

# Integrating Holistic Modalities in Addiction Recovery

Use Your Brain for a Change



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## Courage to Change Addiction Recovery Ranch Brains on the Range

### Addiction Now Defined as a Chronic Disease of the Brain

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#### EarthSky – A Clear Voice for Science August 21, 2011

The American Society of Addiction Medicine no longer defines addiction as a behavioral problem, but instead as a problem with brain circuitry.

What is addiction? Whatever you may have thought, the official definition of it has now officially changed. According to the American Society of Addiction Medicine (ASAM), addiction is not a behavioral problem but instead is a “primary, chronic disease of brain reward, motivation, memory, and related circuitry.”

In other words, it's all in the head, in that physical, electrochemically signaling bundle of nerves we call the brain.

What happens in that bundle of nerves to produce addiction? Many parts of the brain interact to form the outward signs of the disease. Your smart parts in the front of your brain engage with the parts involved in memory and motivating and rewarding you to form the



circuitry of addiction. What emerges from all of this anomalous neuron talk are the problems with impulse control (grab a drink!), altered judgment (one more can't hurt!), and the pursuit of the object of addiction in spite of negative outcomes (drinking until 4 a.m. even if you have to be at work four hours later).

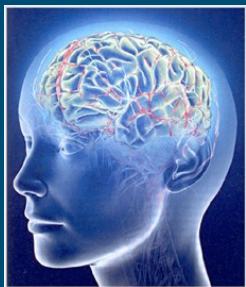
A key factor in identifying addiction is the “pathological pursuit of reward” or some other form of release through substance use or behaviors. The smart parts at the front of your brain are supposed to be the chaperone wagging a finger and saying “No.” When they don't do that, a person with an addiction may pursue

the object of the addiction to the exclusion of everything we typically consider important: Continue life, family, love, work, food. Whatever that object is – alcohol or other drugs, gambling, pornography, Internet use – the reward and release it brings trump everything else.

Unfortunately, those chaperoning circuits don't fully mature until you're an adult. Interfering with their maturation through exposure to addictive substances or activities in the teens can warp their communication with the other parts of the brain involved in addiction.

The result? Hardwiring of the circuitry that results in the “primary, chronic disease of brain reward, motivation, memory, and related circuitry.” The circuits are set to override or bypass that chaperone saying “No.”

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*International*  
Neural - Renewal Center

# Historic Overlook Ranch B&B Offers Renewal Retreat Weekends in Estes Park, CO

**Open House for  
Overlook Ranch B&B  
and  
International Neural-  
Renewal Center in  
Estes Park, CO  
September 18  
1 to 4 pm  
Call 970-586-3301  
for more information**

The International Neural Renewal Center, founded by Dr. Judith Miller Ph.D., has opened an exclusive 'Renewal Retreat' Bed & Breakfast at the historic Overlook Ranch in Estes Park, Colorado. The property is located at 3501 Devil's Gulch Road. An Open House is planned for Sunday September 18, from 1 to 4 pm.

Situated on 11.2 acres on the east side of the Estes Valley, the Overlook Ranch B&B offers panoramic views of the Rocky Mountains. The historic ranch-style Estes Park estate has been fully restored, offering fine log-home accommodations in the 3800 square foot main lodge with three native stone fireplaces, a west-facing closed in porch, and three private lodge rooms. Slice of Heaven and the Longs Peak Room both offer a King bed, and the Cowboy and Indian room offers one Queen and one Double - plus a private balcony. A gourmet breakfast is offered each morning. Children are welcome.

The Overlook Ranch, which borders National Forest Service land, offers many hiking trails and is the perfect setting for a 'renewal retreat.' The town of Estes Park, only 10 minutes from the ranch, is known for its small town western hospitality and family-friendly



livers soothing, deep-penetrating heat while stimulating the regeneration of damaged cells in the body.

atmosphere. Estes Park is also known as the Gateway to Rocky Mountain National Park and was recently honored by Trip Advisor with the 2011 Travelers' Choice Awards as one of the 25 top destinations in the U.S. The quaint village is known for its year-round recreational and cultural activities. During the summer months outdoor arts, cultural and music festivals are held throughout downtown.

Nightly rates range from \$150 to \$180. The Overlook Ranch is offering a Fall Special between 9/1 and 10/31 - stay two nights and the third night is free.

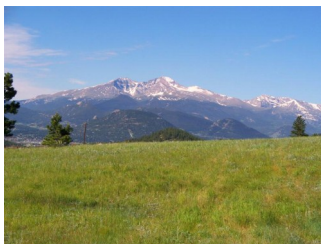


Overlook Ranch amenities also include **Amethyst Crystal Biomat Therapy Sessions** for a true

renewal retreat experience. BioMat technology is a combination of three powerful health stimulators: infrared heat, negative ions and the conductive properties of amethyst channels. The BioMat de-

The FDA approved therapy is a safe and natural way to help the body achieve optimal health now and to allow the body to remain stronger and more resilient in the future. It has been used to help promote relaxation in the body, thereby reducing stress, fatigue, anxiety and insomnia. The Biomat helps to eliminate toxins from the body, which reduces inflammation, and resulting stiffness and pain in joints, while also increasing circulation and cardiovascular health. Balancing the body with Biomat therapy has also helped reduce allergy symptoms, alleviate migraine and tension headaches, improve muscle tone and skin quality, while it also helps the body to efficiently burn calories to obtain optimal weight.

For more information about the Overlook Ranch or to make reservations, call 970-586-3301 or 720-219-9099 between 8 am and 8 pm.



# Meaningful Words in ASAM Definition of Addiction



August 15, 2011  
**Opinion**  
by Gary Enos

A straightforward, 14-word sentence opens the American Society of Addiction Medicine's (ASAM's) newly adopted definition of addiction, leaving little doubt over ASAM's position on what the field is treating:

"Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry."

There will be plenty of opportunities taken to parse this statement and the others that make up a long-form definition that took a group of more than 80 addiction experts four years to create. Two items stand out in the opening sentence. Addiction is primary—this will inspire professionals who fear their interests being subsumed by those of individuals who attribute addiction exclusively to emotional/psychiatric causes. Addiction is a disease of the brain—this will motivate the ongoing work to erase stigma in places where

services are delivered and policies are crafted.

"At its core, addiction isn't just a social problem or a moral problem or a criminal problem. It's a brain problem whose behaviors manifest in all these other areas," Michael Miller, MD, the ASAM past president who oversaw development of the definition, said in a statement. (Miller in recent weeks was named the physician recipient of *Addiction Professional's* 2011 Outstanding Clinicians Awards.)

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**"Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry."**

## Children aged four in Wales' A&Es for drink and drugs

**BBC NEWS**  
August 22, 2011  
By Kevin Leonard BBC  
Wales News reporter

Children as young as four have been treated in accident and emergency departments in Wales for the effects of alcohol, research shows.

Figures obtained by BBC

Wales suggest at least 1,200 children attend casualty each year because of drink and drugs.

Children under 12 are among cases of alcohol and drug poisoning.

Dr Richard Lewis, Welsh secretary of the British Medical Association, said the issue was "increasingly

worrying".

"I think it's pretty well recognised by health services and health professionals that there's an increasing problem with both alcohol and drug-related incidents with younger and younger people," said Dr Lewis.

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More than 800 children have ended up in casualty in each of the past three years having drunk alcohol

## Addictive Personality? You Might be a Leader

**New York Times Sunday Review**  
By David Linden  
July 23, 2011

WHEN we think of the qualities we seek in visionary leaders, we think of intelligence, creativity, wisdom and charisma, but also the drive to succeed, a hunger for innovation, a willingness to challenge estab-

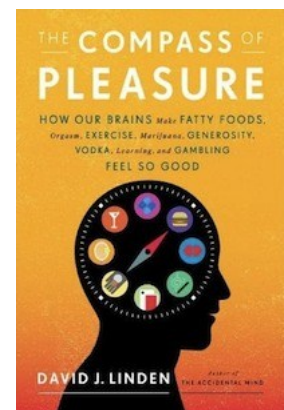
lished ideas and practices.

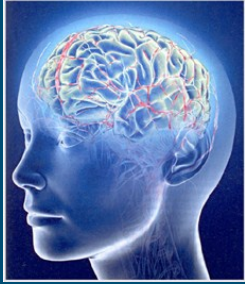
But in fact, the psychological profile of a compelling leader — think of tech pioneers like Jeff Bezos, Larry Ellison and Steven P. Jobs — is also that of the compulsive risk-taker, someone with a high degree of novelty-seeking behavior. In short, what we seek in leaders is often the same kind of personality type

that is found in addicts, whether they are dependent on gambling, alcohol, sex or drugs.

How can this be? We typically see addicts as weak-willed losers, and chief executives and entrepreneurs are people with discipline and fortitude.

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- ◆ Psychiatric Evaluation
- ◆ Evidence Based Therapies
  - ◆ Cognitive Behavioral Therapies
  - ◆ Motivational Interviewing
  - ◆ EMDR – Eye Movement Desensitization & Reprocessing
  - ◆ EFT – Emotional Freedom Techniques

### Physio-LOGICAL – Care and Feeding of the Brain and Body

- ◆ Nutritional Assessments
- ◆ Sleep Patterns
- ◆ Medication Monitoring

### Spiritual-Logical – Repairing the Social Systems to Become an Asset to the Community

- ◆ Family & Friendship Relationship Repair
  - ◆ Conjoint Family Counseling
  - ◆ Individual Counseling
  - ◆ Family & Friends Visitation
- ◆ Career Enhancement
  - ◆ Professional Careers – Repairing the Impaired License
- ◆ Spiritual Awakenings
  - ◆ 12 Step Fellowship Participation
  - ◆ Talking Circles
  - ◆ Recovery Rituals

## Symptoms of ageing are caused by drugs, new research finds

### WDDTY—What Your Doctor's Don't Tell you August 3, 2011

Many of the problems associated with growing old – falls, unsteadiness and increased risk of stroke – are the direct consequence of taking a prescription drug, and now the SSRI antidepressants have been added to the list of culprits.

The SSRIs (selective serotonin reuptake inhibitors), which include Prozac, are often prescribed to the elderly to help them cope

with their depression – but a new study has discovered they are the cause of symptoms that had been blamed on the ageing process.



The drugs quickened death, caused a stroke, a fall or fracture, triggered an epileptic fit and hypo-

natraemia (high salt levels in the blood), researchers from the University of Nottingham have discovered.

The researchers made the discovery after they analysed the health records of 60,746 patients aged 65 and older who had recently been diagnosed with depression. Of these, 89 per cent had an antidepressant drug and 57 percent of these were for an SSRI.

The SSRI drugs most likely to cause an adverse re-

action were trazodone, mirtazapine and venlafaxine, and the risks were highest in the first 28 days of starting the drug and the 28 days after finishing drug treatment.

(Source: British Medical Journal, 2011; 343: d4551).

