

Introduction

My interest on the subject of addiction and substance abuse stems from a family that I know. Out of five children, four of them are substance abusers. They are an upper middle-class family who might have lived next door to you when you were growing up. The father owned his own business, and the mother stayed at home. Neither of the parents smoked or did drugs, so it was always a mystery as to how this could have happened. The children mentioned above are my cousins, and as hard as I tried, I could never help them. Maybe, this article will help some of you.

It is said that addiction exists when the body becomes accustomed to the presence of a foreign substances that it can no longer function properly if the substance is withdrawn. There are a lot of people in this world who find they need support from a chemical prop in order to keep up with the stride of living in a highly sophisticated, stressful society. Mind you, not everyone who uses drugs, legal or otherwise, becomes addicted to them. For instance, the three most commonly used drugs are alcohol, tobacco and caffeine. They are legal and freely available, but they do not pose an addiction problem for all those who take them. There are those who have an occasional glass of wine and will not become alcoholic s, people who have a cigarette at parties or special occasions and people who drink coffee who don't crave it all of the time. It is important to recognize that not all dependencies are menacing or life-threatening. For instance, having a glass of wine after a hard day's work or the odd bar of chocolate is not recognized as a addiction frustration serious form of addiction. However, once you reach the point of experiencing panic, severe anxiety or fear of being unable to cope without your wine, chocolate or cigarettes; you may have a more serious addiction which would require treatment.

The reasons for addiction, according to most research, lie in the brain. A group of chemicals called neurotransmitters carry the signals between neurons in the brain. One of these neurotransmitters, dopamine, plays a pivotal role in transmitting feelings of satisfaction, arousal, and reward, so that every time we experience these feelings, we have the desire to replicate them by doing whatever it was that caused them before. This may account for the repetition inherent in addictive behavior. Alcohol, nicotine, marijuana, cocaine, and amphetamines are a few of the substances that increase dopamine levels in the brain, and the more they are used, the more deeply these substances are associated with pleasure and reward, and the more profound the dependency.

Signs of addiction can include:

- Decreased desire to work or go to school
- Decreased desire to socialize
- Extreme drowsiness
- Inattentiveness
- Frequent mood swings
- Restlessness
- Personality changes
- Loss of appetite
- Wanting to be alone
- Losing your temper easily

In addition, people who become chemically dependent do so at different rates, and some research is showing that susceptibility to addiction may be, in part, hereditary. The sad part of addiction, and complicating matters even more, is the fact that with prolonged use, the body often ends up needing more and more of the substance to produce the desired effect and to prevent withdrawal symptoms.

Some drug withdrawal symptoms may include:

- Headaches
- Insomnia
- Sensitivity to light
- Sensitivity to noise
- Diarrhea
- Hot and cold flashes
- Sweating
- Deep depression
- Irritability
- Irrational thinking
- Disorientation

The first step for many people is to re-learn the art of caring for and loving themselves and reinforce their desire to live. Much of drug use, at least the habitual kind, is part of a syndrome of self-destruction.

Addiction is a tremendous personal, social and economic problem in our society. It both supports and drains our total economy. Our society and advertising world promotes addiction. It begins with sugar, caffeine, nicotine, alcohol and many foods, such as milk products. Our behavior regarding foods, particularly the ones with all the sugar, is conditioned at a very early age and is difficult to change.

Most people are aware that a drug overdose can kill, but many do not realize that these poisons kill in other ways as well. Angina, heart attack, coronary artery spasms, and life threatening damage to the heart muscle may occur with the use of cocaine and heroin. Chronic marijuana use can reduce the immune response by as much as 40 percent by damaging and destroying white blood cells. Marijuana can also be an adrenal drain, lessening our ability to handle stress, and many regular cannabis smokers have associated hypoglycemic problems. The initial effect of smoking marijuana is an increased blood sugar. The "munchies" that are associated with "getting stoned" may be related to low blood sugar and reduced liver glycogen storage, setting up a craving for food, especially sweets. All drugs weaken the immune system in one way or another and without a strong immune system, the body is vulnerable to all kinds of infectious and degenerative diseases.

If that is not enough, research has found that children of alcoholics are more inclined than others to use drugs, including cocaine. These individuals are 400 times more likely to use drugs than those who do not have a family history of alcohol addiction.

Lastly, a growing problem for substance abusers in these times, especially for those who use drugs intravenously and share needles, is the threat of AIDS. Sadly, for long-term drug users, even this is sometimes not enough to deter them from continuing the habitual use of drugs.

There is no single treatment that is right for everyone. It is not a single prescription that will help all addicted people. Treatment needs to be tailored to fit the individual. It is for this reason that we would like to provide the different modalities that are available and that have had great success with addiction.

Before going through any drug or chemical detoxification, it is prudent to prepare and plan for it. This is important both physically and psychologically. It is definitely wise to have the aid of a physician, therapist, family member or good friend for support. The withdrawal phase can be the most difficult time, and this can vary from a day or two to a week or more.

Biochemical Restoration

Reversing symptoms of addiction by changing the person's neurochemistry and nutrient deficiency through dietary intervention. The concept is based on the fact that most, if not all, addictive people have problems processing sugar and carbohydrates and are very, very protein deficient. Ultimately, the goal is to teach the person how to recognize and modulate their feelings by paying attention to the foods they eat.

The Allergy / Addiction Syndrome

Recently, there are researchers that believe there is a strong correlation between addiction and allergies. According to their studies, we become addicted to foods as a way of adapting to allergic reactions from them, and we tend to crave foods we are allergic to because we need them to keep withdrawal symptoms at bay. When we reach this point and need a particular food in order to feel good, or rather, in order not to feel bad, we are addicted to it. "According to this theory," says Leon Chaitow, N.D., D.O., of London, England, "by constantly exposing themselves to an addictive substance, addicts prevent themselves from experiencing the more violent displays of allergic symptoms—the substance 'masks' the allergy, in other words."

Furthermore, Dr. Chaitow points out that an addict's withdrawal symptoms are almost identical to the symptoms which occur when an allergic substance is removed from the diet or environment—ranging from tremors to prostration, cramps, vomiting, sweating, and hallucinations. "Any food or drink which is commonly consumed or craved may in fact be an allergic substance for an individual if withdrawal from it makes one feel unwell, or if consumption of it produces euphoria," Dr. Chaitow says. Alcohol is the classic substance fitting this description.

Lastly, it is interesting to note that many of the foods from which alcohol is made, particularly grains, corn derivatives, sugars and yeast are common allergens. The research maintains that many alcoholics are also addicted to these foods and thus perpetuate their allergies with excessive drinking.

Neurotransmitters

Studies conducted at the University Of Pittsburgh School Of Medicine, in which smokers and non-smokers filled out a behavioral questionnaire revealed that nicotine's biggest mood-changing influence was on people who scored high on sensation-seeking. This was true both for smokers and non-smokers (non-smokers who were given nicotine via a nasal spray). Heart rate and blood pressure responses were the same for smokers and non-smokers, suggesting that the psychological effects were more significant than the physiological ones. Doctor Keith Johnsgard, a psychologist and professor emeritus of psychology at San Jose State University in California, says that the explanation has to do with the neurotransmitter dopamine. Dopamine is the brain chemical that relates to pleasure and stimulation. Nicotine creates a dopamine response. People who are high sensation seekers reportedly need more dopamine. This same phenomenon explains why nicotine and alcohol often go together. The answer, according to some, is to get your cravings under control and satisfy the need for sensation. A good route to go is to balance your brain chemistry with supplements of neurotransmitters. Since these chemical messengers get out of balance as a result of stress, in addition to any hereditary predisposition, taking such supplements can give you renewed energy while altering a jagged mood in a healthier way.

Doctor Charles Gant, a retired Washington D.C. physician and author of, *End Your Addiction Now*, is one of a handful of doctors who are convinced that the standard approach to alcoholism is missing an essential component—a biochemical way to loosen alcohol's grip. This method, which is slowly gaining acceptance, puts a twist on the mind/body dynamic underlying traditional treatment programs. Another physician, Doctor Joseph Beasley, and author of a book called, *How to Defeat Alcoholism: Nutritional Guidelines for Getting Sober*, is an early proponent of research into the brain chemistry underlying addiction.

These physicians and their colleagues believe that the body's needs must be attended to first. In their opinion, alcoholism is primarily a brain chemistry imbalance fueled by a deficiency in certain nutrients. Those missing nutrients have to be replenished by eating a diet high in protein, brain-healthy fats and high-fiber. In addition, taking supplements that include vitamins, minerals, and amino acids can actually re-wire the brain to reduce cravings. According to Doctor Beasley, "For the alcoholic, metabolism is far stronger than free will, and diet and nutrition therapy should be part of any alcohol treatment program."

You would probably be surprised to know that relapsing after years of sobriety is more common for alcoholics than you think. The downside about modern alcoholism treatment is its appalling long-term success rate. Did you know that a commonly cited statistic for alcohol treatment programs is less than 20 percent recovery after one year? In other words, out of every five people who enter an addiction program, only one will actually stay sober. Most programs out there that focus only on the mind, consist of emphasis on daily counseling sessions and attendance at meetings. "Alcoholism is a physical disease," says Joan Mathews Larson, a nutritionist who is the author of, *Seven Weeks to Sobriety*, and director of an outpatient treatment program.

We would also like to add that those who advocate a nutritional program do not think that AA-based programs are entirely off base. As a matter of fact, all the treatment programs that feature nutritional therapy also include either 12-step sessions or some other type of counseling. Let's just say that beating an addiction requires shoring up the body as well as the mind.

Alcoholism is not the only type of addiction that responds well to nutritional therapy. A young doctor's story is a classic case. As a young resident, he became addicted to prescription drugs and went through the classic 12-step program. A year later, he again found himself in the same boat. This time, he chose a non-12 step concept that administrators of the program said had an 80% success rate. He is still clean today, three years later.

The nutritional program is much the same as those for alcoholics, with a slightly different formula of vitamins and amino acids. So, in essence, the supplements for people recovering from drug abuse are tailored to their particular brain chemistry.

Intravenous Withdrawal Support for Severe Cases

This type scenario is often used by some doctors for those with severe withdrawal problems. Three to four consecutive days of intravenous therapy consisting of vitamin C, calcium gluconate, magnesium sulfate, pantothenic acid, and vitamin B6. According to some doctors, withdrawal symptoms can often be completely eliminated after one or two days using this approach.

The Heavy Metal / Substance Abuse Connection

Many studies have been done in regard to the heavy metal connection and substance abuse. According to research at the individual level, done through Dartmouth University, the uptake of heavy metals is associated with higher levels of learning disabilities, hyperactivity, substance abuse, violent crimes and other forms of anti-social behavior.

Because alcohol, cocaine and other drugs temporarily restore neurotransmitter functions that are abnormal, substance abuse may often be crude self-medication in response to the effects of the metal toxicity. As an example, lead downregulates dopamine and cocaine is a non-selective dopamine reuptake inhibitor, therefore lead toxicity could increase the risk of cocaine abuse.

Half a dozen people who were substance abusers were analyzed for mineral patterns. For this particular study, a hair analysis was used. The subjects came from different backgrounds, different ethnic persuasions and different types of substance abuse. In all

cases, the cadmium levels were above the normal rate, which is less than 0.02mg%. In addition, all but one of the cases showed an elevated level of lead; the ideal being 0.1mg%

A doctor, who practices at a clinic in Nevada, finds this method of testing to be very revealing in regard to heavy metals. When testing an addict she was treating, it was determined that the patient was suffering from elevated aluminum, lead, nickel and beryllium levels.

Interestingly enough, cadmium may be present at birth, passed from the mother through the placenta. It may also be acquired from environmental sources, including tap water, processed foods and occupational exposure. A large contributor of cadmium is cigarette smoking.

Although the dangers of lead poisoning have been known for years, there are a substantial number of people who continue to suffer from lead exposure and symptoms above dangerous levels. Unfortunately, the children have suffered its health effects the most. Even today, there are still at minimum more than four hundred thousand children under the age of six who have too much lead in their blood.

The list of where one can contaminate themselves is lengthy: drinking water, hair dyes, cosmetics, ceramics, deteriorating paint, soil, and renovating and remodeling. Lead paint was commonly used on the interiors and exteriors of our homes until 1978. According to the US Department of Housing and Urban Development, about 38 million homes in the US still contain lead paint that deteriorates and creates a lead-base paint hazard. Did you know that all it takes is the lead dust equivalent of a single grain of salt for a child to register an elevated blood lead level? Let's not forget the past use of leaded gasoline that has only recently been banned in this country. The lead produced by vehicle emissions continues even today to present a hazard from the soil where it was deposited over the years along our roads and highways.

Therapeutic Recommendations: Nutrients

Lots of Raw Foods - Eat a well-balanced, nutrient-dense diet that emphasizes fresh, raw food, fresh vegetable and fruit juices. For example, an effective raw juice that generates the passing of heavy metals through your urine is cilantro. A researcher in Japan, by the name of Doctor Yoshiaki Omura discovered that his patients were excreting more toxic metals after consuming Chinese soup. His research discovered that it was the Chinese parsley(cilantro)in the soup that caused the excretion. Make sure your cilantro is organic and fresh before you juice. It has a very strong taste, so you might want to add another vegetable with it such as carrots to make it palatable.

For the most part, the more vibrant colored the vegetable, the more valuable they are nutritionally. Spinach, for example, is full of more nutrients than iceberg lettuce, and pink grapefruit has more phytonutrients than white grapefruit.

To make certain the most complete intake of beneficial phytochemicals, eat the broadest possible variety of organic fruits and vegetables. Specifically, try to be certain that all the "stoplight" colors are represented in your diet:

- Red**- organic tomatoes, organic red bell peppers, organic strawberries, organic watermelon, and green apples
- Yellow**- Organic mangoes, organic pineapple, organic carrots, organic squash, organic cantaloupe, organic grapefruit
- Green**- Organic spinach, organic broccoli, organic cabbage, organic kale, organic swiss chard, organic green beans and organic artichokes

Pull out that juicer and fill your body with healing antioxidants and live enzymes, and be sure to use all organic produce!

Medical science prompts on an ongoing basis that good nutrition and good health go hand in hand, particularly when it comes to the health advantages of eating fresh, raw fruits and vegetables. Researchers continue to locate elements in fruits and vegetables—vitamins and other antioxidants, phytochemicals, minerals, enzymes and fiber—that seem to strengthen our immune systems, impede the development of degenerative diseases and the ravages of addiction and substance abuse. While there is absolutely no substitute for consuming a wide array of fresh raw fruits and vegetables, many of us find it increasingly difficult to eat an adequate amount of organic produce. For an extra boost of all the antioxidants, phytochemicals, minerals, and enzymes that busy individuals fail to benefit from on a regular basis, try Juice Plus+. Two fruit capsules in the morning and two vegetable capsules in the evening with an 8oz glass of water can compliment your quest in the benefits of raw fruits and vegetables.

No Sugar, Caffeine, or Junk Food - Avoid heavily processed foods, all forms of sugar, caffeine and junk food. These foods are a quick source of energy, but are followed by a low feeling that may increase cravings for drugs.

Vitamin C - It is considered to be one of the primary nutrients beneficial in the treatment of addiction. A study done in 1977 by Libby and Stone reported that large doses of ascorbic acid combined with B vitamins and protein allowed heroin addicts to quit with minimal withdrawal symptoms. Detoxifies the system and lessens the craving for drugs. Use a buffered form such as sodium ascorbate or ester C.

Vitamin C is an antioxidant that is essential for at least 300 metabolic functions in the body. We could make a list that would cover several pages, but we will a few:

- Tissue growth and repair
- Adrenal gland function
- Healthy gums
- Inhibits free-radical damage
- Helps to manufacture collagen
- Helps to protect you from abnormal blood clotting and bruising
- It aids in the production of anti-stress hormones and interferon (an important immune-system protein)
- It protects against the harmful effects of pollution
- Enhances immunity
- It can combine with toxic substances, such as certain heavy metals, and help to eliminate them from your body
- Promotes the healing of wounds and burns

Suggested dosage: 2,000 mg every three hours.

Note: Medications for diabetes such as chlorpropamide (Diabinese) and sulfa drugs may not be as effectual if taken with vitamin C. In addition, taking high doses of vitamin C may produce a false-negative reading in tests for blood in the stool.

Caution: If you consume aspirin and standard vitamin C (ascorbic acid) together in large doses, you may experience stomach irritation—possibly leading to ulcers. So, if you have to take aspirin regularly, please use an esterified form of vitamin C, and take it separately from the aspirin. Pregnant mothers are advised not to take more than 5,000 mg of vitamin C daily. A growing fetus may become dependent on this supplement and acquire scurvy when deprived of the accustomed megadoses after birth.

Recommendation: Any esterified vitamin C is our first suggestion as we feel that it is a remarkable form of C. It is created by having the vitamin C react with a necessary mineral, such as calcium, magnesium, potassium, sodium, or zinc. This produces a vitamin C that is non-acidic and includes metabolites identical to those produced by the body. Esterified vitamin C comes into the bloodstream and tissue four times faster than standard forms of vitamin C because it moves into the blood cells more effectively and also remains in the body tissue longer. The concentration of vitamin C in white blood cells achieved by using esterified vitamin C are four times higher than those attained with standard vitamin C. Furthermore, and a very important fact; only one-third is lost during excretion in the urine.

Selenium - This is an important antioxidant that plays a role in the body's utilization of oxygen. Alcoholics have shown low levels of selenium. It is important that you use the most absorbable form of selenium (selenium L-methionine). It is essential for the functioning of the enzyme glutathione peroxidase, an important antioxidant whose primary role is the destruction of intracellular hydrogen peroxide and other hydroperoxides. Lastly, selenium plays a key role in metabolic pathways for excreting heavy metals from the body. This will protect your tissues from free radicals.

Suggested Dosage: Selenium can be toxic in large amounts, so about 200 mcg daily is sufficient. In addition, green leafy vegetables like spinach have bio-available forms of selenium, so eat or juice your greens.

Recommendation: Life Extension Super Selenium Complex

Zinc - Promotes a healthy immune system and protects the liver from damage. It also plays an important role in carbohydrate metabolism. If you use excessive amounts of sugar, caffeine, drugs, or alcohol, it is likely that a zinc deficiency will develop. Zinc deficiency has also been implicated in a wide variety of neuropsychiatric disorders, including dyslexia, epilepsy, mental depression and attention deficit disorder. In addition, low zinc levels can cause liver deterioration and diminished functioning of the reproductive organs, immune system and skin. Zinc picolinate is probably the most bio-available from.

Suggested Dosage: 15-20mg, once or twice daily.

Recommendation: Solgar Zinc Picolinate

S.O.D. (Superoxide Dismutase) - For recovering addicts, S.O.D. is very important, as it helps to speed the elimination of poisons and toxins from the body. It is one of the most plentiful enzymes in the body, helping the liver to break down free radicals and poisons.

Suggested Dosage: There are different types of this product such as sprays and capsules, so follow the directions on the bottle.

Recommendation: Life Extension SODzyme

Mycocetics Mycophyto Complex - This is a ten mushroom formula that is specifically designed for individuals wanting to enhance their immune system functions. It is also beneficial for promoting heart and artery wellness by regulating blood pressure. Some components enhance the immune response to foreign invaders such as toxins, mutagens and free radicals by enhancing the liver's detoxification cycles. This is important for recovering addicts as their liver has been severely compromised by substance abuse. Grown on a bed of organic brown rice under careful conditions, these premium quality mushrooms never come in contact with heavy metals, pollutants or contaminants sometimes found in mushrooms from other sources. Exceptional cultivation creates a safe, high-quality supply, without damaging sensitive ecological areas, which can occur with wild crafted mushrooms. medicinal mushrooms

Suggested Dosage: 2 capsules twice daily

B Complex - It is not uncommon for people to be deficient in B complex prior to establishing their addiction. It is thought by some that, as a result, part of the physiological draw to addictive substances has to do with B vitamin deficiencies. This vitamin is needed to rebuild the liver when under stress, which is the case with most addicts.

Suggested dosage: 100 mg, best taken in the morning with your meal.

Recommendation: Life Extension Foundation - Complete B Complex

DL-Phenylalanine (DLPA) - This is composed of two amino acids, D-Phenylalanine and L-Phenylalanine. DL-Phenylalanine is most useful for cocaine addicts because it helps to restore norepinephrine levels, a neurotransmitter that is depleted by cocaine use. DLPA is also a valuable tool in lessening cravings and reducing depression, pain, and irritability. Imipramine is a commonly prescribed drug for depression. In a comparison study done by Dr. Abram Hoffer, he found that the DLPA had a higher rate of improvement without any of the side effects.

Suggested Dosage: 500-700mg twice daily

Caution: Do not take this supplement if you are pregnant, nursing, suffer from panic attacks, diabetes, high blood pressure or PKU.

Recommendation: Life Extension Foundation - DLPA

Calcium and Magnesium - These two nourish the central nervous system and help to control tremors by calming the body. Consuming things like: caffeine, sugar, alcohol and drugs cause your body to eliminate calcium and magnesium. These two minerals are partners and without them, an addict is subject to irritability, muscular spasms, and pain.

Suggested Dosage: Calcium, 1000 mg. of elemental calcium per day in divided doses at the beginning of a meal. Magnesium, 500-1000 mg. of elemental magnesium daily in divided doses at the beginning of a meal. If the last dose is taken at the dinner meal, both will aid in a better nights sleep.

Recommendation: Life Extension Foundation - Calcium / Magnesium Powder

Therapeutic Recommendations: Herbal

Milk Thistle (Silybum marianum) - This is a major player in the treatment of liver disease. It helps lower enzyme levels and facilitates the liver in its process of detoxifying the body. European research has shown that it is effective in treating cirrhosis, chronic hepatitis and alcohol induced fatty liver. It also helps protect the liver for those individuals that are taking prescription medications known to elevate liver enzymes.

Dosage: A normal dose would be 6-9 dropperfulls in a cup of warm water per day. You might want to start with 2-3 dropperfulls to begin with, as it has a natural cleansing effect. For chronic cases: You may increase your dosage over time to 12-14 dropperfulls per day in warm water. Divide it up into 6-7 dropperfulls in the AM and the other half in the PM.

Caution: If you have large gallstones, please consult your physician. Milk thistle will increase the flow of bile into the intestines and may promote the movement of stones. Elimination through a severely clogged gall bladder may present a health risk.

Recommendation: Skye Herbals Physician's Grade Herbal Extracts

Castor Oil Packs (Liver cleanser) - Additional supplies that you will need: cold-Pressed castor oil, wool flannel, plastic wrap and heating pad. Fold the flannel into three or four layers. Soak it with castor oil. Put the flannel in a glass baking dish, or baking pan that is stainless steel (not aluminum), and heat it slowly in the oven until hot (make sure that it is not scalding as you don't want to burn

your stomach. Rub castor oil on your stomach, lie down, and place the hot flannel on top of your stomach. Seal off the flannel with plastic wrap. Cover with the heating pad for one hour, keeping the flannel hot but not uncomfortable.

Suggested Dosage: During the detox period, use the castor oil pack once a day for three days, take three days off, and then use it for another three days. You can safely use this regimen throughout the next two months.

Recommendation: None

Pueraria (Kudzu) - Several properties are extracted from this herb which include the isoflavones daidzein, daidzin, genistein and puerarin. For several years now, these properties have been studied for their potential ability to treat alcoholism and to reduce the symptoms of hangovers. At least some of them are known to block two of the natural enzymes that break down alcohol in the body. A study where animals were given alcohol and kudzu, showed that they had lower blood alcohol levels than animals given comparable alcohol alone. Interestingly enough, the animals that were given kudzu showed less interest in drinking alcohol. In addition, kudzu appeared to protect the animals' brain, liver, and spine cells from damage by alcohol and other toxic chemicals. The effects of kudzu on humans are presently being investigated intensively. *Dosage:* Kudzu is available in several different ways, most commonly as raw fresh root (usually called crude root), or as tablets made from dried and powdered root or root extract.

Dosage: For kudzu tablets, 10 mg. is the approximate equivalent of about 1,500 mg (1.5 grams) of crude kudzu root. / Kudzu root: 9,000 to 15,000 mg (9-15 grams) / Kudzu tablets: 90 mg to 360 mg divided into two or three doses / Kudzu extract: 300 mg to 900 mg divided into three doses

Caution: People with diabetes should use kudzu with extreme caution and monitor their blood sugar levels carefully while taking it to avoid hypoglycemia. Kudzu may also aggravate hormone-dependent conditions or interfere with treatment for them. Women with endometriosis, uterine fibroids and cancer of the breast, ovaries, or uterus should not take kudzu. Men with prostate cancer should also avoid taking it.

Recommendation: None

Astragalus (Astragalus membranaceus root) - This herb is only now beginning to come into its own in North America and Europe. In traditional Chinese use, astragalus (huang se) is usually combined with other herbs to achieve the desired effect. Astragalus strengthens digestion and promotes overall immune function. It is most commonly used for restoring and strengthening qi (pronounced chee), a concept that does not fit readily into our Western medicine. The bottom line is that astragalus is an "adaptogenic" herb that is valuable for a wide range of uses including anxiety and stress related conditions.

Dosage: Extract, 2-4 dropperfuls in some juice or tea.

Caution: Astragalus may have a negative impact on anesthesia and on the analgesic Nubain (nalbuphine), so people about to undergo surgery, should not use astragalus. Also, the anticoagulant activity of astragalus may interact with Coumadin, increasing the risk of bleeding. It may counteract diabetes drugs and beta-blockers.

Recommendation: None

Skullcap (Scutellaria lateriflora) - This is a broad spectrum nervine tonic. It has been used successfully in cases of anxiety, depression, insomnia, and headaches. It is considered one of the preferred herbs to help ease the withdrawal symptoms during recovery. During the first 72 hours of withdrawal, it may be taken every couple of hours. Skullcap is loaded with flavonoids which act as natural anti-inflammatory agents.

Dosage: Dried herb: 1 to 2 grams 3 times a day / Tea: 1 cup 3 times a day / Tincture: 40-50 drops in tea or juice a day

Siberian Ginseng (Eleutherococcus senticosus) - This herb is known to favorably effect the adrenal glands, which are the small glands that rest atop the kidneys and secrete stress-fighting hormones. It is known for its ability to combat lack of appetite, correct insomnia, and improve memory. It boosts mental alertness, allays nervous disorders, and enhances energy. When recovering from substance abuse, it also helps the body adapt to the metabolic stress of recovery.

Dosage: 20-40 drops of tincture 1-2 times a day. Capsules: 100-200 mg three times a day. To give your body a rest, take a one to two week break from Siberian Ginseng regimen every three months.

Caution: To avoid restlessness, do not take Siberian Ginseng within an hour of bedtime. If taking blood pressure medication, do not take Siberian ginseng. It should not be taken by individuals with hypertension.

Recommendation: Dr. Schulze's Super Ginseng Blend

Mood Mender - Anything that causes the body or mind to have to make a rapid adjustment so as to maintain its integrity is a stress factor. Detoxification from substance abuse is a large stress factor and the right kind of herbs can be a great asset not only during times of heavy pressure but also to help increase your body's adaptive energy so you can take copious amounts of pressure without cracking. Adaptogens are natural substances which can help protect you against mental and physical fatigue. In practical terms, they improve your ability to adapt to all forms of stress, while at the same time helping to normalize its biochemical effects. Adding complementary herbs with adaptogens makes for perfect harmony to stabilize the workings of the central nervous system. Mood Mender does exactly that with a combination of four powerful adaptogenic herbs, Rhodiola, Ashwagandha, Schisandra, and Siberian Ginseng which all serve to support a healthy mood. Please visit our product page for more detailed information on Mood Mender.

Lobelia (for the smoker) - According to Michael Murray, N.D., of Bastyr College in Seattle, Washington, lobelia is the most prominent herb used to combat the effects of nicotine withdrawal. "The active ingredient in lobelia, lobeline, has similar actions to nicotine, but it is gentler, has a longer duration of action, and is a suitable alternative to nicotine chewing gum or the nicotine patch," says Dr. Murray. "Another herb that has been shown to contain components useful in helping people to quit smoking, adds Doctor Murray, "is Ephedra sinensis-huang. Ephedrine, the active constituent in this herb, decreases the number of cigarettes smoked. Lobelia or lobeline is more effective when it is used with a stimulant. So it is possible that by combining lobelia and ephedra (a stimulant), you will get better results than if you use either alone." Lobelia, however, warns Doctor Murray, is only an interim measure in treating nicotine dependency. Because the patient can become hooked on this herb, it is important to wean the smoker off lobelia over a period of a month.

Therapeutic Recommendations: Physical

Infrared Sauna - One of the most powerful detoxifiers is an infrared thermal sauna. It sweats toxins out through the skin. Studies have shown that most of us have between 400 and 800 chemical residues stored in the fat cells of our bodies; not to mention heavy metals. Most of these potentially harmful toxins become stored within our fat cells and cannot be metabolized (excreted). This is especially so for those with slow metabolism. The skin is a major eliminative organ, but most people's skin is very inactive. If you smoke, you can actually touch your arm with your tongue and taste the bitter nicotine leaving your body in a sauna or steam room. Sedentary living and sun damage also inactivates the skin. As the toxins build up, as in drugs and alcohol, they alter our metabolism, cause enzyme dysfunction and nutritional deficiencies, create hormonal imbalances, damage brain chemistry, and even cause cancer. As the toxins accumulate in different parts of the body and at different rates and in different combinations, there is a disturbingly large variety of different chronic illnesses which can result. Stored up toxins in the body can mimic any disease, and chronic diseases that were thought to have no known cause often disappear once toxic chemicals are gone.

Doctor Doris J. Rapp is a well-known allergist, homeopath and past president of the American Academy of Environmental Medicine. She stated unequivocally, "Everybody in this country needs to be detoxified because we have all become toxic dumpsites." Doctor Rapp began using a far-infrared sauna after seeing a similar procedure being employed in a German clinic. She was impressed with the clinic's work in detoxifying young children and infants.

The volume of sweat generated by the far-infrared sauna is profuse and may induce two or three times the sweat volume of conventional saunas, and yet they operate at a much cooler temperature range. The conventional sauna ranges from 180 to 235 degrees whereas the infrared range is from 110 to 130 degrees.

When you get serious about detoxification, you investigate every tool to facilitate the process. This is a great tool.

Suggested Dosage: Try and locate a local spa or health club that has an infrared sauna available. A usual stay in a sauna is about 20 minutes, followed by a shower. It is not going to do much good to spend time detoxifying if you don't wash those toxins off your skin afterwards. Please drink lots of clean water before, during and after to keep hydrated and clean the toxins out. I like putting a little organic lemon juice in the water for my kidneys, in addition to adding a good electrolyte and mineral replacement formula to your water such as Cellfood or Emergen-C. The more trips you make to the sauna the better you will feel and the healthier you will be.

LL Magnetic Clay Baths - When it comes to substance abuse, detoxification and the purification of ones body is absolutely paramount. However, most traditional and homeopathic methods can only take you so far when it comes to the toxic buildup of heavy metals in your body such as cadmium, mercury, lead, arsenic, aluminum, and nickel. Unfortunately, these heavy metals are extremely difficult to remove from your body because the fact is; they are accumulated deep within your body tissue. What is especially frightening is that heavy metals have the capacity to cross the blood/brain barrier, and it is for that reason that a myriad of diseases and symptoms can be attributed the build up of heavy metals within the brain and spine.

Sadly, most individuals are misdiagnosed by medical professionals as to the true underlying cause for whatever condition they face, whether it be ADHD, Alzheimer's, depression, etc, and are only given medical advice and prescriptions to mask the condition rather than to correct it.

LL's magnetic clay baths assist in pulling out chemicals and heavy metals that have built up in your body from years of exposure to harmful products and environmental toxins. These clay baths are safe and effective in releasing metals such as mercury, arsenic, aluminum, cadmium, environmental toxins, chemicals, radiation, lead, etc. when used as directed and are very inexpensive compared to other treatments that are available. LL's Magnetic Clays are uniquely designed to release specific heavy metals with seven different baths available:

Environmental Detox: This bath is for pollutants, insecticides, pesticides, vaccination poisons, industrial pollution, chemical warfare, and almost all chemicals including food additives, chlorine, etc. Also used for nickel and other metals not covered by the other formulas. Very helpful in radiation and lead detoxification.

Dental/Mercury Detox: This kit is for assisting the clearing of dental/mercury poison from amalgams, fish and vaccinations.

Smokers/Drug Detox: This formula assists in removing toxins found in cigarette smoke (cadmium), tobacco, drugs, and medical drugs or recreational drugs, smoke inhalation, etc. It is effective to release toxic substances found in tobacco such as tar, hexavalent chromium, hydrogen cyanide, nicotine, lead and arsenic.

Arsenic Detox: A formula that assists in removing toxins found in pesticides, industrial pollution, water supplies, and also addresses chemical wastes, assists in removing arsenic and arsenic of lead, etc.

Aluminum Detox: This kit helps remove toxic aluminum found in aluminum cans (cola drinks), cookware, aluminum foil, antacids, automotive exhaust, American cheese, milk products, table salt, toothpaste & deodorants. Also assists in releasing chemical residues.

Tox-Away Detox: This kit is a general detox bath to help remove metals.

Clear Out Detox: This is our newest formula and the spices and herbs in this are known for various situations that are present with metal and chemical poisons, such as digestive problems, parasites in the body, depression, etc. This bath also addresses the following metals: lead (lead poisoning), arsenic, mercury and aluminum poisoning. A great bath for a general detoxification.

Many people like to see the results of the bath of the toxins being pulled into the clay from their own body. These can be seen with Clear-Out, Smoker's/Drug Detox and Dental/Mercury Detox. The Tox-Away, Arsenic, Aluminum and Environmental formulas all have activated charcoal (black powder) and one cannot see the results in those formulas but many FEEL the results.

LL's Magnetic Clays are designed to be used under professional supervision as there are many factors surrounding the correct application of the baths. Please consult our product page for more detailed information on LL's Magnetic Clay Baths. Not sure if you have heavy metals built up in you? Order a personal heavy metal screen test to find out today.

Please be sure to visit the LL Magnetic Clay product page for more information.

Recommendations on Where to Get Help

Bridging the Gap Treatment Program
423 W. Cork Street
Winchester, Virginia 22601
www.bridgingthegaps.com

Desert Canyon Treatment Center
Sedona, Arizona
www.desert-canyon.com

Health Recovery Center
3255 Hennepin Avenue South
Minneapolis, Minnesota 55408
www.healthrecovery.com

Lake Grove Treatment Centers of New York
3390 Route 112
Medford, New York 11763
www.lgstc.org

Ibarra, Corazon I MD - Bio Medical Health Center
6490 S McCarran Blvd # C24
Reno, NV

The Leo J. Bolles Clinic
15611 Bel-Red Rd.,

Bellevue WA, 98008
 (425)881-2224
 www.bollesclinic.com

Giordano and Goldfarb Holistic Addiction Treatment Center
 800-559-9503

Valencia Healing Arts Center,
 1193 Valencia Street
 San Francisco, CA 94110;
 tel: 415-647-6222;
 fax: 415-333-1434

Sitike Counseling Center
 1211 Old Mission Road
 South San Francisco, California 94080
 (415) 589-9305

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