

## Addiction Battle Plan

### What is Addiction?

Addiction is any physiological or psychological dependence that negatively impacts a person's life. Addiction often results in chronic disease and disruption of interpersonal family and work relationships. Although addiction is a term most commonly used to describe chemical dependency on cigarettes, alcohol, caffeine and drugs, a person can be addicted to many forms of behavior including gambling, over-eating, sex, and acts of recklessness. Addiction is difficult to eliminate because the body adapts to accept addictive substances as permanent components of its chemical make-up. In cases where addictive substances become necessary components of the body chemistry, painful withdrawal symptoms manifest when the substances are withheld.

### Causes of Addiction:

- A genetic predisposition to addiction is usually present. As a result, even when stabilized, an addict must closely monitor the addictive substance throughout his or her lifetime.
- Biochemical imbalances: addictive personalities may lack the natural stimulants and relaxants the brain uses to maintain the body, which may result in the brain sending wrong or garbled messages. Addictive individuals may seek alternatives to natural mood enhancers through the artificial stimulus of addictive substances.
- Personality dynamics – dependency, anger, mania, depression or introversion
- Social or cultural pressure to use or consume addictive substances
- Dysfunctional family life

### Facts you should know:

- Less than 15 to 20 percent of the addictive population, once sober, remains "clean."
- Alcoholics have double the usual death rate in men, triple in women; a 10 – 12 year decrease in life expectancy; six times the suicide rate.
- Drug addiction, including alcoholism, inflicts metabolic damage on every cell in the body.

### Signs and Symptoms:

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| Daily consumption/use of addictive substances  | Frequent hangovers or absences from work   |
| Increased tolerance to the effects of addictive substances                               | Failure to fulfill family or work obligations because of addiction                                       |
| Preoccupation with obtaining addictive substances and hiding them from family or friends | Frequent accidents, falls or injuries of vague origin; in smokers, cigarette burns on the hands or chest |
| Inability to stop using addictive substances once started                                | Inability to remember what happened the night before   |

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| Alcohol odor on the breath, flushed face, tremors   | A relative, friend, doctor or other health worker expresses concern |
| Need for addictive substances at the start of the day, to get going, or to deal with stress |   |

**Treatment and Prevention:** Research has shown that drugs and other addictive activities create chemical vacuum tubes or pathways to the brain that must be filled. When empty, the craving or suction begins. Certain foods with phyto chemically satisfying compounds can act to fill those pathways, dramatically reducing the body's desire for addictive consumption or activity.

1). Diet

- Adopt a diet of biochemical restoration, designed to reverse symptoms of addiction by changing the body's chemistry and nutrient deficiency through dietary intervention.
- Most addictive individuals have problems processing sugar and carbohydrates. A hypoglycemic diet that stabilizes blood sugar levels is critical to successful treatment.
- Eliminate all simple sugars (foods that contain added sucrose, fructose, or glucose), fruit juice, dried fruit, and low-fiber fruits (such as grapes and citrus fruits).
- Limit consumption of processed carbohydrates (products made from refined flour, instant potatoes, white rice, etc.). Instead, emphasize consumption of complex carbohydrates such as whole grains, vegetables, and beans.
- Eat several small meals throughout the day with snacks in between meals instead of two or three big meals. Focus on consuming complex carbohydrates with protein rich foods and health promoting fats such as those found in cold water fish (like salmon and tuna), nuts and seeds, flaxseed oil, olive oil and coconut oil.

2). Nutritional Supplements

- Green Juices like **Organic Barley Green Juice™** and **Organic Kamut Blend™** help with detoxification and contain magnesium, a cofactor in many enzyme systems involved in blood sugar control. Take 3 – 5 servings per day.
- **Apothe-Cherry™** naturally contains melatonin, which may help regulate sleep patterns. Take 2 tsp. prior to bed.
- **Organic Spirulina™** acts as natural source of general essential vitamins and minerals. Spirulina provides a foundation of nutritional support. Megavitamin therapy is commonly cited as one of the most vital tools for replenishing vitamin deficiency. Approximately 50% of all addicts are vitamin deficient. . Take 10 – 20 capsules or 2 tsp. in a green drink daily.
- **Flax Advantage™** – contains linoleic acid, which can stimulate brain function. Take ¼ cup of fresh flaxseeds ground daily.
- **Rice Bran Solubles™** – aids in stabilizing the erratic blood sugar seen in alcoholic hypoglycemia and contains vitamin E and tocotrienonols. Take 2 tsp. daily.
- **Aktivated Barley™** is a slow burning carbohydrate that may help normalize blood sugar. Take 1 tsp. daily.

- **Master Amino Complex**<sup>™</sup> makes complete protein available to the body within 22 minutes and provides 99% assimilated protein to help provide amino acids to the brain, muscles and tissue. Take 1 tablet for every 50 lbs of body weight once a day.
- Zinc – a key nutrient in the breakdown of alcohol, zinc is typically deficient in alcoholics.
- Vitamin A – vitamin A deficiency works with zinc deficiency to produce major complications for substance abusers including night blindness, hormonal disturbances, poor immune function, cirrhosis, decreased testicular function, and skin disorders. Caution: a damaged liver loses much of its ability to store vitamin A, so an alcoholic who shows evidence of impaired liver function is at high risk for vitamin A toxicity. Consult a physician to determine if vitamin A supplementation is appropriate.
- **C from Nature**<sup>™</sup> has naturally occurring vitamin C. Substance abusers are typically deficient in key antioxidants including vitamin C. Take 6 capsules daily.
- **40x Aloe Vera Concentrate**<sup>™</sup> contains unique polysaccharides that have been shown to be beneficial in blood glucose control and can assist in the body's ability to heal internal organs. Take 20 drops daily diluted in water.

3). Herbs

- Milk thistle – contains some of the most powerful liver protective substances known that also stimulate the growth of new cells. The liver is one of the organs most damaged by substance abuse.

**Recommendations:**

1. Remove all addictive substances from the body, including caffeine and sugar.
2. Regular exercise, at least 30 minutes three times a week, has shown to be effective in alleviating stress and depression.
3. Participate in a group support program such as Alcoholics Anonymous or any other substance abuse support group.

**Protocol for PHP Supplements:**

**This is a tapered system when starting to overcome your addiction. Follow this protocol for the first 90 days then use the suggestions above as a guideline for ongoing cleansing, rebuilding and maintenance of your lifestyle.**

Mix 20 drops 40x Aloe Vera Concentrate with 2 -6 oz of water. Swish, gargle, and swallow upon waking.

Mix a 1 tbsp. green drink (Organic Kamut Blend<sup>™</sup> or Organic Barley Green Juice<sup>™</sup>), 1 tbsp. Aktivated Barley<sup>™</sup> and 2 tbsp. Rice Bran Solubles<sup>™</sup> with water and take 3 times per day on an empty stomach.



# Purium Health Products™

*Where Pure & Premium Become One*

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Mix 1/4 cup Flax Advantage™ (after freshly grinding), 1 tsp. Spirulina and 1 tbsp. of Apothe- Cherry™ with juice, water, or in a smoothie 3 times daily-- alternating with the greens/Aktivated Barley™/ Rice Bran Solubles™ drink.

Take 1 tablet of Master Amino Complex™ for every 50 lbs. of body weight once daily. This can be taken with a greens / Aktivated Barley™ /Rice Bran Solubles™ drink. It should not be taken within two hours of consuming meat, eggs or other high protein foods.

Take 3 C from Nature™ capsules 2 times per day. C from Nature™ can be taken with either one of the drinks listed above.

*These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. Purium Health Products recommends consulting your physician on this or any nutritional regimen, preferably a physician specializing in integrative medicine.*

*If you need advice on how to approach your doctor on health/ nutrition, please see our archived Consumer Education Conference Call on [www.phporder.com](http://www.phporder.com) (under Education section) titled "How to Talk to your Healthcare Provider".*

*PHP is based on the tradition of Naturopathics, which operates on the premise that our bodies are self-healing if given the right tools and environment. This tradition has been well practiced for over 5,000 years!*

Call **888-747-6733** or visit [www.phporder.com](http://www.phporder.com)

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