

Feed Your Brain *To Overcome Addictive Disorders*

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What Is Addiction:

- ▶ Addiction is a Bio-Psycho/Social-Spiritual Disorder.
- ▶ It is a progressively pathological relationship with a substance, behavior or person with life-disabling consequences

What is Addiction?

- ▶ It is characterized by:
 - ▶ Loss of control
 - ▶ Increased tolerance, often leading to increased frequency and intensity
 - ▶ Increase in degree to which it becomes the center of your life
 - ▶ Denial
 - ▶ Withdrawal symptoms and cravings

Stages of Addiction

- ▶ Early:
 - ▶ Life enhancing effect due to firing of neurotransmitters.
 - ▶ Peripheral. Some control over use.
 - ▶ Confusion of intensity for intimacy

Stages of Addiction

- ▶ Middle:
 - ▶ Occupying the center of life
 - ▶ Build up of consequences and chaos
 - ▶ NTs depleting, leading to tolerance & increased use
 - ▶ No longer life enhancing
 - ▶ Externalizing of blame; denial and minimization.

Stages of Addiction

- ▶ Late Stage Addiction
 - ▶ Very depleted NTs
 - ▶ Use to function and get up in the morning
 - ▶ Severe withdrawal symptoms & cravings
 - ▶ Severe negative impact on life
 - ▶ Severe internal and external isolation
 - ▶ Community of addicts

Feed the Hungry Brain

- ▶ What does the brain need to function optimally?
 - ▶ **Protein:** Meat, fish, eggs, milk, beans
 - ▶ **The right fats:** Omega 3's and others
 - ▶ **Vitamins and Minerals** from fruits and veggies (or a good multi-vitamin/mineral)
 - ▶ **Water**
 - ▶ **Stable oxygen and glucose** provision
 - ▶ Protein with complex carbs every 4 hours

Food Is Not Enough

- ▶ Later stage alcoholics and addicts usually stop eating nutritious food → malnutrition and deficits!
- ▶ Alcoholism and other addictions impair the digestive tract & other organs → *malnutrition and deficits*
- ▶ Alcoholism blocks absorption of key nutrients,
* → *malnutrition and deficits.*
- ▶ Oxidative stress, especially seen with Meth, Alcohol and Nicotine, leads to tissue damage, especially due to depletion of vitamin C, can → *scurvy!*

Supplements Jump-Start and Support the System!

- ▶ Restore optimal NT levels, *thereby reducing craving, PAW and relapse*
- ▶ Rebuild digestive tract, reduce inflammation and improve absorption
- ▶ Restore essential nutrient levels
- ▶ Supportive Supplements:
 - ▶ Cognitive Support
 - ▶ Liver Support
 - Blood Sugar Support
 - Adrenal Support

Mood Regulating Neurotransmitters

- ▶ Dopamine/Norepinephrine:
 - ▶ **Made from:** L-Tyrosine and L-Phenylalanine
 - ▶ **Promotes:** energy, alertness, drive and focus
 - ▶ **When depleted:** we are tired, have an apathetic depression, and have trouble with executive function
 - ▶ **Drugs of Abuse/Dependency:** Stimulant Drugs - Caffeine; Meth, Crack and Cocaine; Ritalin, etc; MJ; Opiates; Alcohol; Sugar

Serotonin/Melatonin

- ▶ Made from L-Tryptophan and 5HTP
 - ▶ **Promotes:** a sense of flow and flexibility, peace & calm, sleep
 - ▶ **When depleted:** we have an anxious, agitated depression, with obsessive thoughts, irritability, sugar cravings and trouble sleeping due to obsessive thoughts
 - ▶ **Drugs of Abuse/Dependency:** Ecstasy, SSRIs & SNRIs - Lexapro, Prozac, Effexor, alcohol, MJ, sugar
 - ▶ **Withdrawal SX:** Anxiety, depression, flu symptoms, electric shocks, mood instability, insomnia

GABA

- ▶ **Made from:** GABA, and supported by Taurine, Glycine, Theanine, Inositol
- ▶ **Promotes:** muscle relaxation, calmness, sleep, internal buffer against too much stimuli and distraction, anti-convulsant
- ▶ **When depleted:** Muscle tightness, insomnia, sensitivity to stimulus & distraction, anxiety, seizures
- ▶ **Drugs of Abuse/Dependency:** Alcohol, sugar, MJ, Benzodiazepines - Valium, Atavan
- ▶ **Withdrawal Sx:** **Seizures**, anxiety, insomnia, shocks, flu-like symptoms

The Endorphins

- ▶ **Made from:** several amino acids: Use Total Amino Solution or Max Amino
- ▶ **Supported by:** D-Phenylalanine
- ▶ **Promotes:** Comfort, bonding, emotional and physical numbness & pain relief
- ▶ **When Depleted:** High pain sensitivity, loneliness, teariness, BPD?
- ▶ **Drugs of Abuse/Dependency:** Opiates - Heroin, Oxy, Fentanyl; Alcohol; MJ, Sugar
- ▶ **Withdrawal SX:** Nasty! Treatment protocol is complex to address all the sx.

A Hungry Brain is a Craving Brain!

- ▶ **Eat Protein Every 3-4 Hours!!!**
 - ▶ Prevents cravings and relapse
 - ▶ Restores NT function
- ▶ Take Amino Acids as needed
- ▶ Supplement with a good multivitamin/mineral formula and fish oil
- ▶ Use other nutrients as needed