

**ANTECEDENTS**

Addicted brain = a starving brain deficient in key neuro transmitters and key nutrients necessary to cope with stress gracefully

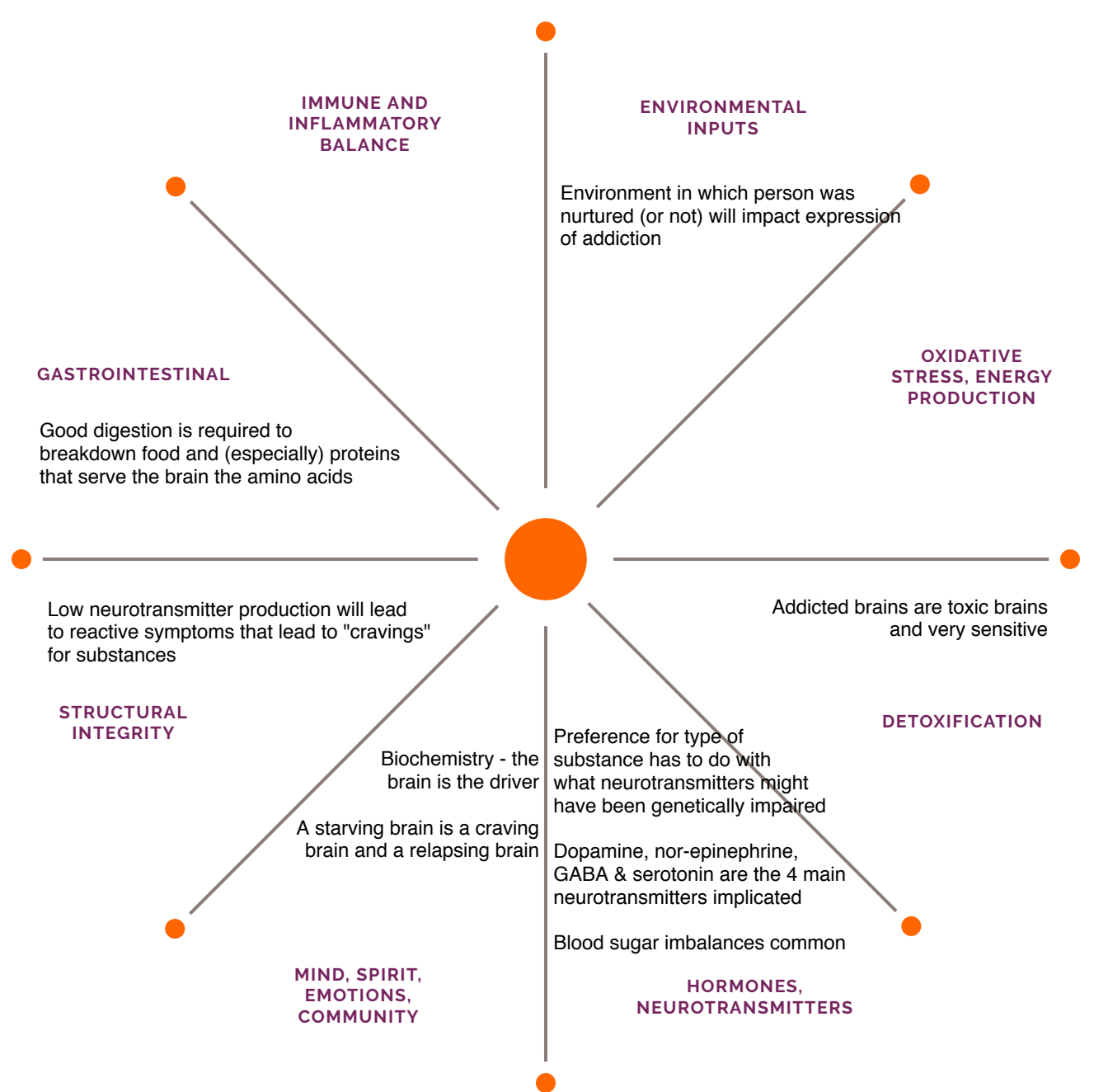
Addicted brain = dependency on certain behaviors or substances to function anywhere near normally "perfect storm"  
\* genetic predisposition

**TRIGGERING EVENTS**

- nutrient deficiencies
- physiological environment
- emotional environment
- genetic deficiencies
  
- pylororia
- award/deficiency syndrome

**MEDIATORS**

- + amino acids, key vitamins, SamE & BH4, fish oil
  
- + recovery is a 3 leg stool:
  1. biochemical
  2. psychosocial
  3. spiritual
  
- 5 Star Pro-Recovery Diet
  1. don't skip meals; 2. Eat good, clean proteins; 3. Eat the rainbow; 4. Eat good fats; 5. Avoid sugars



**SLEEP/RELAXATION**

**EXERCISE/MOVEMENT**

**NUTRITION/HYDRATION**

- + Important to eat a clean, nutrient dense diet (see 5 Star under Mediators)
- + Eat protein every 4 hours
- + Missing a meal is the #1 relapse trigger for all addiction

**STRESS/RESILIENCE**

In early addiction, supplements may be necessary to manage the starving brain (amino acids, multi vitamin, fish oil)

**RELATIONSHIPS/NETWORKS**

Supportive family and relationships key for recovery