

Douglas

Directives **Drug and Alcohol Compulsions**

A Suggested Nutritional Protocol to Support Drug and Alcohol Compulsions*

A Rational, Physical Treatment for Alcohol and Substance Use Disorders

By Charles Gant M.D., Ph.D., N.M.D.

All psychotropic (mind-altering) drugs are potentially addictive and they all disrupt brain chemistry as well as potentially cause severe physical injury to the brain and body. Essentially, psychotropic drugs are poisons or toxins and treatment entails removing them from the body and brain by a process called detoxification. For decades, the fields of Complementary and Alternative Medicine (CAM), and Integrative Medicine and Naturopathic Medicine have offered various detoxification interventions as well as nutritional interventions to protect the body and brain from the damage caused by toxicity-related disorders and to repair and regenerate the organs damaged by drugs and toxins. For instance, wheat or gluten allergy (celiac disease) and other food allergies, heavy metal poisoning and toxicity from the overgrowth of unfriendly gastrointestinal organisms such as clostridia (tetanus bacteria), are all toxicity-related disorders that can cause severe psychiatric and medical symptoms and disorders. Various physical interventions have been devised to remove the toxins and to correct the physical injury caused by the various toxins related to these conditions.

Once food allergies have been diagnosed, the offending foods are often excluded from the diet and digestive enzymes are often prescribed to more completely digest food proteins so that they are less likely to challenge the immune system (leaky gut). Heavy metals can be removed by chelation therapy and antioxidants are often prescribed to lessen the pro-oxidative injury from the toxic metals. Antibiotics are often prescribed to kill unfriendly organisms that can overgrow and infect the intestines and probiotics (friendly bacteria, including acidophilus and bifidus) are prescribed to restore the normal healthy intestinal flora. These are all effective physical interventions used by CAM, Integrative and Naturopathic Medicine practitioners to treat such toxicity-related conditions that can cause severe medical and psychiatric symptoms and disorders.

Psychotropic drugs, alcohol and nicotine are also toxins that are linked to severe toxicity-related medical and psychiatric symptoms and diseases like those above. For instance, alcohol abuse can cause brain injury and cirrhosis of the liver, a disorder that claims about 100,000 American lives per year. In the US, tobacco-related deaths may reach over 500,000 per year. Long-term use of certain sedatives, especially if mixed with alcohol, can cause permanent brain injury and an Alzheimers-like disorder. But strangely, the treatments for drug, alcohol and tobacco addiction are very different from the treatments briefly discussed above for other types of toxicity-related conditions. Even though psychotropic drugs injure the brain and body in ways that are just as severe as those above, the treatments for substance and alcohol abuse and addiction rarely focus on the physical aspects of healing at all! In fact, the treatments for drug and alcohol abuse and addiction often includes other psychotropic drugs that can be just as addictive and injurious as the drug being abused! In some cases, such as with nicotine and opioid (such as heroin) addiction, the treatments actually use nicotine and opioids (such as methadone)!

Believe it or not, the treatment for drug, alcohol and tobacco abuse or addiction, a problem which causes massive disruptions in brain chemistry and frank injury to the brain and body, is....psychotherapy, support groups and replacement drugs. Virtually no substance abuse treatment is available that focuses on nutritional restoration and organ repair, replenishment of the brain's disrupted neurotransmitters (natural stress hormones in the brain) or detoxification of the long-term toxic residues that drugs leave in the body. Treatments are usually strictly psychological and spiritual, which is undeniably helpful. But imagine treating lead poisoning or food allergy with group therapy or prayer. Drugs are physical substances that cause physical injury and disruptions to the brain and body, and these physical changes cause the symptoms of drug, alcohol and tobacco abuse and dependency.

Outcome studies suggest that rational treatment of addiction, with certain amino acids, essential fatty acids, vitamins and minerals, along with conventional psychological and spiritual approaches, can result in long-term (1 to 2 year) abstinence rates of about 80%! This should be obvious – would treatment of lead poisoning with chelation therapy and group therapy, instead of with only group therapy alone, result in better outcomes?

I welcome questions from clinicians who are seeking information about nutritional protocols in the treatment of alcohol and substance use disorders or from those interested in participating in the upcoming clinical trials. Different protocols may be more suited to meet the economic and clinical needs of your patients. Please contact me at 888-847-4233, 202-277-4560, PowerRecovery1@aol.com or at www.PowerRecovery.com for more information.

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