

**This Report Brought To You By:**

**Traci Watkins**

**Avoiding Your Parenting Pains**

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## DISCLAIMER:

This information is not presented by a medical practitioner and is for educational and informational purposes only. The information is based on the personal experience of the writer. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

We encourage you to search out alternative methods of healing and being well. One course of action is to review this eBook. Another is to seek out Naturopathic doctors that look at the "whole" person (holistic) when treating.

**NOTE: This is a special edited version of the complete eBook located at: [www.AddictionSolutionSource.com](http://www.AddictionSolutionSource.com)**

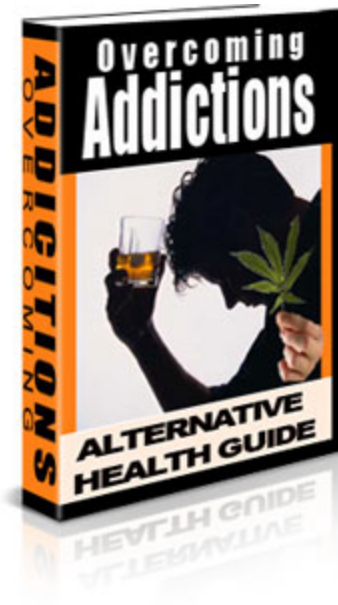
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From the website of Dr. Charles Gant, author of "*End Your Addiction Now*":

Since many people are unfamiliar with the term "Naturopathy," the definition is presented here as recorded by Congress in 1931 in The Federal Dictionary of Occupational Titles, Section 079.101-014, "**Naturopathic Physician**." This definition is based on a law passed by Congress in 1929 and signed into law by President Coolidge. This law recognizes Naturopathy as an independent and non-medical healing art. Of note is that this law has never been repealed.

"Diagnoses, treats and cares for patients, using a system of practice that bases treatment on physiological functions and abnormal conditions on natural laws governing the human body: Utilizes physiological, psychological and mechanical methods, such as air, water, light, heat, earth, phototherapy, food and herb therapy, psychotherapy, electrotherapy, naturopathic corrections and manipulation, and natural methods or modalities, together with natural medicines, natural processed foods, and herbs and nature's remedies. Excludes major surgery, therapeutic use of x-ray and radium, and the use of drugs, except those assimilable substances containing elements or compounds which are components of body tissues and are physiologically compatible to body processes for maintenance of life."



## Alternative Health

Instead of just managing symptoms, treatment focuses on finding the cause of a problem and helping the body restore its self-healing ability. The goal is to obtain optimal health in mind, body, and spirit.

*“The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.”*

Thomas A. Edison

# Overcoming Drug Addictions

## Alternative Health Guide

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## Introduction

This eBook is a result of a journey to find the truth about successful treatments for substance abuse addictions. This journey started after my son took 'street drugs' and "tripped out" and had to enter the hospital for treatment.

There is a great deal of misinformation circulating about treatment for addiction. For the general public, it is difficult to decipher what direction to take.

This publication will cover substance abuse / drug addictions.

We will use a description by Charles Gant, MD, NMD, PhD:

*A psychotropic substance is one that interacts directly with brain cells to influence moods, thoughts, and behavior. All psychotropic substances are potentially addictive.*

It includes the following:

- Nicotine
- Alcohol
- Stimulants, including cocaine, amphetamines, and many prescription drugs, such as Ritalin

- Prescription mood-altering drugs, especially antidepressants and anti-anxiety drugs such as Prozac, Paxil, and Valium, among others
- Opiates, including heroin and prescription painkillers such as morphine and Demerol
- Psychedelics, including marijuana, mescaline, and LSD

The following is a quote from a presentation delivered by Dr. Charles Gant:

*“Psychotropic toxins mimic natural stress hormones and neurotransmitters and trick the brain (and person) into believing something positive has happened, while simultaneously having a toxic, injurious effect!*

*No exceptions! All psychotropic drugs.*

*The idea that a drug will balance brain chemistry is a myth, it's a lie. Any consumption of a psychotropic drug will unbalance brain chemistry more than before they took it - period. No exceptions”.*

You can learn more in a video presentation by Dr. Gant here:

[www.JamisonMedia.com/Charles-Gant-Video.html](http://www.JamisonMedia.com/Charles-Gant-Video.html)

## SECTION 1

### Addiction Treatment Choices

In most treatment and group settings, you will often hear concepts such as:

"Relapse is a part of recovery,"

"You have no power over your addiction," and, even worse,

"Addiction is a disease, there is no cure for it, and the best you can do is learn how to live with your disease."

**These are not true!**

According to Dr. Charles Gant, author of "*End Your Addiction Now*", "substance abuse problems are the result of biochemical imbalances that disrupt the normal workings of brain cells". "There are four primary causes of the biochemical imbalances that are at the root of the substance cravings":

- Poor nutrition
- Exposure to toxins
- Stress
- Genetic vulnerabilities

Imbalances are particularly important in the biochemistry of brain cells, or neurons. Neurons produce chemical substances called neurotransmitters (the brain's messengers), and they control virtually every aspect of your life by communication with other cells.

Dr. Gant states that the four key groups of neurotransmitters related to substance abuse are:

Endorphins and enkephalins, two groups of structurally similar inhibitory neurotransmitters that are powerful natural pain relievers. (inhibitory means they block or slow up the communication between neurotransmitters) Drugs that mimic the actions of enkephalins include heroin and methadone.

Serotonin, an inhibitory neurotransmitter that exerts a soothing influence on unpleasant emotions and prevents us from overactions. Drugs that disrupt the normal action of serotonin is a class of prescription antidepressant drugs called SSRIs (Serotonin Selective Reuptake Inhibitors). This includes such drugs as Prozac and Zoloft. These drugs actually make the condition worse since the brain will reduce their natural production of serotonin. And when the SSRI use is stopped, symptoms of serotonin deficiency such as anxiety, irritability and rage return.

GABA, an inhibitory neurotransmitter (similar to serotonin) that helps alleviate anxiety and worry and influences intellectual activity. Alcohol and the prescription drugs Valium and Xanax are examples that artificially affect this neurotransmitter.

Catecholamines, a group of similar excitatory neurotransmitters that govern our abilities to pay attention and to experience excitement and

pleasure. Dopamine is in this category and is known as the “euphoria” neurotransmitter. To cope better in life, people turn to stimulant drugs such as cocaine and Ritalin to try and increase the catecholamine neurotransmitters.

If all of these neurotransmitters are properly nourished naturally with nutrients and a good diet and operating correctly, it is unlikely you would be having any health problems.

[None of the “conventional” addictions treatment programs take into account the "physiological basis" of substance abuse.](#) This is why they have a low success rate.

Why would anyone enter a treatment program that has a low success rate?? It just doesn’t make sense. That is what has been taking place across this country for years.

**In a February 17, 2008 article in the Sacramento Bee newspaper, Dr. Michael Wilkes from UC Davis, stated that "only 12 medical schools (out of 125 surveyed) offer a required course in substance abuse detection and treatment." He goes on to say that substance abuse isn't an exciting topic to teach, there are few experts and graduating doctors often dislike the problem.**

**No wonder it is difficult to find successful treatment programs!**

In regards to treatment for alcoholism, Dr. Joan Mathews-Larson, one of the pioneers in holistic treatment of addiction, stated that “the conventional treatment system is antiquated because it isn’t based on science. It’s based on someone’s notion that there is some psychological flaw in alcoholics and that if we talk to them long enough, we’ll straighten them out”.

Listen to Dr. Larson’s story as she tells about how the loss of her seventeen-year old son to suicide (directly after he completed a conventional treatment program) fueled her on-going search for more effective solutions. Go to this page for more information:  
[www.JamisonMedia.com/Joan-Mathews-Larson-Video.html](http://www.JamisonMedia.com/Joan-Mathews-Larson-Video.html)

Did you know that over 80% of alcoholics are hypoglycemic? And most treatment programs do not even test for this! Matter-of-fact, most programs do not carry-out any extensive testing. How can you treat someone if you have not completed extensive lab testing to determine what the status of the body is??

Many people may not realize that 12 Step Program groups such as AA, are only a support group and are not for treatment. AA is helpful for those who prefer a spiritually-based group. These groups have helped some people but they are not for everyone.

Here is an interesting side story regarding the AA (Alcoholics Anonymous). Abram Hoffer, M.D., Ph.D., is an internationally recognized physician, author, medical researcher and pioneer in

orthomolecular medicine. In 1960 he met Bill Wilson, co-founder of AA and talked about using Niacin (Vitamin B-3) to help alcoholics. Bill W. was very interested in using it and he tested it with positive results.

Bill W. was a supporter of using Niacin but unbelievably his ideas were originally rejected by the AA International Headquarters because he was not a medical doctor!

View the free video (9 1/2 minutes) to hear the story:

[www.AddictionSolutionSource.com/category/alcohol\\_addiction](http://www.AddictionSolutionSource.com/category/alcohol_addiction)

Research has shown that there are programs with a high success rate. In some cases the research has been around for many years.

Dr. Joan Mathews-Larson (author of "*Seven Weeks to Sobriety*"), was the first to show that the Orthomolecular Medicine approach, when added to a conventional psychosocial treatment model, could double and even triple the expected long-term recovery rates for alcohol and drug addicted people. Long-term recovery is defined here as one to two years of abstinence from drugs and alcohol. This fact is important because it is easier to show short-term benefits.

In 1987, Dr. Mathews-Larson published data suggesting that successful long-term outcomes for alcoholism and addiction of 74% or more were achievable when Orthomolecular Medicine principles were applied in addition to a conventional psychosocial treatment.

(Studies of conventional treatments showed successful outcomes of between 8 and 34 percent).

When Dr. Charles Gant was the medical director of a 60 bed inpatient drug and alcohol treatment facility in the 1990's, he duplicated the astounding high recovery rates similar to Dr. Larson.

Note: Orthomolecular medicine describes the practice of preventing and treating disease by providing the body with optimal amounts of substances which are natural to the body. For more information see: [www.orthomolecular.org](http://www.orthomolecular.org)

Julia Ross, MFT, a pioneer in the field of nutritional psychology and author of , *The Mood Cure*, stated that “psychological and spiritual approaches are valuable in many ways, but I have not found them to be very effective for eradicating addiction – unless they are combined with nutritional rehabilitation.”

You can learn more about video presentations by Julia Ross here: [www.JamisonMedia.com/Julia-Ross-Video.html](http://www.JamisonMedia.com/Julia-Ross-Video.html)

In one video, she is talking about “Preventing Relapse”. In another she is talking about “Effective Treatment for Marijuana and Meth”.

Bottom line - treat substance problems where they really happen: at the cellular and molecular levels, and do it with natural substances, not drugs.

You must treat all three areas to have high success recovery rates:

- 1- **body** - physiological treatments
- 2- **mind** - psychological strategies
- 3- **spirit** – AA or other types of spiritual activities

If you do not address the physiological issues first, the other two will probably be worthless or not very effective.

### Additional Resources:

[Natural Health Guides](#) – Alternative Health Center that offers several programs including Overcoming Addiction and Quitting Smoking.

[The Body Detox Method](#) - Natural detoxification, addiction and treatment recovery strategies

[10 Step Detox Program](#) - By Dr. Janet Hull. Detoxification Program for: Body Toxins, Heavy Metals, Mercury, and Food Chemicals

[Stop Cravings](#) - All Natural Remedies for the most common cravings -- Alcohol, Carbs, Sugar, and More.

[EasyQuit System](#) - Quit Smoking quickly and easily, without cravings or willpower! Amazing new system destroys a smokers will to smoke.

[The Art & Science Of Eft](#) Ananga Sivyers Highly Acclaimed Emotional Freedom Techniques eBook