

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*

## Exploring Low Dose Naltrexone (LDN)

If you struggle with chronic pain, autoimmune conditions, or inflammation, finding the right treatment can be challenging. Many conventional medications don't provide lasting relief or come with unwanted side effects. That's why more healthcare providers are turning to Low Dose Naltrexone (LDN)—a unique therapy that may help support the body's natural healing processes.



### What Is Low Dose Naltrexone (LDN)?

Originally approved for opioid addiction treatment at high doses, naltrexone is now being prescribed in much lower doses to help manage a variety of conditions related to pain, immunity, and inflammation.

Many people with chronic conditions have low levels of endorphins—the body's natural "feel-good" chemicals that play a key role in pain relief and immune function. LDN works by temporarily blocking opioid receptors, triggering the body to produce more endorphins. This natural boost may help:

- Reduce chronic pain (such as fibromyalgia and nerve-related pain)
- Regulate immune function (helpful for autoimmune conditions)
- Decrease inflammation (which is linked to many chronic illnesses)

### What Conditions Might LDN Help With?

LDN is currently being used as part of treatment plans for a variety of health concerns, including:

- Chronic Pain – Fibromyalgia, nerve pain, migraines, and other persistent pain conditions.
- Autoimmune Disorders – Multiple sclerosis, rheumatoid arthritis, Crohn's disease, Hashimoto's thyroiditis, and more.
- Inflammatory Conditions – Certain gastrointestinal disorders, joint inflammation, and systemic inflammation.
- Mood Disorders – Some practitioners explore LDN for depression, anxiety, and PTSD.
- Dermatological Conditions – Skin issues with inflammatory or autoimmune components, such as psoriasis and eczema.
- Integrative Cancer Care – Some providers include LDN as part of a holistic cancer treatment approach.

## The Research Behind LDN

Scientific studies suggest that LDN influences the immune system, inflammation pathways, and pain receptors. Research has explored its effects on reducing inflammatory markers, balancing immune responses, and even influencing cell growth in certain conditions.

What makes LDN especially appealing is its low risk of side effects compared to many conventional therapies. Some patients report improved energy levels, better sleep, and reduced pain after starting LDN therapy.

## Why a Compounding Pharmacy is Necessary for LDN

Naltrexone is only available in high-dose (50 mg) commercial tablets. Because LDN is typically prescribed in doses ranging from 0.5 mg to 4.5 mg, it requires compounding to create the right dose for each patient based on a prescriber's prescription. Our compounding pharmacy can provide LDN in customized dosage forms, including capsules, oral liquids, topical creams, and more.

## Is LDN Right for You?

If you have chronic pain, an autoimmune condition, or ongoing inflammation, LDN may be worth discussing with your healthcare provider. Every patient is unique, so working with a professional to determine if LDN could be a helpful addition to your treatment plan is important.

Interested in learning more? ***Talk to your doctor or our pharmacist about LDN today!***

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## 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.

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### 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

### HORMONE TESTING

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



are by appointment only, and are \$175. **Call Mary, our Patient Care Coordinator, to schedule your appointment.**



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

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