In any given group of ten Americans, most likely two have a close family member addicted to drugs or alcohol. That was last year's sobering statistic from a Gallup Poll, published in August. This year, however, a more hopeful statistic may emerge, as a dozen or more speakers present their clinical experience using successful methods of treating addiction in a public symposium, September 27-29, 2007, at the Red Lion Sacramento Inn in Sacramento, California.

Some of the techniques to be featured during the symposium include acupuncture, nutrition education, nutritional supplements, an acupressure-based trauma release technique called Emotional Freedom Technique (EFT), the trauma release technique called Eye Movement Desensitization and Reprocessing (EMDR), cranial electrical stimulation, and various forms of mind-body exercise such as yoga, tai chi, and qi gong.

The symposium is organized by Community Addiction Recovery Association (CARA), a nonprofit that has provided treatment methods aimed at biochemical brain repair to various drug programs in the Greater Sacramento area for over thirteen years, including the Sacramento County Probation Department's Drug Court. "Drug Court," says Carolyn Reuben, LAc, CARA's Acting Executive Director, "has used the broadest spectrum of our services, allowing clients to find the stress reduction and biochemical recovery techniques that best work for them."

One of those former clients is E.P., who was selling herself on the streets of Sacramento for cocaine money when she entered Drug Court in 2002. Today, she's clean from drugs, is a Phi Beta Kappa graduate of Sacramento City College, and is studying nursing. E.P. is adamant that the combination of acupuncture and nutrition was essential for her recovery. "During my year in Drug Court," she explains, "they provided me the tools I needed to heal my befuddled brain."

Although the symposium is aimed at counselors, nurses, psychiatrists, acupuncturists, and criminal justice professionals who deal on a daily basis with people suffering from addiction, those private individuals who want to attend are welcome, according to Reuben. "I believe one of the most important take-home messages from this symposium," she says, "will be the speedy results seen while correcting brain chemistry. We can and will revolutionize the field of addiction. Acupuncture increases the pain relievers called endorphins, and we have the founder of acudetox, Michael Smith, MD, speaking twice, as well as Elizabeth Stuyt, MD, who runs a mental health/addiction program in Pueblo, Colorado using acupuncture. Food and nutritional supplements replenish neurons with chemicals a brain needs to function, as described by pioneers in the field of addiction nutrition such as Joan Mathews-Larson, PhD (Seven Weeks to Sobriety and Depression-Free, Naturally) and Julia Ross (The Mood Cure). Those who believe in the spiritual approach will be delighted with Dr. Charles Gant's explanation of how quickly spirituality is enhanced once a person's frontal lobes are healed from the ravages of drug use. This symposium is a unique combination of every way we've found to enhance recovery."

Two other workshop leaders are Barbara Reed Stitt (Food and Behavior), the former probation officer who used nutrition to dramatically reduce recidivism in her Cuyahoga Falls, Ohio jurisdiction back in the 1970s, and Clark Inkanish. ICADC, NAADC (Wichita-Caddo-Cheyenne) of the T.K. Wolf drug treatment program in Tulsa, Oklahoma, whose...
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program had the usual abominable recidivism for alcoholism treatment among his Native American clients until he added nutrition and cranial electrical stimulation to conventional talk therapy.

As an additional highlight, CARA has created the Abram Hoffer, MD, PhD Lifetime Achievement Award for Nutrient Therapy in the Field of Addiction, and at the symposium banquet, Hyla Cass, MD, will be presenting the first award to Abram Hoffer, himself, though Hoffer’s acceptance speech will be seen on video from his office in Victoria, British Columbia. Hoffer published placebo-controlled, double-blind studies in the 1950s, revealing his successful cure for schizophrenia using niacin. He also helped Bill W., the cofounder of Alcoholic Anonymous (AA), eliminate his chronic insomnia and anxiety, inspiring Bill W. to campaign to include nutrient therapy in AA’s core protocol. “Alcoholism is a nutritional deficiency disease,” Hoffer maintains. At age 90, he is still successfully treating brain disease with nutrient-based therapy.

For E.P., who dropped so low and who has come so far in a few short years, the act of paying taxes is now a personal symbol of her renewed level of success and self-respect. “How come,” she asks, “it is taking other programs so long to catch on to the idea that the brain and nervous system have to be healed biochemically by the right nutrients and by the increase in endorphins through acupuncture if an addict is to stay off drugs?” Change comes slowly but once people find out these techniques work, people will insist on them.

Beyond Talk Therapy: New Frontiers in Addiction Treatment Symposium; Red Lion Sacramento Inn September 27-29, 2007

Check the web for more information about registration, sponsorship, or exhibiting at the symposium at www.carasac.org; write info@carasac.org; or call 916-485-2272. CEUS provided. Individual day’s attendance is acceptable.

The August/September issue of Townsend Letter will be mailed August 7 and focus on Cancer.

For more information, visit the most informative website in medicine: www.yurkovsky.com