

Brains on the Range

December 2009

Volume 1, Issue 4

Inside this issue:

Holiday Greetings from
Dr. Miller

Suboxone—Nothing but
Another Methadone

Seasonal Affective Disorder
& Addiction

C2C Offers Two End of Year
Bequeathing Programs

The staff at C2C would like to thank board member David Johnson, owner of Global Propane Company for providing our facilities with a year's worth of propane.

Former C2C Client Testimonial

It's been a little over a year since I first stepped foot on the ranch. To this day I have to say it will remain the most powerful and life changing experience by opening my eyes and reminding me of who I really am. A lot has happened this last year, and even though I relapsed these last few months, as I sit here writing you once again my "faith" has been restored and I'm excited about my future.

I was sober for 10 months no problem, until my boyfriend started selling again. That led to him using which led me right back to that dark place I HATE SO much. He is already back in prison, leaving me alone once again by myself to raise the kids while being an addict.

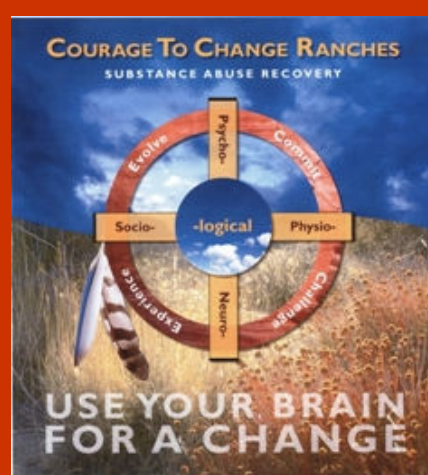
As you know Tanya (another C2C client) moved to Wyoming. When I came to visit her one weekend, I saw that her eyes were so full of life and she was happy and that her children were in such a good place was another eye opener. I sat outside one evening with the wind blowing through my hair— and all of a sudden I knew what I had to do.

As soon as I got back to Denver, all I could focus on was getting me & my kids out of there as fast as I could. I knew everyone at one point thought I was losing my mind but by following my heart I'm here now and have never felt such a sense of peace and hope as I do today. For goodness sakes right now my son has already left to go fishing! Never would that have happened in Denver!

Well to get the point, the reason I'm writing is because I'm trying to start my business back up and get back in school. (I went for a couple semesters, got straight A's and even though everything is going right and feels right, my mind seems to have been left behind most of the time. I can't focus long or gather my thoughts quickly. IT'S SO FRUSTRATING! I was hoping I could obtain the nutraceuticals to help me through this recovery process once again. I'll do what ever you need me to! See a therapist, drop UA's, WHATEVER I am also willing to pay the full price for them. I don't care what the cost because I understand my sobriety and peace of mind are priceless.

F. Rael

Holiday Greetings from Dr. Judith Miller



Combining Science with
Holistic Modalities
in
Addiction Recovery
719-541-4912
www.c2cranches.org
redfeather7@earthlink.net

For this issue I was asked if it was possible to write a light hearted message about the holidays in an addiction newsletter- but came to find the prospect extremely difficult as there is nothing happy or light hearted about the disease of addiction.



It has an onset, a progression and an end which leads to insanity and death. For the addict the holiday season tends to be the unhappiest, least light hearted season of the year. As I write, I recall John Denver's song: "Please Daddy (Don't Get Drunk On Christmas)" written with an eight year olds sad observation, "I don't want to see my Mumma cry. You came home at a quarter past eleven; Fell down underneath our Christmas tree."

However, for the addict in recovery, the holiday season can be delightfully happy, especially followed by Thanksgiving and the thankfulness of recovery. For many, it may be the first season experienced in sobriety, not falling down underneath the Christmas tree but enjoying Christmas morning with family and friends. Recovery promises many happy holiday seasons and a way to feel the Christmas Spirit all year long.

Recovery is difficult. Life is difficult. But it is better to be sobered up than to be locked up or covered up. Sobered Up,

Locked Up, or Covered Up are the three choices for an addict. The most amazing aspect of recovery is for the addict to realize that s/he does have a choice.

For some enlightening reading check out "Prisoners of Our Thoughts" by Alex Pattakos, who presents the "Seven Core Principles of Thought" by Victor Frankl, the father of humanistic medicine and psychiatry. The following quote is drawn from Frankl's essential teachings:

**"Between stimulus and response, there is a space.
In that space lies our freedom and our power to choose our response.
In our choice lies our growth and our happiness."**

Suboxone—Nothing but Another Methadone—by Leslie C. Botha with Steve D. from Maryland



Photo from Flickr.com

Suboxone the highly used and overrated synthetic opiod used to treat heroin and other substance opiates is nothing but another drug used to keep addicts addicted argues a C2C client struggling to detox his addictions.

Suboxone is a combination of two active ingredients: buprenorphine (an opiod medication similar to morphine, codeine, heroin and methadone); and naloxone, a short-acting opiate antagonist that binds to opiate receptors and prevents the opiates from binding.

When taken under the tongue as prescribed, the naloxone is hardly absorbed increasing the effects of the buprenorphine.

If the tablets are snorted—mimicking and perpetuating the addict's method of choice for taking opiates, they can actually get "high" with the increased bio-availability. Some addicts inject Subutex (another opiod med) because it is straight buprenorphine without the naloxene antagonist.

Taking Suboxone only prolongs the opiate high. Steve felt guilty working on his NA while on Suboxone. He chose not to start his "clean" date until he got off the synthetic opiate—which was no easy task for him. He feels that the drug inhibits any potential growth an addict may receive from treatment and affects their ability to commit to the work in their 12-step fellowship of choice.

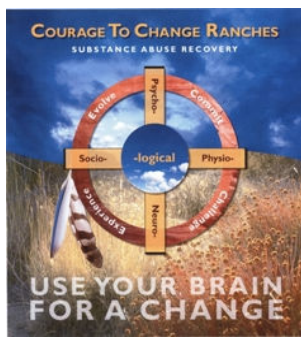
In Search of the Easy Way Out

Getting Suboxone was as easy for this addict as picking up aspirin at Walmart. The doctor that Steve went to see not only overprescribed the drug; he was able to manipulate him to get other narcotics over the next eight months. Steve began to perceive his physician as his drug dealer.

According to Steve, Suboxone was not invented to be a "maintenance" drug like methadone; it was supposed to be prescribed for a 3-day period—as a transition between coming off the opioate to ease the symptoms of withdrawal. Today, Suboxone is used just like methadone and addicts stay on it for weeks, months, even years. Steve has seen countless addicts fluctuating between Suboxone and their narcotic of choice while continuing to fall down the rabiit hole.

Steve says that he was lured into the trap of taking the "miracle drug" only to go through withdrawals as bad or as worse as going "cold turkey." He feels that when the drug companies realized the profit that could be made, Suboxone was marketed as a maintenance drug with greater potential for abuse instead of a short-lived detox aid for opiate addicts.

What Steve has learned from this experience is that you cannot avoid opiate withdrawal—even getting down as low as .5 mg. Prolonged Suboxone use only masks recovery. He feels that if you truly work the program you can't be weighed down with feelings of guilt about still being on a narcotic substance. Steve stretched out the deception for 8 to 9 months in search of the easy way out, and went straight to hell.



Seasonal Affective Disorder – SAD

According to national statistics Seasonal Affective Disorder also known as winter depression affects 10-20% of the US population. Weather, long dark cold nights, confinement, lack of exercise and social interaction are all contributing factors to this syndrome that affects a wide variety of individuals from all walks of life, reducing even the most hardened persons to psychotic behaviors.

The absence of natural light – sunshine – affects the brain chemistry making it unbalanced – affecting those already with a propensity for depression or SAD even more vulnerable. Sunshine energizes the blood and some experts believe that those people who are not exposed to enough natural light may be more susceptible to this syndrome.

People with SAD are out of phase with their biological clocks: awake and active when their internal timers, guided by the suprachiasmatic nucleus, would rather that they be snug in bed.

The suprachiasmatic nucleus also has a hand in regulating melatonin, a hormone that's secreted by the pineal gland when it gets dark. It's possible that SAD sufferers overproduce melatonin in winter, or become hypersensitive to its effects.

Another theory: a lack of, or insensitivity to, light disrupts brain processes influenced by serotonin and dopamine, brain chemicals that play a role in setting our mood. *Healthline*

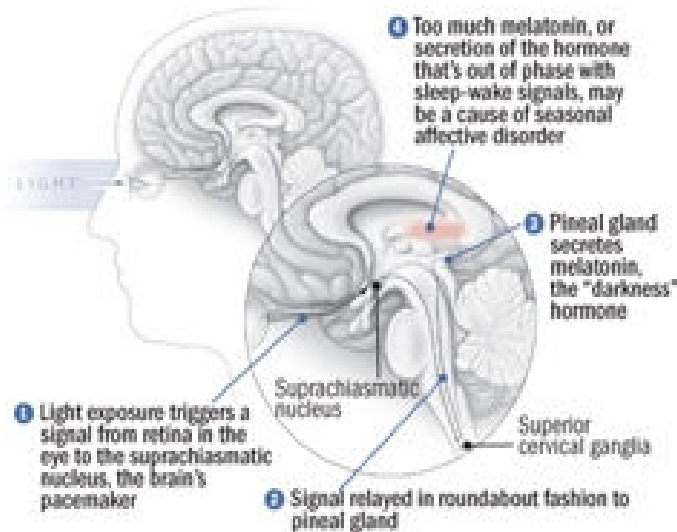


Photo courtesy of Healthline.com

Dr. Angelos Halaris, author of *Does Your Mood Take a Nosedive Each November?* *Science Daily*, October 2007, states that: "This condition, characterized by depression, exhaustion and lack of interest in people and regular activities, interferes with a person's outlook on life and ability to function properly."

Unfortunately, many people resort to self-medication to get rid of those "winter blues." Excessive intake of alcohol, drugs – legal and illegal – and other compulsive behaviors including overeating, gambling or shopping are used to mask the symptoms of depression – especially over the holidays. Additions of these additional toxic behaviors further affects the brain and neurotransmitter imbalance intensifying the cycle of depression and self-medication.

If you know of someone who has those "winter blues," make sure that they receive help before their self medication becomes an addiction that lasts throughout the year. Science and research in the field of addiction is showing that neurotransmitter re-balancing is a crucial aspect of preventing depression and addictions.

Courage to Change Ranch Offers Two Programs for End of Year Bequeathing

As many of you are aware –the economic climate has hurt the people who need help the most – the poor and those with addictions. Courage to Change Ranches Holding Company 501(C)(3) has a Corporate Sponsorship Club for those companies looking to make year-end investments and a 180 Club for benefactors to contribute funds on a monthly basis. Both programs will build the C2C scholarship fund to help offset costs of those who cannot afford addiction recovery.

According to the Healthy People 2010 Initiative there are nearly 8 million people (10% of current drinkers) that meet diagnostic criteria for alcohol dependence. An additional 5.6 million people (approximately 7%) meet diagnostic criteria for alcohol dependence.

2005 Colorado statistics^[1] show that there were 348,000 people in the state with an alcohol dependence/abuse problem and 126,000 with drug dependence/abuse problems.

Out of the 348,000 – nearly 334,000 did not receive needed alcohol addiction treatment and 119,000 out of the 126,000 did not receive needed drug rehabilitation treatment.

Studies show that alcohol and drugs are integrally linked to the cycle of crime. In order to break this cycle, one must break the cycle of addiction.

Colorado/Denver has the highest DUI rate with the lowest funding rate for addiction and is ranked 47th in the United States in recognizing the need for treatment vs. incarceration. Chances are these numbers will skyrocket as the economy struggles to regain its stability.

Corporate Sponsorship Club Pledge

Golden Horseshoe Partner	Full Scholarship	\$9,100.00
Silver Spur Partner	Half Scholarship	\$4,500.00
Bronze Buckle Partner	Quarter Scholarship	\$2,250.00
Copper Bit Partner	Assistance	\$1,500.00

Club 180 Benefactor

Pledge a consistent giving plan that will ensure a client's 180 turning around. Gifting ranges from \$15 to \$180 per month. All contributors are rewarded with community recognition.

Cycle of Crime



Send Your Donations to:

Courage to Change Ranches
41250 Alford Road, Simla, CO 80835 or call 719-541-4912 today!

Thank you and Best Wishes for a Peaceful Holiday Season!
Dr. Judith Miller and Staff