



March Is National Autoimmune Disease Awareness Month

Little-known treatment could save lives

BY CAROLINE JONES

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In light of National Autoimmune Disease Awareness Month, author Julia Schopick points to a little-known yet proven treatment for autoimmune diseases that could save millions of lives and hundreds of millions of dollars in healthcare costs. It's called Low Dose Naltrexone (LDN). "Most doctors and patients don't even know about it," said Schopick.

Schopick is the author of a blockbuster book on innovative medical treatments, *Honest Medicine*, and she's an in-demand radio guest and patient coach. She was driven to search for better treatments after

her husband was diagnosed with a malignant brain tumor decades ago. Inspired by his survival years beyond his doctor's predictions, she saw firsthand just how effective treatments can be—and how important it is to get the word out about them. She's now a passionate expert on a whole range of low-cost, non-toxic effective treatments "as well as the truth behind why doctors don't prescribe many of them. LDN has had tremendous success treating people with many autoimmune diseases. In fact, it's so promising that patients themselves underwrote a medical study, yet doctors as well as patients are often in the dark," she adds.

Autoimmune diseases affect more than 50 million Americans and exceed \$100 billion in direct healthcare costs every year. The

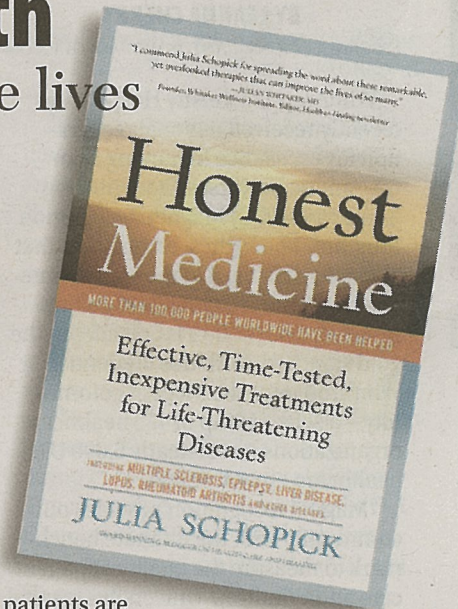
drugs commonly used to treat these diseases—a "terrible hundred" that includes multiple sclerosis, lupus, rheumatoid arthritis, fibromyalgia and Crohn's disease—are expensive, often ineffective, and wreak havoc on patients, often with damaging side effects. For 30 years LDN has proven effective against these diseases, according to Schopick.

"What keeps it on the outskirts of our awareness?" asked Schopick. "A terrible medical Catch 22, in which most doctors only prescribe the drugs that are manufactured and marketed by pharmaceutical companies who have a stranglehold on the megastudies used for FDA approval."

Patient education has never been so important—and no more so than with autoimmune diseases, according to Schopick. But there's good news: a growing network of

patients are learning about LDN and trying to break through the wall between Big Pharma and a known solution.

Visit the author's website www.honestmedicine.com for more information.



Gambling Awareness Month in March

BY ROHANIE PARBHOO

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Although we may not realize it, we are surrounded by gambling opportunities throughout our lives. Whether it's a quick trip to the grocery store, a stop at the deli, a company pool, a raffle for prizes or a night at the casino, we are often subtly engaged in the practice of gambling. Though many may perceive gambling addiction can be controlled, the National Council on Problem Gambling (NCPG) said that 85 percent of adults in the United States have gambled at least once in their lives and an even more startling realization is that approximately 2 million adults meet the criteria for disordered gambling.

While the month of March kicks off National Gambling Awareness Month, it is always important to be aware of what problem gambling is and how you or your loved ones can find help if faced with any gambling-related hardships. Executive Director for the New York Council on Problem Gambling (NYCPG) Jim

Maney said that awareness is vital. "I think what has occurred in our society is that at one time gambling was considered a vice. In the '60s or '70s the lottery was formed and ever since, gambling has transitioned from a vice to a being a part of the



state budget, generating revenue. The normalization of gambling has increased," said Maney. "It's always portrayed as this harmless behavior most of the time and what we need to do is educate folks."

The NYCPG has incorporated their goals into a plan to focus on during Gambling Awareness Month where they hope to provide state professionals with tools and resources on dealing with problem gamblers and also connecting people with services to receive help. They have an eight-page

resource guide, and will be posting blog and social media-driven content to assist in their efforts. They also have programs such as DontBetYet—in-formational material focusing on children and gambling, KnowTheOdds—a gambling addiction information center and You(th)DecideNY—a resource to assist teen-aged youth understand the consequences of gambling.

"I think that the at-risk population that we find are the adolescents and the elderly. And then for the niche gamblers, say like with sports betting, it will be men from 20-40. And then for slot machines, it would be women from 20-40," said Maney. "So there are niches for everyone and it doesn't discriminate. There are young kids having difficulty and older folks having difficulty. This is something that affects everyone from Long Island to Buffalo and every group in between."

Maney also said that if you or a loved one is facing issues dealing with problem gambling it is important to receive help as soon as possible.



"We also provide clinical supervision, twice a month, for anyone who would like it. We also provide numerous other trainings via our website for folks who want to continue their education about this issue. We run a two-day annual conference where folks network and provide more information and listen to the experts talk about problem gambling strategies," said Maney.

Visit www.nyproblemgambling.org or call 518-867-4084 for assistance with gambling-related issues.