

# Alcoholism and Chemical Addictions

By Christa Way

Dietary supplementation, while important for everyone, is especially vital for alcoholics and those with substance abuse issues, as all nutrients are depleted by excessive alcohol or drug consumption. Also as much as 50% of the caloric intake of an alcoholic may come from ethanol at the expense of other nutrition. Some of these nutrients, when they are put back into the body, also help with the psychological aspects of recovery by decreasing the desire for alcohol and drugs.

**Body Balance** contains a wide range of nutrients needed by a depleted body. The nutrients are extremely bio-available because of the form they are in. Malabsorption problems are always associated with addiction and especially with alcoholism. Trace mineral deficiency is an underlying aspect that depresses the system. (This is probably due in part to increased fecal and urinary losses). These deficiencies actually cause pathological changes in the body and accelerate the poisoning of the cells that come in contact with the alcohol or drugs by altering the metabolism of nutrients.

Alcohol is one of the most damaging substances to the stomach and small intestine, and the aloe vera is a wonderful aid in healing this part of the body.

More specifically, **Body Balance** is high in natural carotinoids, which the body uses to produce Vitamin A. This is vital as the body becomes extremely depleted due to liver damage. In the instance of an alcoholic, they cannot absorb and utilize tablets and capsules, so a liquid like **Body Balance** is actually assimilated with ease. **Body Balance** also contains a full spectrum of amino acids.

**AminoCharge** is a great addition here as well. Alcoholics and addicts usually have severe deficiencies of important brain neurotransmitters that govern mood and emotion. Amino acid supplementation rebalances brain chemistries while recovering. They aid in withdrawal and are also needed for improved liver function—they are necessary for regeneration of liver cells. They also protect the liver and reduce the craving for alcohol as well as balance blood sugar.

**SunBright** is also an excellent source of nutritional support, with the amino acids once again helping to stop cravings and balance blood sugar. Herbal ingredients such as ginkgo biloba, gotu cola and yerba mate have neuroprotective properties and help stimulate cerebral healing.

**SunSet** contains ingredients that have a calming effect, and is best taken at night.

Calcium and magnesium are severely depleted from the body with alcohol and drug use, and have a sedative effect on the system. **OsteoProCare** is a wonderful source of these and other minerals in a highly bio-available form.

**TrueGreens** contains a host of goodies as well. Lecithin is needed for proper brain function and helps correct fatty liver degeneration. Grape seed extract contains powerful antioxidants that protect the cells. The greens in there are wonderful gentle detoxifiers and help to rebuild healthy red blood cells. (Chronic alcohol consumption alters red blood cell membranes)

Chronic alcohol abuse also causes other types of cells, including gastrointestinal cells, to lose their normal flexibility. **FlexeoPlus** contains MSM as one of its primary ingredients. MSM is an organic form of sulphur, and its main job is to restore and keep this flexibility happening.

Alcohol and drug consumption causes excess acidity, and all of these products are alkalizing.

## Other Recommendations:

Do not consume refined sugar or anything that contains it. Alcoholics and addicts often have disorders of sugar metabolism.

Eat a nutrient-dense diet of fresh whole foods, organically-grown if possible. Primary foods should be raw fruits and vegetables, whole grains and legumes.

Avoid saturated fats and fried foods, which put extra strain on the liver.

Use essential fatty acids such as fish oil, evening primrose oil.

Go on a live juice and cleansing fast to remove toxins from the body quickly.

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.*