

ALCOHOLISM

Wikipedia gives an interesting description of addiction: "Habits and patterns associated with addiction are typically characterized by immediate gratification (short-term reward), coupled with delayed deleterious effects (long-term) costs." An addiction like this can only be overcome through the willing and gracious power of God. Fortunately, God is willing to aid anyone and everyone, and He meets us just where we are.

Most addictions are not only the result of endotoxins that get people addicted in the first place, but also nutritional deficiencies. When we flood the body with nutrition, many times cravings disappear, including the craving for alcohol.

Three years ago my family went through a very difficult time, as we lost my little brother, John, to liver failure. He was an alcoholic from the age of 16. Throughout his troubled life, he always felt that he could handle his addiction and quit any time he wanted. The trouble is, he didn't quit. Finally, after years of abusing his liver, he developed hepatitis C. Even then, he still found himself unable to quit, and he continued to drink until the damage was irreversible. John came home from the hospital to die surrounded by his family and his two teenage daughters, who meant the world to him. Without the power of God, John was helpless against an addiction that had robbed him of everything he held precious. I have the comfort of knowing that I will see him again, but the knowledge of his wasted years and what it would have meant for his family for him to be here, continues to haunt me.

Looking back on my brother's life, I wonder---Did I adequately reassure him of his worth in the eyes of his family and the eyes of God? Sometimes in such a situation, people feel defeated with feelings of worthlessness. However, this feeling has no basis in the Word of God. Remember the woman who was brought to Jesus by the scribes and Pharisees? They were laying a trap for Jesus. They were in hopes that He would condemn her. However, guilty or innocent, condemnation was never a part of His character. He thwarted their plans by saying, "He who is without fault, cast the first stone." Then he began to write their own sins in the sand. As a result, they all disappeared one by one. "When Jesus had lifted himself up, and saw none but the woman, he said unto her, 'Woman, where are those thine accusers? Hath no man condemned thee?' She said, 'No man, Lord.' Jesus said, 'Neither do I condemn thee, Go and sin no more.'" John 8:10-11

For a God who never condemns, He doesn't leave us to wander helplessly without a solution. He has provided in nature natural remedies that will aid in the healing process.

When my brother underwent rehabilitation, I felt at the time that the nutritional aspect of his condition was never addressed. I was disappointed at the diet provided. John was nutritionally starved. He had been gluten intolerant for many years that had deteriorated to a full blown disease called "celiac sprue." As a result, this condition deeply compromised his ability to absorb nutrition. This set in motion the vicious downward spiral of ill health, addiction, and despair.

If you find yourself in a similar position as John was, I would like to first of all offer you the reassurance of a God who died to save you. Regardless of whether you believe you're worth it or not, the fact

remains that God came to seek and save the lost. I can reassure you of one thing, "No one is worthy." I consider myself among the ones He came to save. If He will save me, I know He will do the same for you regardless of what you have done or where you have been.

I would like to offer some nutritional and spiritual guidelines for success:

1. Flood your body with nutrition through the use of live juices. If juicing is not possible, keep your raw food intake high. The live enzymes in these live foods will fill the craving receptors in the body and will go far in helping you overcome cravings.
2. Use a Superfood with your juices that will boost the nutritional aspect of juicing even more, i.e. grasses of barley, wheatgrass, alfalfa, beets, nutritional yeast flakes (packed with B-vitamins), spirulina, and chlorella.
3. Avoid other food allergens you might be addicted to. If you crave something, chances are, you're allergic to it.
4. In "The Vitamin Cure for Alcoholism" (Abram Hoffer, M.D., Ph.D) agrees that nutrition has to be addressed in the case of alcoholism, supplementing the diet with B-vitamins; in particular, B3 (Niacin) and B6 (Pyridoxine). The usual starting dose of Niacin according to Dr. Hoffer is 500-1,000 mg taken immediately after meals, three times a day. Ascorbic acid is also recommended to accompany Niacin in equal amounts. The dosage of Niacin seldom needs to go higher than 2 grams daily.

Some of the benefits of taking Niacin have included:

- Improved sleep patterns, mood stability, and overall functioning in 60% of the test group who showed the more serious organic symptoms.
- Niacin significantly reduced acquired tolerance to alcohol.
- Niacin appeared to significantly shorten the course of the acute toxic brain syndrome.
- Niacin all but eliminated "dry drunk syndrome," including hyper excitable, manic episodes, and suicidal depression.

The recommended dosage for vitamin B6 (Pyridoxine) is: 100-1,000 mg daily.

NOTE: B-vitamins are best taken as a group, as they work better in the body when taken together. These dosages of B-vitamins should only be taken singly for a specific purpose for a specific period of time.

5. One of the most serious hindrances to success is, in my opinion, not discouragement and despair as one might think---but instead success itself. The times I have most experienced failure is when I was riding high! Remember in the Bible when Peter walked across the water to Jesus? I think he must've been experiencing that independent feeling of "I can handle this now, Jesus." It was a lesson to us today of just how helpless we really are. When you're tempted to say, "God, I can handle this now," reach up and hang onto the hand of omnipotence. He is the only answer to brokenness.

HERBAL AIDS:

1. Bugleweed: Natural physicians have used Bugleweed successfully in cases of inflammation in the body from alcohol abuse.
2. Oats, milky tops: In India, oats are described as a perfect food....the tincture of the green oats is recommended for nervous strain. It is also taken as an antidote for drug addiction and alcoholism.
3. Skullcap: This has been used in weaning people from barbiturate addiction as well as in lessening withdrawals from Valium and meprobamate abuse, avoiding some of the latter state convulsions and frenzies. In combination with white ginseng it is effective in treating delirium tremens of alcoholism.
4. Cabbage: Eat cabbage, steamed or raw and drink the juice.
5. Cayenne: It is used as an accentuator with other herbs; it increases the value and healing properties of the herbs and carries them to the afflicted part of the body. Indeed, Cayenne affects every portion of the body through its marvelous action in the venous structure... It can help cleanse the system of alcoholism and even reduce the discomfort of a hangover, or worse, the miseries of delirium tremens.
6. Cleansing the Bowel: Alcoholic beverages of all sorts tend to produce constipation, by causing chronic intestinal catarrh, ulcer of the stomach, and paralysis of the sympathetic nerves. Herbs used to feed and rebuild the bowel are recommended, as in Dr. Christopher's #1 and #2 bowel formula.
7. Alfalfa: This is used in Europe for many functional type diseases. It is traditional for wasting diseases in traditional European practice. It is recommended for alcoholics and drug addicts who are trying to kick the habit.

As you struggle through the pain of addiction, I would like to remind you again of your incredible worth. If the enemy has been dogging your footsteps for a long time now, reach out to the only source of freedom. He won't let you down.