

Camille's LDN Testimonial, February 1, 2023

Transcribed From Interview With Dawn Ipsen, PharmD at Kusler's Compounding Pharmacy

Dawn: Hey Camille! Thanks for coming in today.

Camille: Yeah, no problem.

Dawn: You and I have been friends and co-businesswomen in the community for a long time. We were talking the other night at an event, and I always enjoy hearing what you do. Do you want to just say what your business is since you are a businesswoman?

Camille: Yeah. Women and Family Wellness Studio. We do counseling and parenting classes and post-partum support.

Dawn: Down in Snohomish, right?

Camille: In Snohomish, yeah. We support all the moms and families and kids in the community.

Dawn: All of us moms need that.

Camille: Yes. Yes, we do.

Dawn: What I enjoyed about our conversation is we just started talking about our roles in healthcare and support. We started talking about LDN or Low Dose Naltrexone, and you had mentioned that that's something you've been using in your health journey. Is that right?

Camille: Yeah, I have since around April of 2022.

Dawn: Okay. Can you tell me more about what led to that becoming part of your health journey?

Camille: Yeah, so I had Covid. Started in November and then kind of peaked around Thanksgiving time, and then in the months following had some long-Covid symptoms that some resolved on their own. Some of them weren't. So, my Naturopathic doctor wanted to give [LDN] a try. I was pretty apprehensive.

Dawn: Yeah.

Camille: But did give it a try.

Dawn: Awesome. What were some of the symptoms that you were really struggling with? With the long-Covid?

Camille: The first one was that when I had Covid it messed up my liver enzymes. Something was off with my liver and my thyroid, and while my liver stuff resolved, I was having some gallbladder pain, but nothing could be diagnosed with anything wrong, but there was definitely some gallbladder pain happening. I also was having some prolonged shortness of breath. A lot of rapid heart rate – I forget what that's called – but definitely rapid heart rate, especially when I would first stand up. I would get out of breath really, really easily and just really fatigued. The exhaustion comes with Covid, but for me it wasn't resolving. So, those were the main things that were really hanging on there.

Dawn: Yeah, that sounds like it was a lot, and it sounds like you waited quite a long time to try to resolve and get better.

Camille: Yeah.

Dawn: You mentioned you were apprehensive about taking LDN. What sort of helped ease your mind or what was the turning point to say "you know what? I'm ready to try this."?

Camille: I really trust my doctor. I really do, and I really felt like I don't want to be like this anymore. So, I held onto the prescription for probably a month before I took it, and then just thought, "okay, time to make some changes! I'm willing to give it a try."

Dawn: Awesome. Wonderful. Well, I'm glad you made that choice. Can you share with me what it was like when you first started taking LDN? Anything you noticed right away or was it more subtle?

Camille: It was subtle. I started with one pill for a week, and then I slowly moved up 'til four pills. I think I was at 5 milligrams, a really low amount. Once I was at that higher amount the changes I noticed were my heart rate over time totally normalized. I didn't have that exhaustion anymore. I actually have had more energy than I have had since I have started having kids. Huge change there. I didn't have like achiness in my body. I had pretty severe adrenal fatigue onset right before Covid started, and then that obviously made it worse. So, I noticed all my symptoms from that had resolved just as like an additional bonus. The energy change was huge, and the gallbladder pain completely resolved almost immediately after getting up to that full dose.

Dawn: Wow, that's wonderful. Did you experience any side effects when you were taking LDN?

Camille: None. Oh, that's not true. Actually, I have crazy, crazy dreams. I have crazy dreams, and it makes me tired, so I actually like it when I take it because I know, oh, getting to sleep is easy-peasy!

Dawn: Oh, so it actually worked to your benefit?

Camille: Yeah, and I love the dreams. They're super fun. But, yeah, aside from that, none. None whatsoever.

Dawn: Okay. That's good to hear. I'm glad for that too. Are you still currently taking the LDN?

Camille: Yeah. I did kind of an accidental stint off of it. My doctor was out of the country, and so wasn't able to get it filled – at your pharmacy of course. I always use your pharmacy.

Dawn: Thank you.

Camille: Love it. And so, I thought, "this is okay. We'll see how it goes." I noticed some of the tiredness set in. Some of the achiness in my body set in. I would have been okay not going back on it, but I thought, if it's not hurting me at all why not go back on it for some more time.

Dawn: That's great to hear. Sometimes it's nice to sort of test out is this medication really helping you or not. Sounds like you are still getting a lot of benefit from it.

Camille: I am.

Dawn: If you had to just summarize and give a quick synopsis of what you would tell somebody considering LDN, what would you want to say to them?

Camille: It's worth a try. It's worth a try. And I know if a doctor is going to prescribe that you probably have some things going on that really affect your quality of life. And why not? Why not try it?

Dawn: Yeah, generally we look at that medication as really low risk. It either works or it doesn't. Hardly any side effects. Cost wise, fairly affordable when compared to other medications. I'm glad it was something that worked well on your journey. Camille, I just want to thank you for coming in today and sharing your story with us. It's really important for people to feel empowered and know what options are there for their life.

Camille: Yeah. Thank you. I really appreciate that my doctor took the time to educate herself on something that isn't really fully out there and a lot of people don't know about. I'm just grateful that I have this.

Dawn: You got a good team. That's wonderful. Alright. Thank you so much Camille!

Camille: Thank you!