

Brains on the Range

February 2010

Volume 1, Issue 6

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NeuroScience Inc. believes the function of the central nervous system, including a balance of neurotransmitters, plays an essential and central role in the health of all body systems.

AdreCor

- Adrenal neurotransmitter support
- Suggested uses: stress, fatigue, low energy

TravCor

- Inhibitory neurotransmitter support
- Suggested uses: sleep issues, anxiousness, restlessness

TheaNaq

- Calming
- Regulates addictive/compulsive behaviors

Calm-PRT

Decreases Stress by reducing elevated Cortisol, Norepinephrine, and Epinephrine

- Excitatory neurotransmitter reduction
- Suggested uses: stress, anxiousness, restlessness

Nuvoxil

- Calming neurotransmitter support
- Uses L-tryptophan instead of 5-HTP for serotonin support
- Suggested uses: stress, anxiousness, low mood



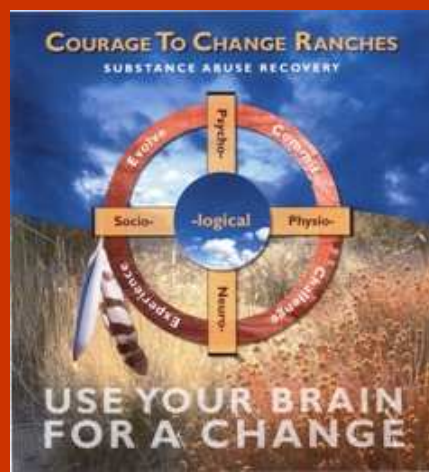
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The Care and Feeding of the Brain by Leslie C. Botha & Dr. Judith Miller



Combining Science with Holistic Modalities in Addiction Recovery
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Throughout history traditional medical beliefs provided explanations for birth, death, and disease. Illnesses have been attributed to witchcraft, demons, adverse astral influence, or even the will of the gods. Limited understanding of the concept of health resulted in the development of a pathological and psychological (neurosis) model of medicine that focused on the mechanics of the science of the disease; instead of perceiving medicine as a combination of both the art and science of healing.



Over the last couple of decades, the brain has become the focus and center of healing. But look at what has transpired in the meantime: we have dissected and amputated – made assumptions based on an incomplete diagnosis, labeled patients with pathological diseases and psychological neurosis that has altered their lives in negative ways and made them dependent on an industry that pushes pills for every new “disorder” that comes down the pike.

Researchers and healthcare providers are now looking at a new paradigm that explores the root cause of “disease/imbalance” and that is a lack of essential nutrients. And for the brain that is crucial. We now know that the brain is the only organ in the human body which never ages. Through the work of Dr. Candace Pert, author of *Molecules of Emotion*, we also know that brain cells are found in every organ in the body. Our whole being is a whirling complex of electrical and biochemical communication, that is in a constant cyclical state of regeneration and renewal, largely determined by how it is being used.

Unused brain cells do not grow old and die; they simply degenerate. The National Hormone Institute released the results of a study last year that found that cases of Alzheimer's now outrank cases of breast and prostate cancer combined. We are in a new “disease” frontier where neurological disease poses a greater threat to our well being than pathological illnesses.

One simple cost effective way of healing disease affecting not only the low income, but the addicted population is frequently overlooked and that is better nutrition. Poor nutrition affects nearly all aspects of health, from susceptibility to disease to how effectively the body responds to treatment. However, nutrition research is severely underfunded, and although it seems that nutrition is everyone's problem, it is no-one's priority. There are certainly no gains to be made for the pharmaceutical industry by focusing on nutrition in healing.

Improving nutrition does not need complex technology, or advanced drugs or vaccines — most nutritional deficiencies are extremely basic. Addressing these issues does require social and/or behavioral changes for which other types of research are needed.

At Courage to Change we have found that when the brain is deprived of nutrients essential to balance/pleasure (homeostasis) it will accept harmful addictive substances in favor of nutrients. This is the primary cause of self medication, i.e., the victim unconsciously seeking a feeling of well being and the medical profession supplying the means to do so with psychotropic's/SSRIs. The brain can actually be cared for and fed essential nutrients to create a natural feeling of well being. When this occurs then the cravings for those substances diminishes and the social/behavioral/lifestyle changes become more effective.

A Public Service Message from Addiction

by Del A.



Since coming to the C2C Ranch I've heard nothing but bad things about the condition called “addiction.” But ask yourself... when have you ever encountered anything so fair? I mean, really. Addiction is one of the fairest things you've ever known. It doesn't care if your skin color is black or white; political affiliations are republican or democrat, or if you are wrong or right. It could care less if you are young or old, wise or foolish, Protestant or Catholic, rich or poor.

If you can't find addiction – it will come to you. No experience necessary; we will train. Education is just not important. We take dropouts to PhD's. Addiction does not care about your past or whether or not you come from a good family. Everyone is welcome. Everyone is accepted – no matter your creed, credit rating or country of origin. You are all precious in addiction's sights. All are welcome – no one is ever refused service. No prerequisites, no references – all pre-existing conditions ok. Everyone gets the same priority service. Step right up and you too can become an instant member of this family.

Everyone is eligible for addiction's long range plan. No matter where you start out everyone ends up in the same place. Addiction judges you for you. It doesn't care if your family loves you, or depends on you. Addiction hardly ever gets disappointed like they do.

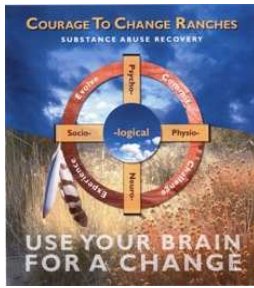
No one has the inside track; no one has an advantage in addiction. Addiction is **fair**. Addiction is an equal opportunity destroyer. Tell me what could be more fair than that? And remember addiction's doors are open 24/7 – 365 days a year – holidays included. We won't give you your money back but we will guarantee you'll get more than you bargained for. You all come see us now... we will keep the front porch light on.

Never you mind the bad things they are saying about addiction at the C2C Ranch. They are all a bunch of quitters down there.

Your fiend,

Mr. Dedlee Addiction

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Teratogenic Drugs & Pregnancy

Teratogen: Any agent that can disturb the development of an embryo or fetus. Teratogens may cause a birth defect in the child. Or a teratogen may halt the pregnancy outright. The classes of teratogens include radiation, maternal infections, chemicals, and drug.

Prescriptions for potentially teratogenic medications are frequently filled by women of childbearing age without documentation of contraceptive counseling. **Center for Research on Health Care, University of Pittsburgh, Pittsburgh, Pennsylvania**

Drugs known to be capable of acting as teratogens include, but are by no means limited to, ACE inhibitors like benazepril (brand name: Lotensin), captopril (Capoten), enalapril (Vasotec), fosinopril sodium (Monopril), [lisinopril](#) (Zestril, Prinivil), lisinopril and hydrochlorothiazide (Zestoretic, Prinzide), quinapril (Accupril), and ramipril (Altace); the acne medication isotretinoin (Accutane, Retin-A); alcohol, whether ingested chronically or in binges; androgens (male hormones); the antibiotics tetracycline (Achromycin), doxycycline (Vibramycin), and streptomycin; blood-thinners, such as warfarin (Coumadin); seizure medications, including phenytoin (Dilantin), valproic acid (Depakene, Depakote, Valprolate), trimethadione (Tridione), paramethadione (Paradione), and carbamazepine (Tegretol); the anti-depressant/anti-manic drug lithium (Eskalith, Lithotab); antimetabolite/anticancer drugs methotrexate (Rheumatrex) and aminopterin; the antirheumatic agent and chelator penicillamine (Ciprimene, Depen); antithyroid drugs, such as thiouracil/propylthiouracil and carbimazole/methimazole; cocaine; DES (diethylstilbestrol), a hormone; and thalidomide (Thalomid).

Obviously, alcohol and illegal or unnecessary drugs should never be used by women who are pregnant, or who plan to get pregnant.

[MedicineNet.com](http://www.MedicineNet.com)

Ryan Duffy—Counselor Extraordinaire

Courage to Change Addiction Recovery Ranch is most fortunate to employ counselor, Ryan Duffy. Mr. Duffy has a special way of counseling in that he wants our clients to learn how to live, have fun and enjoy a life of sobriety and productivity. These attributes cannot be taught in a classroom or a group session, they actually require a reality experience. Ryan doubles as a counselor and a case manager. He sees to it that all clients get what they need while at the C2C Ranch. Whether it is a dental or medical problem; obtaining a GED, social security card, driver's license, meeting a probation officer or whatever a client needs to face transition into the real world, Ryan provides the resources.



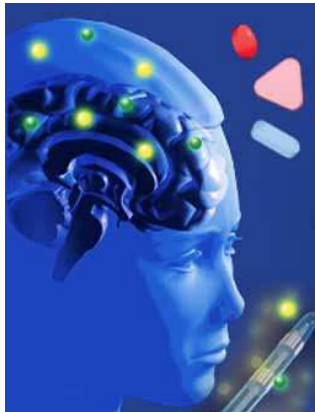
Fun at the Ranch - Ryan also make sure that the clients have an opportunity to experience fun and enjoyment during their residency. Clients enjoy field trips to the Paint Mines, AA Dances, football and basketball games, rodeos, auction sales, community picnics, barbeques or other social activities. The C2C Ranch recognizes that clients can create their own dopamine naturally with fun and laughter and serotonin while enjoying the sunshine and absorbing natural Vitamin D. Many of these activities are a new experience for clients to enjoy without the use of drugs or alcohol. Fishing and camping are favorite activities that alcoholics and addicts love to do in combination with their drug of choice. In fact most have never been sober while fishing or camping.

Winter Camping – Ice Fishing – A Natural Anti-Depressant. Who in the world would enjoy sleeping in a cold tent, sitting for hours on the ice in the brisk wind and bright sun? Who in the world would take a couple of rookies on such a trip? Ryan Duffy would and he does. A couple of weeks ago, Ryan packed his truck with food, camping supplies and fishing gear, loaded a couple of C2C clients and took off to the mountains for a two-day trip. The fishermen returned dirty, tired, hungry but most of all HAPPY. They enjoyed the fun, camaraderie, laughter and even caught some trout. There were no complaints about the cold, campfire food or any of the roughing it experiences. In fact, Ryan and the clients watched other sportsmen trek back and forth in the cold to their vehicles to replenish their beer stash. They were amongst a handful of people on the lake sober while enjoying the sport and the great outdoors.

The clients were changed in a way that no counseling session could accomplish – but wait a minute – the whole event was actually one big counseling session led by counselor extraordinaire, Ryan Duffy.

Alternatives to Antidepressants by Leslie C. Botha & Judith Miller Ph.D.

Neuroceutical Alternatives to Antidepressants



All medications – actually anything synthetic that is ingested/injected into the body – orally, topically or subcutaneously - are chemicals that tap into the brain's communication system disrupting the way nerve cells normally send, receive, and process information. There are at least two ways that pharmaceuticals are able to do this: (1) by imitating the brain's natural chemical messengers, and/or (2) by over stimulating the "reward circuit" of the brain.

A lack of nutrients and an imbalance in the neuro-endocrine system – also affected by the brain's communication system can result in depression. A recent CDC study looked into the 2.4 billion dollar in pharmaceuticals prescribed during visits to doctors and hospitals in 2005. The study reported that 118 million dollars was prescribed for antidepressants.

Depressants are psychoactive drugs that temporarily reduce the activity or function of a certain region of the mind or body. They are often taken by patients to help provide extra relief and comfort from anxiety and depression. Some of the effects can lead to sedation, memory impairment, anti-convulsant effects, anesthesia, analgesia, somnolence and muscle relaxation. However, drug-taking patients may experience a variety of side effects and complications – often including the very symptoms they are trying to mask. Antidepressants can be just plain dangerous.

Balancing the neurotransmitters in the brain is not only crucial for addiction – but for all mood altering states. Women are at greater risk because the female endocrine system is more complex than males. Scientific studies show that a woman's brain changes during every single day of the menstrual cycle. If the neurotransmitters are imbalanced, hormone fluctuations are more extreme. Balancing the neurotransmitters increases the production of natural hormones and decreases the severity of mood swings. When a man's neurotransmitters are balanced, his endocrine system stabilizes and there is no longer a need for Viagra or any other type of male-enhancement treatment.

Rebalancing the neurotransmitters can be accomplished with a targeted neuroceutical regime; whole food amino acid/vitamin and mineral supplements that will nourish the brain, calm the nerves, increase focus and clarity – and believe it or not –help you "look on the bright side." Anon the bright side, the neuroceuticals do not cause suicidal ideation, or any side effects noted from the antidepressants.

Farewell Prozac

Being free of medication gives you the courage to act on other things, including the things that hurt the most. It might not be pleasant, but it's what you have to do. At least you can see it now, and at least you know what it isn't. And it can't be as bad as your own self-hate made it out to be. Nothing to be scared of. Nothing that can't be fixed. So now is the time to start fixing it.

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