

# CARA Notes

March, 2008

## View from here

When I studied filmmaking at UCLA we learned to look through the camera with one eye while keeping the other eye open. After studying acupuncture, herbs, and nutrition I found Chinese medicine adds an open eye and multiple lenses to diagnosing and treating what journalist Jeneen Interlandi calls the "dark tangle of factors" causing the disease of addiction (Newsweek, March 3, 2008).

Jeneen's Newsweek cover story also quotes Nora Volkow, MD, Director of the National Institute on Drug Abuse as saying "In 10 years we will be treating addiction as a disease, and that means with medicine."

*She may be treating with medicine, but we are using nutrition: Alcoholics who drink their meals and methamphetamine users who don't eat at all are starving brain cells of B vitamins and other nutrients. For them and other drug users we offer B complex in supplements and daily healthy food; amino acids L-glutamine to stop alcohol and sugar cravings, L-tryptophan to eliminate insomnia and depression by increasing serotonin and serotonin nerve receptors, L-tyrosine to elevate mood and energy by increasing dopamine and dopamine nerve receptors. GABA to stop anxiety by increasing GABA and GABA nerve receptors, and phenylalanine to*

*reduce pain by maintaining endorphins and building endorphin nerve receptors; also herbs to restore liver function; acupressure to eliminate PTSD; acupuncture to stop withdrawal shakes and cravings; and exercise to reintroduce people to their body.*

Our first Beyond Talk Therapy: New Frontiers in Addiction Treatment symposium last September brought to Sacramento 100+ treatment providers from across North America and 23 speakers who use similar mind-body integration techniques for treating addictive disorders. You can download MP3s of the lectures at [carasac.net](http://carasac.net)! The synergy created at that meeting birthed a new international organization, Alliance for Addiction Solutions (AfAS).

CARA's plans for 2008 include more contracts at local treatment programs, sponsoring a radio show on addiction, adding continuing education classes to our website, and helping AfAS blossom.

Having more than one lens to view the world offers a richer variety of responses and a deeper understanding of relationships. No wonder we're looking forward to the challenges of new growth in the months ahead!

Carolyn Reuben, L.Ac.  
Executive Director

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CARA's mission is to promote and use effective approaches to achieve freedom from addiction. We provide treatment, training, educational tools, supplies, information, and research.

## Highlights of the First Beyond Talk Therapy Symposium

"Perhaps the greatest highlight of all was presenting the First Abram Hoffer Lifetime Achievement Award to Abram Hoffer himself"



Keynoter Kenneth Blum, PhD (l) regales treatment provider Lyle Murphy.

Nationally respected experts in the field of holistic addiction treatment flew to Sacramento for C.A.R.A.'s first ever Beyond Talk Therapy: New Frontiers in Addiction Treatment symposium September 27-29, 2007. The greatest highlight of the event for C.A.R.A.'s Executive Director, Carolyn Reuben L.Ac. and Chairman of the Board Allen Green was to present the first Abram Hoffer, MD, PhD Lifetime Achievement Award to Abram Hoffer himself, in Victoria, British Columbia, where the nonagenarian now lives and works. The presentation was videotaped and edited to highlight Hoffer's work with Bill W., the founder of Alcoholics Anonymous. You can see the video yourself on <http://www.youtube.com/user/CARASAC>

[ORG](http://www.youtube.com/user/CARASAC). As chief of psychiatric research in the province of Saskatchewan fifty years ago Hoffer initiated numerous research projects using vitamin B-3 and other nutrients to cure schizophrenia and relieve alcoholics, including Bill W. founder of AA, of a multitude of health issues. Though Hoffer has retired from medicine he still sees nutrition clients and edits the quarterly Journal of the International Society for Orthomolecular Medicine [www.orthomed.org](http://www.orthomed.org)

Symposium Keynoters:

Cardwell C. Nuckols, PhD, prolific author and lecturer, spoke on *Learning to Live Gracefully in the Moment* and *The Prefrontal Cortices: Pursuing Pleasure While Staying Within the Rules of Society*; Michael O. Smith, MD, founder of the National Acupuncture Detoxification Association (NADA) and originator of the five-point ear acupuncture protocol used worldwide to maintain recovery explained how *Acupuncture Heals Through Relationship Not Action*; Joan Mathews-Larson, PhD, one of the first American treatment providers to recognize the direct connection between cellular malnourishment and addictive disorders, spoke on *Dual Diagnosis: Mental Illness As a Nutritional Deficiency Disease* and *Beyond Therapy: Nutritional Medicine to Solve Addiction*;



Julia Ross, MFT revealed "The best new approaches to treating abusers of methamphetamine and marijuana"



Joan Mathews-Larson, PhD spoke on Dual Diagnosis

Kenneth Blum, PhD, has been laying the scientific groundwork for the field of nutritional addiction treatment through his original research for several decades. He spoke on *The Neurobiology of Addiction*, making the topic of *Genomics and Reward Deficiency Syndrome* entertaining as well as informative.

Another frequently cited researcher, Stephen Schoenthaler, PhD of California State University at Stanislaus summarized his hundreds of studies proving the dramatic effect of nutrition on behavior and performance in both jails and schools.

Julia Ross, MA, MFT applied her nutritional expertise to treating substitute addictions and to revealing the best new approaches to treating abusers of methamphetamine and marijuana.

Stan Stokes, CCDC, founder of Bridging the Gaps holistic treatment program in Winchester, Virginia, covered the hidden history of holistic addiction treatment.

**the Symposium highlights continue...**

Clinician and author James Braly, MD and addiction specialist/author David Miller, PhD team taught the basics of intravenous vitamin therapy for addiction.

Psychiatrist and author Hyla Cass, MD, shared her nutrition prescription for addiction recovery while Charles Gant, MD, spoke on how neuroimaging and neuronutrition are linked to spirituality. Gant also introduced the audience to Integrative Addictionology.

Another physician, psychiatrist Elizabeth Stuyt, MD focused her presentation on the use of acupuncture for dual diagnosed patients. Stuyt is nationally recognized for her innovative stop-smoking program in a state-sponsored mental health treatment facility. Hands-on training was offered by acupuncturist Lianne Audette, L.Ac., who taught a workshop in using acupressure seeds and magnets on the ears for helping treat both addiction and learning disorders. Other experiential workshops included yoga with Sadhu Singh Khalsa, LISW; tai chi with Frank Gaviola; qigong with Bradley Gilbert, MMQ; and the use of cranial electrical stimulation machines offered by Clark Inkanish, ICADC (Wichita-Caddo-Cheyenne) who shared the experience of his agency TK Wolf, Inc. using the equipment to treat alcoholism among Native Americans in Tulsa, OK.



Hyla Cass, MD

shared her nutrition prescription

Founding members of the Alliance meet after the Symposium



Patricia Farrell teaches EFT



Holistic approaches to treating family members was covered by Christina Veselak, LMFT who incorporates nutrition and EMDR (Eye Movement Desensitization and Reprocessing) into standard addiction treatment. Speaking specifically about the use of EMDR in the context of addiction treatment was Nancy J. Smyth, PhD, LCSW, professor and dean at the University at Buffalo School of Social Work. A parallel treatment modality, Emotional Freedom Technique (EFT), using acupressure combined with guided imagery, was discussed separately by EFT practitioners Brad Yates and Patricia Farrell. Our banquet speaker was Charlotte Kasl, PhD, a controversial advocate for Secular Sobriety and author of numerous popular books on personal empowerment including *Many Roads*, *One Journey* and *If the Buddha Dated*.

Tai Chi master Frank Gaviola



All the presentations of our Beyond Talk Therapy symposium described above were recorded. Download any of them for a small fee at [www.carasac.net](http://www.carasac.net). Videotapes are available for download or as a DVD at [www.jamisonmedia.com](http://www.jamisonmedia.com).

Want to be informed when and where we're going to hold the next exciting symposium? Let us know by contacting CARA at [info@carasac.org](mailto:info@carasac.org).

I cannot do everything, but I can do something.  
And I will not let what I cannot do interfere with what I can do."  
~ Edward Everett Hale

## From the Research Front

### Acupuncture works

When colleagues demand you provide proof that acupuncture works for addiction treatment, show them this study by Michael Shwartz, Ph.D., Richard D. Cohen Professor in Management, and Professor of Health Care and Operations Management at the Boston University School of Management: *J Subst Abuse Treat*. 1999 Dec;17(4):305-12. The value of acupuncture detoxification programs in a substance abuse treatment system. Shwartz M, Saitz R, Mulvey K, Brannigan P. - School of Management, Boston University, MA 02215.

*Our purpose is to compare baseline characteristics and detoxification readmission rates of clients treated at outpatient acupuncture programs and at short-term residential programs, two options available to persons seeking substance abuse detoxification. This was a retrospective cohort study using data on clients discharged from publicly funded detoxification programs in Boston between January 1993 and September 1994. Multivariate models were used to examine the effect on 6-month detoxification readmission rates of treatment at residential detoxification programs (used by 6,907 clients) versus at outpatient acupuncture programs (used by 1,104 clients) after adjusting for baseline differences. Acupuncture clients were*

*less likely to be readmitted for detoxification within 6 months (odds ratio [OR] 0.71, 95% confidence interval [CI] 0.53-0.95). Similar results were found when the analysis was performed on a subsample of clients that were relatively similar in terms of baseline characteristics (OR 0.61, 95% CI 0.39-0.94). We determined that acupuncture detoxification programs are a useful component of a substance abuse treatment system.*

### Nutrition works

Along with acupuncture, the CARA Model of Addiction Recovery includes nutrition. If you want to know the power of a simple change in diet, look at Appleton, Wisconsin. Only weeks after Appleton Central Alternative High School replaced soda machines with water fountains and the usual burger with fries for lunch with whole grain breads, fruits, nutrient-dense hot meals and a salad bar, the truant officer had lots of free time on his hands, the afternoon teachers had animated students instead of heads on desks, and the behavior in the halls transformed from rude and belligerent to peaceful and well behaved. It was so dramatic a transformation the county superintendent of schools couldn't ignore the benefits and urged the other schools in his district to cut out



Howard Jamison meets Stephen Schoenthaler, PhD of California State University. Schoenthaler summarized his hundreds of studies proving the dramatic effect of nutrition on behavior and performance in both jails and schools.

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Nutritional supplements used at Sacramento Drug Court for the first six weeks include two multivitamin/minerals, extra vitamin C, at least one amino acid, and fish oil.

and bring in the nutritious alternatives. As Barbara Reed Stitt, Ph.D., the sponsor of the experiment points out, one child arrested and moving through the criminal justice system will cost more than the \$20,000 per year her foundation invested in Appleton. The story is told on a DVD, available for \$12 through [www.naturalpress.info](http://www.naturalpress.info)

When it comes to the power of a simple multivitamin, nobody's proven it better than Professor Stephen J. Schoenthaler, PhD of California State University, Stanislaus. After 900 studies in jails, prisons, adolescent holding institutions, and schools from California to New York and in Europe, Schoenthaler has proven that investing \$1.00 in a daily multivitamin-mineral can return \$1,000 to the budget of the Bureau of Corrections after only one month. Somebody tell Governor Schwarzenegger!

*Schoenthaler, SJ, Bier ID: The effect of vitamin-mineral supplementation on juvenile delinquency among American school children: a randomized, double-blind placebo-controlled trial. J Altern Complement Med 2000; 6(1):7-17. Numerous studies conducted in juvenile correctional institutions have reported that violence and serious antisocial behavior have been dramatically reduced after implementing nutrient-dense diets.*



### Exercise Works

Physical activity triggers the release of chemicals such as dopamine, the body's major happiness chemical; serotonin, which creates a sense of calm and inner peace; and anandamide, named for the Sanskrit word for "bliss" and found in chocolate and marijuana (*Brain cannabinoids in chocolate, E. di Tomaso, M. Beltramo, D. Piomelli, Nature, 382, 677-8, 1996*). That's why exercise is an important part of a successful treatment program for addictive and mental health disorders.

## Our Intrepid Staff

We have three categories of staff working for us: acupuncturists, nutritionists, and motion therapy specialists who teach tai chi, qigong, and yoga. The licensed acupuncturists (L.Ac.) include Rita Szuszkiewicz, Lori Gilbert, Daniel Kwak, PhD and Melanie Keith at Drug Court, Carolyn Reuben at New Dawn, Rita Szuszkiewicz at Kaiser, and Dorel Rotar at Serna Village and Quinn Cottages. The nutritionist educators include Brad Gilbert and Frank Gaviola at Drug Court, and Jeanette Rosenberg at Serna Village. The nutritionist evaluators/supplement distributors are Nancy Dertthick, RNP and Susan Ocheltree, CN at Drug Court. The chef at Drug Court is Sandy Cates. Our yoga teacher is Patricia Shaw. Our qigong teacher is Brad Gilbert, MMQ (Master of Medical Qigong). Our tai chi teacher is Frank Gaviola, 7th Dan. We are proud of our staff and appreciate the work they each do to nourish the body, mind, and spirit of clients and help them achieve freedom from addiction.

Medical qigong master, Brad Gilbert, with clients



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## Staff and Training News

Acupuncturist Melanie Keith, L.Ac, is on maternity leave from her work for CARA at Sacramento County Drug Court following the birth of son Kylan, who joins older sisters Ellara and Nyah in keeping their mom preoccupied until at least April, which reminds us how important it is for us to find more trained acupuncturists interested in the field of addiction treatment.

CARA is helping bring a certified trainer to Sacramento for a weekend intensive April 5-6. We're offering 16 hours of classroom education and 14 hours of free continuing education through distance learning. This provides the 30 hours required for National Acupuncture Detoxification Association (NADA) certification as an Acupuncture Detox Specialist. Cost: \$300 until March 26th, and \$330 thereafter. To register call trainer Lianne Audette, L.Ac., ND 310-489-4803. If you are a nurse or addiction counselor, completing this training will prepare you to insert needles in drug treatment program clients in over two dozen American states and Canadian provinces. CARA is dedicated to one day adding California to that list.

## In the CARA Store

These books and tapes are now available through the CARA website:

Updated Beyond Talk Therapy Resource Book including speech summaries and PowerPoints from the Symposium.

MP3 audio downloads for \$5 each of all presentations of the Symposium.

Selected videos from the Symposium available for download, \$9 and DVDs for \$15 + \$3 shipping, through

JamisonMedia.com, contact [geri@howardjamison.com](mailto:geri@howardjamison.com), or call 916-984-0472.

Book Clearance!

Julia Ross "The Mood Cure" (hardback \$20 plus \$6 s/h) One of CARA's guidebooks in using amino acids for mental repair and energy enhancement.

Stephen Covey "First Things First" (paperback \$10 plus \$5 s/h) A basic how to in time management and life management.

Charles Gant, MD "End Your Addiction Now" (hardback \$20 plus \$6 s/h) A complete chapter on the nutrition connection to smoking cessation.

Abram Hoffer, MD "Adventures in Psychiatry" (paperback \$33 plus \$6 s/h) The autobiography of one of the field's shining stars.

Robert Crayhon's " Nutrition Made Simple" (paperback \$13 plus \$5 s/h) Really simple, really readable, really useful nutrition basics.

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Thanks to Trudy Scott,  
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unsubscribe in the subject  
box. If you enjoy the  
newsletter, please share it  
generously. As all good  
acupuncturists say, "we aim  
to please."

## Meet New Board Members

**Susan Morrison-Vega** is a specialist in philanthropic development with more than 30 years experience in the field. She has lived in California for three years, and currently works as a grants writer for Girl Scouts Heart of Central California, an 18-county gender-specific leadership organization serving 40,000 members. She has served as development director for the statewide American Civil Liberties Union of Arizona; The Centers for Habilitation, Arizona's largest disability services organization; deputy executive director for the Arizona Democratic Party, and public communications officer for The Rand Corporation/HUD Section 8 housing research program. Susan has served on numerous boards including her recent election to the Board of Directors of the Northern California Chapter of the Neuropathy Association as well as to CARA's Board. She is a graduate of Indiana University.

**Joanne Bodine** is a specialist in dispute resolution with thirty-five years experience in the private, not-for-profit, and public sectors. She is also experienced in organizational development, grant development, marketing, planning and role training. Her work in dispute resolution includes unique techniques that get to the emotional underpinnings of the conflict. She provides training for the Probate Section of the Sacramento Bar Association, city and county governments, public utility districts and school districts, and unions during collective bargaining negotiations. Her international work has included alternative dispute resolution training for the justices of the Sri Lankan Supreme Court and others in Sri Lanka and Guatemala. Joanne is an active member of several community organizations and serves on the Board of Directors of the Sacramento Opera Association, Resources for Independent Living, and Jericho in addition to CARA's Board.