

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

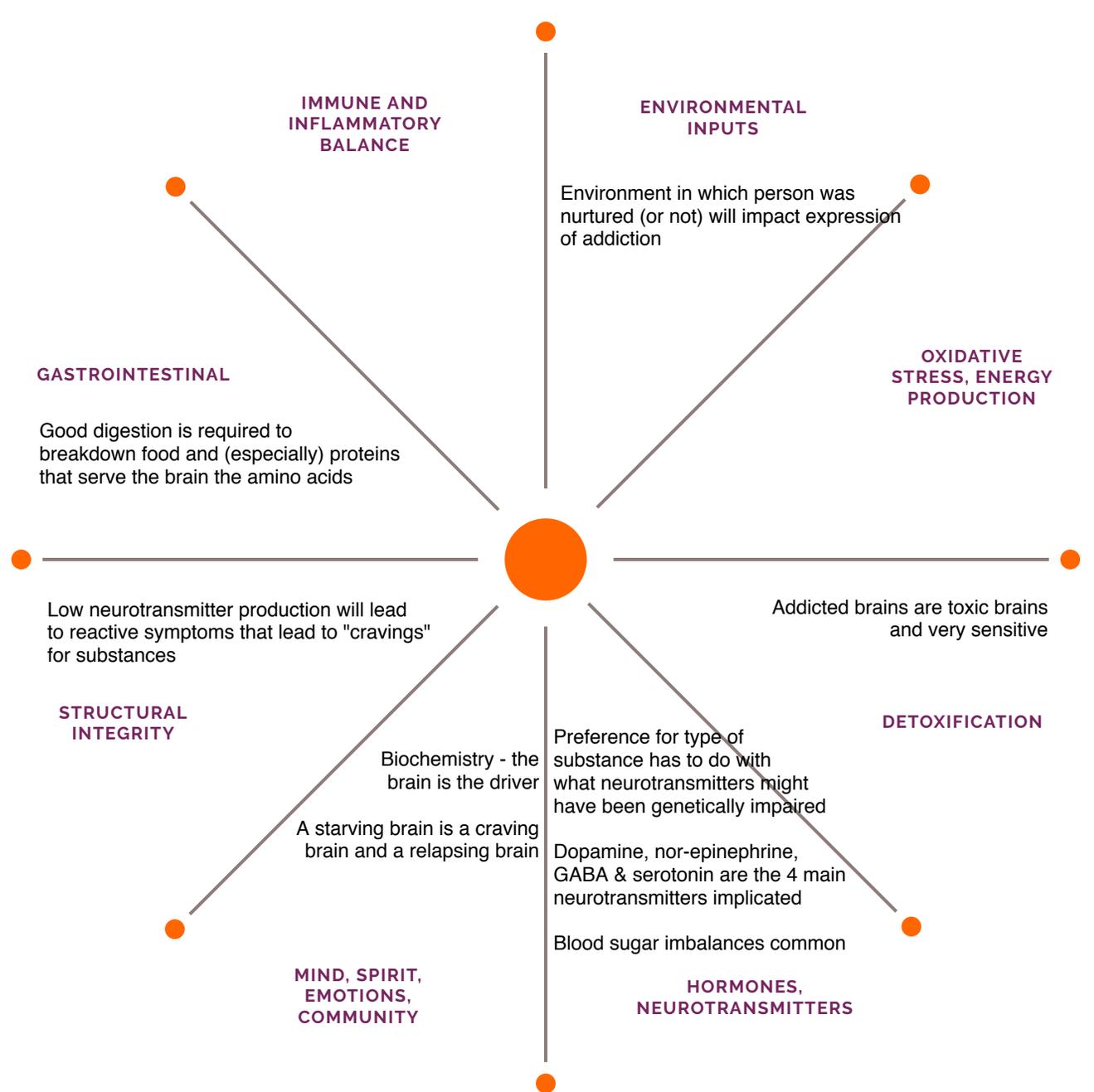
- pylororia
- award/deficiency syndrome

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