ALCOHOLISM

Dependence may by physiological, psychological, or combination of the two. Regardless of the reason, substituting a higher purpose that turns a person on more than the addiction seems to work wonders. Find something that you can get excited about, focused on, become addicted to in place of the former addiction.

NUTRITIONALLY, alcohol is broken down in the liver and repeated consumption damages the liver, inhibiting the liver's production of digestive enzymes and the body's ability to absorb proteins, fats and fat soluble vitamins as well as B vitamins (especially B1 and folic acid). The liver can regenerate itself but not if it is so damaged that it has lost that ability due to abuse so the sooner the abuse stops, the better.

<u>Nutritional Supplements Needed:</u>
Amino Acid complex with each meal

B complex (full spectrum of B vitamins) (50-100 mg daily)

Calcium-Magnesium (1,000 mg calcium and 500 mg or more magnesium - take in evening)

High doses of vitamin C with bioflavonoids (eg. 1,000 mg or more per meal)

1,000 - 3,000 mg Evening Primrose Oil or similar

Mineral Complex (make sure you get 30 mg zinc with your minerals)

Glutathione levels in the liver are depleted among chronic alcohol uses. Glutathione is a protective antioxidant through the body.

<u>Herbal Help:</u>
Dandelion root and/or Milk Thistle to help repair liver damage

Burdock root and red clover blossom to cleanse the bloodstream

Green Helper such as alfalfa, wheatgrass, spirulina or chlorella, barley green. These are high in natural minerals

Reishi mushroom taken throughout the day helps prevent alcohol induced fatty liver and cirrhosis. Soy Lecithin helps promote liver cell regeneration and gives some protection.

Kadzu (10 mg three times daily) helps deter alcohol consumption by producing nausea, swelling and facial redness when taken before drinking.

Avoid all alcohol. You must gain control over your life and your health. Accept the fact you won't be able to drink again. If you need daily help, attend Alcoholic Anonymous meetings.

Make good health and the road back to good health your priority. Study and research everything possible about your body and health and what it needs.

Stop any self pity and start doing for others. Volunteering and getting involved with helping the community will lift the self-esteem and take the focus away from your problems.

Eat as much whole foods as possible. Don't skip meals.

Most alcoholics are also addicted to sweets. Studies reveal that alcoholics usually were addicted to sugar as a child. There is also some evidence that people with a small pancreas are more likely to have difficulty processing alcohol. Avoid refined foods and especially refined sugars, substituting natural

honey, pure maple syrup in its place.

Stay away from drugs unless prescribed by a doctor. If you need the drug disulfram (Antabuse) you can get it from a doctor - this drug will cause nausea, vomiting, headaches if you ingest alcohol.

Hanna Kruger said alcoholics had too small a pancreas for their body so they couldn't handle the alcohol. Don't know if she was right or if any has checked this out.