—books like Julia Schopick’s *Honest Medicine*, Linda Elsegood’s *The LDN Book*, SammyJo Wilkinson’s and Elaine Moore’s *The Promise of LDN Therapy* and, of course, Mary Boyle Bradley’s *Up the Creek with a Paddle*. And now, I am happy to be a part of this new book about LDN.

All of these are wonderful signs that LDN is becoming widely accepted. I believe the possibilities of what LDN can do for people with autoimmune diseases and cancers are endless, and I am happy to have played a part.



It's been almost 20 years since Fritz Bell first learned about LDN, and 18 years since his late wife Polly started using it. Since then, he has helped scores of people get and be helped by this treatment. Fritz has played a huge part in spreading the word about LDN, which is why I call him an LDN Hero.