

**We don't choose the drugs we abuse,
they choose us.**

When someone comes to my office for treatment, I can actually predict the biochemical cause of their addiction based simply on the substance he or she abuses.

We're all born with individualized neurochemical imbalances that, when impacted by stress, can trigger addictions. Identifying these specific imbalanced chemicals, or neurotransmitters, allows us to accurately predict the specific substances that will choose us.

When severely out of balance, the three major neurotransmitters- dopamine, serotonin, and noradrenalin – create uncomfortable feelings and behaviors that we often fix by self-medicating. When we're depressed, we need serotonin...and the opiates and alcohol give us a quick fix.

Overwhelming anxiety and panic arise from a surge in noradrenalin, and drugs like Valium and Xanax almost immediately calm this discomfort. Cocaine and methamphetamine addicts abuse their substances to quiet the mania and severe agitation that stem from an overload of dopamine in their brains.

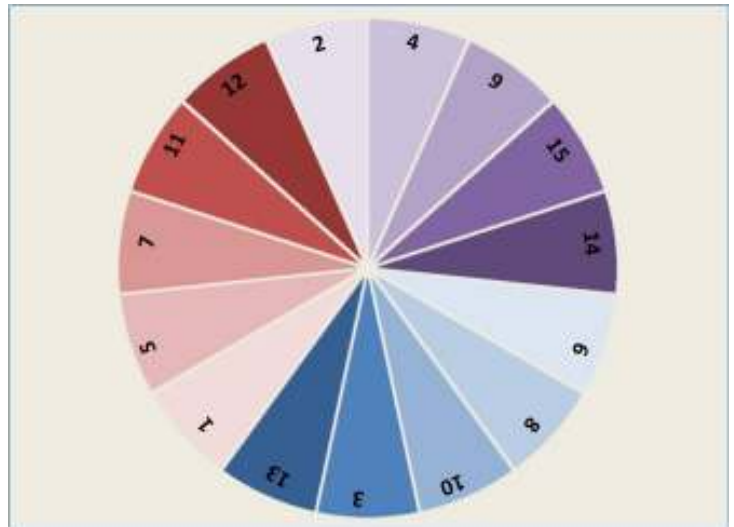
These drugs interact with each specific neurotransmitter's receptors by blocking the otherwise discomfoting effects of each specific imbalance. So show me your drug, and I'll show you the neurotransmitters that need balancing.

Your Addiction Prediction, a simple 15-question test, sorts out which of your neurotransmitters are likely to be imbalanced.

After you've answered all of the questions, see which sector most of your answers land in. This will be the neurotransmitter that is most likely out of balance.

Unlike the new medical paradigm, Your Addiction Prediction is not scientifically tested, but over my twenty years of clinical experience, it has proven to be an extremely reliable if simple tool to connect the dots between someone's addiction and their imbalanced brain chemistry. In so doing, it allows us to guide both short term and long term recovery by offering an alternative menu of nonaddicting options to medically treat individual neurotransmitters.

Your Addiction Prediction



Circle the numbers that apply to you

1. I can sometimes stay awake for days without sleeping
2. I often get depressed or sad
3. I sometimes get heart palpitations or chest pains
4. I have alcoholism in my family
5. I often start projects and never complete them
6. I am often constipated or have diarrhea, and sometimes both
7. Reading is hard for me because I often lose track of what I've read
8. I've had panic attacks where I can feel scared, my heart races, I have trouble breathing, and I can feel dizzy
9. I sometimes have obsessive behaviors or thoughts
10. I have trouble falling asleep
11. I had trouble focusing when I was younger and couldn't sit still in class
12. I took antidepressants like Prozac, Zoloft, and Lexapro, but they didn't really help me
13. I avoid social situations with people I don't know
14. Sometimes I can stay in bed and sleep all day
15. One of my relatives was depressed

Neurotransmitter Imbalances	Abused Substance
Dopamine	Cocaine/Meth
Noradrenaline	Valium/Xanax/Ativan/Klonopin
Serotonin	Opiates/Alcohol

Source: David Kipper, MD *The Addiction Solution*, 2010, Rodale, NY, NY.