THE NUTRITIONAL CURE FOR ALCOHOL AND DRUG ADDICTION

WISE TRADITIONS 2008

SUNDAY, NOVEMBER 9, 2008

PRESENTER: JULIA ROSS

ADDICTION RECOVERY RESOURCES

Reading

- Ross, Julia, *The Mood Cure* (Penguin, 2004) (Alcohol and Drug Addiction)
- Ross, Julia, *The Diet Cure* (Penguin, 2000) (Food Addiction)
- Ross, Julia, *Urinary Neurotransmitter Testing - Problems And Alternatives* (see this article from the Townsend Letter at www.moodcure.com/relarts.html)
- Mathews-Larson, Joan, Ph.D., *7 Weeks to Sobriety* (Fawcett Columbine, 1997 revised)
- Gant, Charles, *End Your Addiction Now* (Warner Books, 2002) (Available used until new printing in 2009)
- Blum, Kenneth, Ph. D., *Alcohol and the Addictive Brain* (The Free Press, 1991)
- DesMaisons, Kathleen, *Potatoes Not Prozac*, Pocket Books; New Ed edition, 2001
- Miller, Merlene, Miller, David, *Staying Clean & Sober: Complementary and Natural Strategies for Healing the Addicted Brain* (Woodland Publishing, 2005)
- Appleton, Nancy, *Lick the Sugar Habit* (Avery; 2 edition, 1988)
- Cherniske, Stephen, *Caffeine Blues: Wake Up to the Hidden Dangers of America's #1 Drug*, (Grand Central Publishing, 1998)
- Mercola, Joseph, Degen Pearsall, Kendra, *Sweet Deception: Why Splenda, NutraSweet, and the FDA May Be Hazardous to Your Health* (Nelson Books; 2006)
- Sheppard, Kay, *Food Addiction: The Body Knows* (HCI; Revised & Expanded edition, March, 1993)

CD's

- Ross, Julia, *A Clean and Sober Brain* –Nutritional Recovery from Addiction- 5 CD set (A one day training)
- Ross, Julia, *Marijuana Addiction* – Three Educational Presentations - 6 CD set
- Ross, Julia, *Neuro-Nutrient Therapy: 21st Century Treatment for Addictive Disorders* – 10 CD set (A two day training with syllabus and handouts)
- Ross, Julia, *Amino Acid Therapy: Eliminating Negative Emotions and False Appetites That Block Healing* – 6 CD set (7 hour training with syllabus)

DVD's

- Karen Barth Menzies, Esq, Julia Ross, MA, Beth McDougall MD, Cary Murphy RN, *Public Forum on Antidepressant Drugs*– 90 minute

WEBSITES

- **moodcure.com** Resources for restoring a clean and sober brain: information on amino acid therapy and Julia Ross' clinic, trainings, and lectures.

WEBSITES (cont.)

- **healthrecovery.com** "Physical restoration for Alcoholics and Drug Addicts." Joan Mathews-Larson's Health Recovery Center website.
- **carasac.org (Community Addiction Recovery Association)** CARA is a pioneer in combining acupuncture, nutrition and mind-body integration in the treatment of addiction. CARA sponsored the first conference on holistic addiction treatment, mp3's and DVD's are available at carasac.org/symposium_info.shtml.
- **Alliance for Addiction Solutions** International Association of holistic addiction treatment professionals founded in 2008. See a national listing of holistic treatment programs, efficacy research and much more
- **charlesgantmd.com** Extensive written materials, CD's, and amino acid therapy supplement resources for recovery from tobacco and all other drug addictions.

To contact Julia Ross's outpatient clinic – The Recovery Systems Clinic, in Mill Valley, CA call (415) 383-3611 (ext. 2)

WHICH FALSE MOOD TYPE ARE YOU?

IDENTIFY & ELIMINATE YOUR OWN NEGATIVE *FALSE* MOODS & APPETITES

TYPE 1 Low in SEROTONIN (our natural antidepressant)

- ❑ negativity, depression
- ❑ worry, anxiety
- ❑ low self-esteem
- ❑ repetitious, obsessive thoughts or behaviors
- ❑ hyperactivity
- ❑ irritability, rage
- ❑ night-owl, insomnia, disturbed sleep, hard to get to sleep
- ❑ benefits from antidepressant drugs
- ❑ panic attacks
- ❑ winter blues (SAD)
- ❑ suicidal thoughts
- ❑ fibromyalgia, TMJ, migraines
- ❑ fear of heights, water, snakes, performance, etc.
- ❑ dislike hot weather
- ❑ afternoon or evening cravings for sweets, starches, alcohol, or cannabis

Solution: 5-HTP 50 mg or l-tryptophan 500 mg (1-3) mid-afternoon & evening.

TYPE 2 Low in CATECHOLEMINE (our natural stimulant)

- ❑ cravings for sweets, chocolate, caffeine, or other stimulants for a lift
- ❑ depressed, bored, apathetic
- ❑ lack of energy, drive
- ❑ lack of focus, concentration, A.D.D.

Solution: L-Tyrosine 500 mg (1-3) on arising and mid-morning (and mid-afternoon if no insomnia)

TYPE 3 Low in GABA (our natural tranquilizer)

- ❑ cravings for sweets, starches, alcohol or tranquilizers when stressed
- ❑ over-stressed, burned out, overwhelmed
- ❑ unable to relax, loosen up, meditate, pray, slow down, sleep
- ❑ feel stiff and tense

Solution: GABA 100-500 mg as needed

TYPE 4 Low in ENDORPHIN (our natural pain killer)

- ❑ crave comforting or numbing "treats," i.e., sweets, starches, chocolate, bread, cheese
- ❑ sensitive to emotional pain or have had chronic physical pain
- ❑ cry or "tear up" easily, sad too often
- ❑ "Love" certain foods, drugs, or alcohol

Solution: Dl-Phenylalanine (DLPA) 500 mg (2-4) on arising, mid-morning, and mid-afternoon (or d-phenylalanine if anxious (1-2) 500 mg, 2-3x/day). Free-form amino blend 700 mg before meals.

TYPE 5 Low in BLOOD SUGAR (adequate brain glucose stabilizes mood & appetite)

- ❑ cravings for sweets, starches, and/or alcohol (especially if a meal has been missed or delayed)
- ❑ irritable, shaky, stressed, headachey, if it's been too long between meals

Solution: L-glutamine 500 mg (2-3) on arising, between meals and at bedtime, or open capsule in mouth for instant relief. Chromium 200 mcg (2) with each meal.

ESSENTIAL NUTRITIONAL SUPPORT FOR ALL TYPES

Multivitamin and Mineral (2-6/day); Vitamin C Ascorbate 2000 mg/day; Cod Liver Oil

Foods: a minimum of *3 meals/day, each containing 20-30 gm protein* (e.g., a chicken breast, 3 eggs, 1 cup cottage cheese). no less than *4 cups low-carb vegetables/day*, plus *only healthy fats* (butter, ghee, coconut or olive oil) and high-carb foods (fruit, beans, potatoes) as needed. Avoid sweetened and flour-based foods, allergy foods & caffeine.

For more information: dietcure.com, moodcure.com, Recovery Systems Clinic (415-383-3611)

USING AMINO ACIDS: PRECAUTIONS

If you have: overactive thyroid (Grave's disease), PKU (phenylketonuria) or Melanoma;
Do NOT take: L-tyrosine, DL-phenylalanine, or L-phenylalanine [1]

Please consult a knowledgeable practitioner before taking *any* amino acids if any of the following statements apply to you:

- You react to supplements, foods or medications with unusual or uncomfortable symptoms
- You have serious physical illness, particularly cancer
- You have severe liver or kidney problems
- You have an ulcer (amino acids are slightly acidic)
- You are pregnant or nursing
- You have schizophrenia or other mental illness
- You are taking any medications for mood problems, particularly MAO inhibitors or more than one SSRI

Consult an expert before taking: **If you have:**	**Melatonin**	**L-tyrosine or L-phenylalanine**	**GABA**	**5-HTP**	**DLPA**	**L-glutamine**[1]
elevated cortisol (severe 2:-4:AM insomnia)				X		
asthma[2]	X					
high blood pressure		X			X	
low blood pressure			X			
tendency to get migraine headaches		X			X	
manic-depressive (bipolar) tendencies[3]		X			X	X

Even if your doctor agrees that you can try amino acids (or any other nutrients), if you experience discomfort of any kind after taking them, stop taking them immediately.

Name_____ Date_____

[1] In rare cases, glutamine might raise blood sugar in diabetics
[2] Nocturnal asthma seems to be the primary problem. 5HTP and tryptophan may also cause problems for asthmatics.
[3] SAM-E, St. John's Wort, bright therapeutic lamps, chromium, and too much fish or flax oil may also trigger mania.