

## **Breaking Addictions Naturally - The Science is On Our Side**

### **David Will's Notes**

#### **December 2008 Meeting of the Organic Living Club**

##### Suggested Readings

*The Mood Cure* by Julia Ross, M.A. author of "*The Diet Cure*"

*Natural Highs* by Hyla Cass M.D. and Patrick Holford

*Learned Optimism* by Martin E.P. Seligman\*

*Healing Yourself with Self-Hypnosis* by Frank Caprio, M.C. and Joseph R. Berger

*Healthy Healing* by Linda Page Ph.D. - for specific addictions

*Prescriptions for Natural Cures* by James F. Balch, M.D. and Mark Stengler, N.D.

Six Essentials of Life are eat, drink, exercise, breathe, think and rest. To beat addictions, we must put all of these in balance. The following are suggestions for breaking any addiction, including - smoking, drugs, food, work, etc. From substance abuse to minor cravings. The best time to start an addiction breaking program is yesterday, the next best time is today. The supplemental program even works for drug addicted babies.

Ask most people and they will tell you breaking addiction is mostly mental. Most books will tell you so. However, breaking addictions is mostly physical, not psychological or spiritual. Soft addictions and hard addictions are all the symptoms of the same basic problem - poor nutrition. We sometimes shift our addiction, once we learn to solve the addiction situation at hand. In other words, we substitute one addiction for another, once we learn to solve the addiction we are most concerned with today. An example would be giving up smoking for eating jellybeans. Soon we have a soft addiction of jelly beans.

So to solve the addiction problem, we must first solve the underlying cause. What is the imbalance in our body and/or our lives. If we first identify the cause in our body, then we can resolve the imbalance in our lives. We can blame social pressures, psychological problems from the past, genetic tendency coupled with those mentioned above, but it basically comes down to nutrition.

Most addictions are a result of nutritional deficiencies/ food allergies/ and/or blood sugar imbalances as in alcoholism. To check for imbalances, it is suggested one take a series of test including a hair analysis, urine analysis and saliva analysis. A blood analysis can be taken if there is a suspected amino acid balance problem. Pulse testing or elimination diet can be used to check for food allergies.

Overcoming any compulsion (addiction) is a process of self-discovery. One can transform one's self, without needing to reform one's self. You have a

“Discerning Self ” that lives within you. Some people call it their conscience or essence, and others may call it their soul. Too often we don’t listen to it when it comes to making the right food choices, and this leads to addictions. We can discern the good and bad for ourselves, but we often fail to listen. We should keep an active “Daily Diary” OF and FOR our lives. **“Unless we change the biological core of the addiction, it becomes a setup for relapse, shame, and despair.” From the Mood Cure page 252. Record a daily journal of your life. Start today.**

#### Definitions

Addicted = 1. physically and mentally dependent on a particular substance and unable to stop taking it without incurring adverse effects. 2. enthusiastically devoted to a particular thing or activity. origin is to be bound or devoted.

Origin of Addiction is: denoting a person’s inclination or proclivity.

Addiction = non-growth, (staying locked in the past), Addiction = attachment (attachment is the cause of suffering and non-loving of one’s self), Addiction = postponement and repetition AND ( **repetition is hypnosis** ). You ingrain yourself with the addiction. You have hypnotized yourself with your bad habits by repeating them over and over again. By postponing “Change”, you make the attachment stronger and you sometimes hate yourself for allowing the problem to continue. It’s time to grow, it’s time to Change your eating habits and satisfy your nutritional needs.

#### **CHANGE and BALANCE - Between Burnout and Boredom**

To change we need to experience conscious awareness of our everyday activities including the moment to moment, here and now activities we encounter. We need balance. Let me discuss the nonfood items first.

1. Take time to get in touch with your feelings. What tensions do you have today? What tensions have you pent up over the years? Do you really want change? YOU have the will power to change, so use it. Getting in touch with your feelings is the starting point. For long term severe addictions, it may be necessary to contact a psychologist. Take the time to be by yourself in a quiet place and meditate and/or pray. Getting in touch with your feelings can also be done in group sessions, should meditation fail.

2. Start a Daily Diary. Write down what you eat, how much you exercised, your emotions and anything else important to you. Keep this journal near you and write down anything that comes to mind. Journaling is one of the most important things you can do for your health, both mentally and physically.

3. Start by deciding when you will change. Set a date (“D” day ), not too far off, not too close. Get motivated by mapping out a plan and getting others around you motivated to help. You will need to change your rituals. Plan to throw the junk (the addiction) out the door, and anything attached to that addiction, that makes you think you need it. You can even plan a symbolic or a real burial of the addiction. This can be the “D” day event or a goal day up to

a year later. Decide to change all your “bad habits” at once. Some people use a 12 step program to help overcome the addiction. These are for the most part great programs, but always remember, it is up to you to make them work.  
EXERCISE THE BRAIN.

4. Define your goals on paper and post those goals where you will read them daily. Make only positive statements. Example: I will stop eating Bon Bons by \_\_\_\_\_ and I will only eat them when I feel free to do so. Begin reading and stating these at least a week prior to “D” day. Keep a copy handy in case you feel an urge to succumb to the addiction.

5. Allow for flexibility and acceptance if I fail during my transformation. If you fail in the next 3-6 months, do not give up immediately, but accept that this is a one time occasion and beginning the next time or next occurrence, you will do better. When professionals fail, they examine why they failed, formulate a new plan, and start all over again. Long term failure is not allowed. **Only 40% of resolution makers succeed on the first try. Seventeen percent try six or more times before they succeed.**

6. Begin to visualize the new you in a positive manner. EXERCISE THE BRAIN

A. Look at your stated goals 3-5 times a day. Imagine yourself as that transformed person. Imagine how are you different than you are today?

B. Visualize yourself as you refuse to accept the addiction or offering of the addiction in the future?

C. Visualize your excuses. This makes them weaker.

D. Write down the excuses before you decide to succumb to an addiction. This weakens the addiction and puts it in proper perspective. Review as necessary.

7. Verbalize by Stating Your Goals - **Daily and out loud.** Read your goals aloud to yourself, three to five times a day. **State them in a positive manner.** Verbalize your excuses. This makes them weaker. Use a recorder and play back the excuses before you decide to succumb to an addiction. This weakens the addiction and puts it in proper perspective. **Put a tape or CD in your car, and Listen to Yourself.**

8. Hypnosis helps. Visualization, verbalization, manipulation and synchronization assist in your “Self Hypnosis”. We are what we think. We are what we perceive. 8A. Visualize yourself refusing to partake of the addiction. 8B. Verbalize yourself refusing to partake in the addiction. Remember all the positive reasons why you need to change (listen to your “Discerning Self ” as in manipulation. Finally, perform all these functions simultaneously. Remember ( **repetition is hypnosis** ). Once we proceed to alter our behavior, our attitude will change. Therefore positive reinforcement through visualization, verbalization, manipulation and synchronization of the positive aspects of being free from addiction is Self Hypnosis. If self hypnosis has not worked

before, consider getting a professional hypnotherapist to help.

9. Begin each day with affirmations. EXERCISE THE BRAIN.

Five most important things you must say to yourself every morning - You Make Up Your Own Dialog.

A. Thank God in meditation, prayer or praise.

Examples: Begin the day with the words, Today is the Day the Lord has Made - Rejoice and Be Glad in it !, or sing a favorite hymn !

B. Welcome Your World.

Examples: "Good Morning StarShine !, The earth says Hello." - the words to a song., "Look Out World, Here I Come !" - the words to a popular phrase. Use whatever motivates you.

C. Proclaim the day.

Examples: This is going to be a great day !, Today Will be the Best Day Ever !

D. The Countdown to A New Me Is \_\_\_\_\_.

Examples: The Countdown to a New Me is (Minus or Plus) 5 days! - depending which side of "D" day you are on., or The new me began 46 days ago and counting! State this enthusiastically.

E. Today I am going to (see #3 & #6 above)

Examples: Today I am going to stop smoking ! Today I am going to stop eating sugary foods.

10. Drink plenty of pure water. Drink rain water if possible or filtered or distilled water when possible. Pure water removes toxins from the body. Good water is needed for a healthy brain and body.

11. You will need to exercise and to get outside and into some sunshine. If you cannot exercise and do not get into some sunshine, you will not do as well as those who do. Exercise for **ten-twenty minutes every morning**. Rhythmic exercise allows the mind to enter a tranquil state of clarity. Running, jogging, walking, jumping, rebounding and other rhythmic exercises also allow for repetition of positive goals. Remember, no matter how physical your job activities, **you must take time to exercise !!!**

12. Sleep is extremely important. You will need 7-8 hours of uninterrupted sleep. If needed, take 500-1500 mg. of L-Tryptophan. If necessary, take a time released melatonin with L-Tryptophan.

13. Avoid those who enable you to partake in bad habits. Change jobs or situations if necessary. If you are really committed, you will make the necessary changes.

14. Get rid of the junk. Get rid of the stimulants like sugar, coffee, alcohol, drugs, sodas or soft drinks, junk foods, etc. Get them out of your life and out of your home. Don't purchase them and do not allow them around. If they

are not in your life, you won't be tempted. Don't eat sweets or white flour starches.

15. Acupuncture at the ear points with large needles can help many of those addicted if done by a trained professional. Acupuncture is even recognized by the FDA, AMA and other so called health organizations as an alternative method that works.

16. Cleanse the body

A. Remove the toxins. Ending every addiction can be helped along with a change in body chemistry. Use a recommended body cleanser and /or liver cleanser, and eat a vegetarian diet with amino acid supplements for (21) twenty one days. You can gradually ease the body into the change prior to the "D" day by eating the vegetarian diet. But save the body cleanse for "D" day and "D" day plus (as long as the body cleanse requires). Use the liver detox for an additional 7 days. Your total days of cleansing and vegetarian diet should be an accumulation of 28 days. Example: Use 14 days prior to "D" day to begin the vegetarian diet and /or liver detox. On "D" day you begin a Body Cleanse. Assuming the body cleanse last 7 days, then the remaining 7 days would be a vegetarian diet with amino acid supplements. If the body cleanse last 21 days, then this is even better, but a full 28 days is needed prior and/or post "D" day.

B. Use a Detox Bath to remove toxins from the body

1 cup Epsom salt, 1 cup apple cider vinegar, 1 cup baking soda, 1 cup Sea Salt in a full hot tub 105 degrees for 15-60 minutes. Or use Epsom salts at 4 cups in a tub of water, plus + Digestive Enzymes as 2 tea bags in tub water or 4 capsules added to the tub water with the Epsom salts. Do not use Heinz Apple Cider flavored Vinegar for a vinegar source.

C. The overwhelming amount of information about mercury amalgam fillings in the teeth causing everything from Alzheimer's to heart problems to MS and more. This information cannot be ignored. If you have amalgam fillings in your mouth, get them removed by a competent dentist who knows how to remove these toxins without putting the toxins in the body. If you have these fillings in your mouth, **you must detox daily**. Find a specialist to help you detox your body. Following the above diet and taking Chlorella and Spirulina with every meal will aid in the removal of this heavy metal from the body.

D. Cleansing the body includes laughter. Laughter causes the hormones to move into a positive health mode. Laughter releases endorphins and other chemicals that remove toxins from the body. Laughter comes in great when the stresses of breaking addiction become almost unbearable. Practice laughing without hearing a joke. Just laugh. Start a laughing club with your associates.

E. Breathe clean air. Find somewhere to go to breathe clean air. Rid your home of air contaminants. Texas leads all states in total tons of air contaminants. Even when adding the next 10 states together, Texas still has more pounds of pollutants than those combined!!!

17. Think positive thoughts. This goes along with verbalizing your goals. When we pause to think before we speak, we can create a positive atmosphere around ourselves and those with whom we come in contact. This is one of the more difficult things one can do especially when others around you are negative. Finding a way to positively address life should be your highest priority after beating the addiction by changing your diet to a healthier lifestyle. Find the silver lining in eat tragedy or set back. You can do it. Find positive friends and spend more time with them.

18. It is not all about you, it is about others. Focus on giving to others and your recovery period will be shorter. Realize that addictions have ramifications for others. Your addiction harms and hurts others. By becoming involved in a service to others, your focus moves from addiction to service.

#### 19. Supplement your Fight - Supplements to Fight Addiction

In the mid 1980's, University of North Texas neuroscientist and researcher, Kenneth Blum Ph.D. was studying the brain chemistry of alcoholics and drug addicts. He found that he could override the bad-mood of his subjects by giving them AMINO ACIDS. The amino acid supplements also helped them to stay away from drugs and alcohol. Those who took NO supplements had a four time higher relapse rate. Generally within 15 minutes of receiving the amino acids supplements, the bad moods subsided. Feelings of lethargy, tension, irritability and emotional pain are shed within minutes of taking the supplements. People are not addicted due to a lack of medicine, but rather a lack of nutrition.

General Supplements to Curb Addictions - Use with supervision of a health care consultant

A great vitamin and mineral supplement - a vitamin/mineral pill or a vitamin/mineral/supplement mix

B vitamin complex at full dose All of the B vitamins are a must.

Vitamin C at bowel tolerance at 1000 mg. every hour when detoxing, Use a natural C vitamin if possible

Cod Liver Oil - 1000-2000 mg. daily. Take 400 IU. of Vitamin E with cod liver oil unless already added.

Liver Detox - with milk thistle and dandelion

Chlorella - for heavy metal and drug detox

Glutamine at 1000 mg to lessen withdrawal symptoms

Activated charcoal - for chemical toxins (drugs and environmental chemicals) detox

Nux Vomica - a homeopathic remedy for withdrawal symptoms at 30C twice

daily for two weeks.

Wild Oats tincture - to assist with addiction withdrawal symptoms

Chromium, magnesium citrate, and NAC - follow label directions

One half whole Lemon in one glass of filtered-water to alkalize the body

Noni juice - 2 tablespoons initially, the 1 tablespoon every 4 hours until one is detoxified

20. Specific amino acids for addictions. **Please note**, in some cases, relapse of the addiction can occur with something as simple as drinking one soft drink. A very strict dietary plan should be followed for a year or more before deviating from acceptable norms. Also check stomach acid levels for absorption.

GABA - 500 mg. four times per day and /or Calmes Forte as directed. Stops carbs craving and hypoglycemia. Also consume anti-stress foods like raw dairy products and lots of eggs.

L-Tryptophan, St. John's Wort or 5-HTP - Warning: **Check for drug interactions associated with taking St. John's Wort or 5-HTP and some drugs**. For afternoon or evening cravings of ice cream, candy, alcohol, tobacco, marijuana, fatty foods or sweets. For addictions to the drug **Ecstasy**.

Tyrosine - except for those with uncorrected low thyroid. For cocaine and amphetamine, and antidepressant addiction. If tobacco, alcohol or marijuana acts like an "upper" instead of a "downer", then Tyrosine may be for you. Also for those who think they must have chocolate, coffee, NutraSweet or No-Doz, tyrosine may be effective. Eat organic eggs and cottage cheese, and wild caught salmon, preferably in the morning.

DLPA - a combination of D & L forms of the amino acid phenylalanine. D-phenylalanine (DPA) for addictions to pain medications, chocolate, comfort foods (sweet and fatty foods), tobacco, marijuana, alcohol, gambling, people (mom & abusive relations) and sex addiction. For individuals that become over-emotional. For individuals addicted to heroin. Avoid DL-phenylalanine if you have high blood pressure, are pregnant, or diabetic. Be certain you have enough B6 vitamin if taking this supplement.

#### Specific Addictions

Alcohol - Liver Cleanse is absolutely necessary. Drink lots of water and take a full complement of B vitamins daily. Take Kudzu for alcohol cravings. Add lithium orotate at 5 mg. for 6 weeks if bipolar. Consider acupuncture and chiropractic. Take Calcium-Magnesium supplement for brain function and high dose cod liver oil for mood swings. Take the proteins listed above. Avoid sugar and processed foods.

Tobacco - To stop smoking or using tobacco, one must also stop the use of co-addictors like sugar, alcohol and caffeine/coffee. If you use tobacco to deal

with stress, supplement your day with GABA. Also take 1000 mg. of tyrosine, 1000 mg. of taurine and 1000 mg. of glutamine before breakfast, midmorning and late afternoon. Take supplements one half hour to one hour before eating a meal. **Do not take these supplements with food or juices.** An aid Stop Smoking Naturally call 800-846-1649. You only pay if it works.

\*\*\*Should you feel agitated, irritable, anxious, lethargic, have headaches or cravings - Great!!! These feelings will go away. They are a way of telling you that you are kicking the addiction. Keep on laughing and keep focused on the goals- your victory is at hand !!!\*\*\*

Schizophrenics need more niacin and up to eight (8) times more vitamin C.

B vitamins for manic behavior.

Take Mood Altering Foods, NOT mood altering drugs.