

ADDICTION



SUMMIT

All rights reserved. This material may not be published, broadcast, rewritten, or redistributed in whole or part without express written permission.

The purpose of this presentation is to convey information. It is not intended to diagnose, treat, or cure your condition.

Learning from Paul's Story



- How Paul became addicted to MORE than one thing
- Why he write the book *The Addiction Spectrum*
- Insights on addiction (and how to break free!)



Being an Addictionologist



- Chemistry
- Biochemistry
- Genetics
- Epigenetics

“I was totally oblivious that I had a problem. I thought this was what everybody did.”

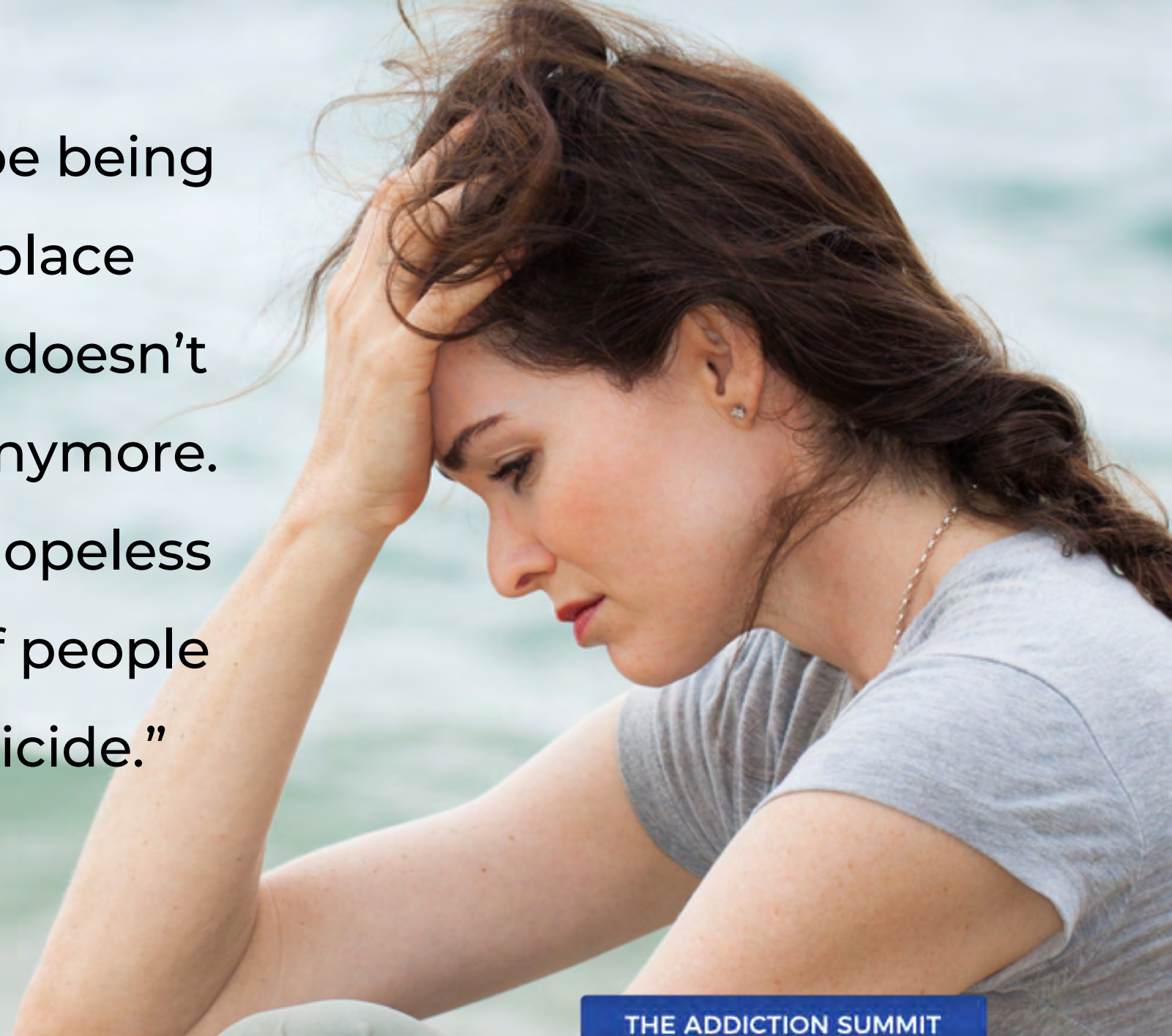




“People are
crossing their
nevers.”



“A lot of people describe being at that jumping off place where your substance doesn’t even help that much anymore. And you’re feeling so hopeless and depressed. A lot of people even contemplate suicide.”



“Those of you who might be struggling with an addiction of any kind, if your person is also sort of struggling with something, you’ve got a partnership. And like if you were my wife, I wouldn’t mess with your addiction as long as you don’t mess with mine. And unfortunately, I think that kept us sick for a long time.”



“I couldn’t stop. I literally swore it off every night or morning when I came to. And I was drinking the next night. That went on for years.”



“I was ready. I was scared enough that I was ready.”



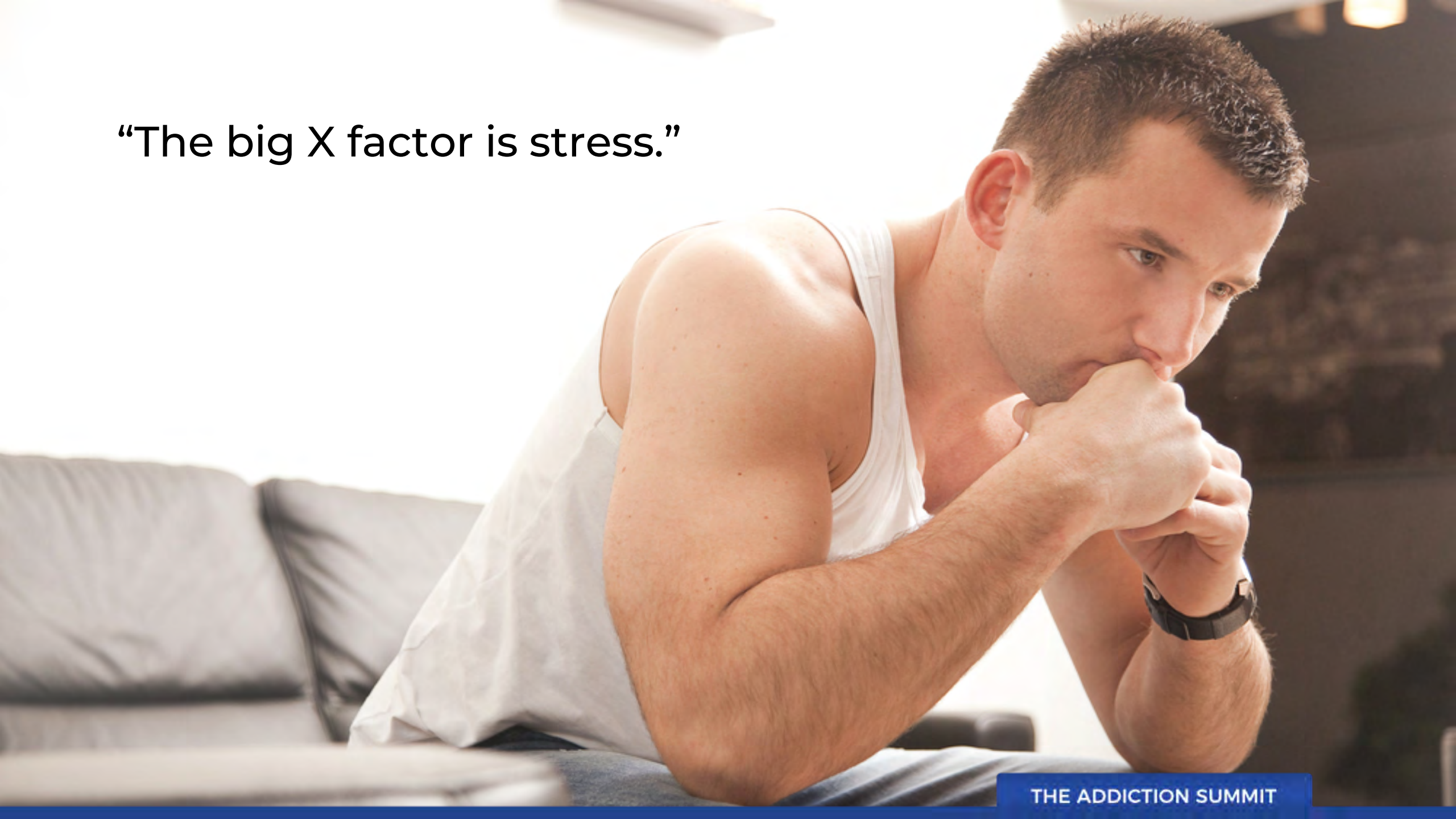
“The studies show that young folks have the hardest time with big group meetings. And sometimes individual counseling if you go to an addiction counselor is a way that will work for them.”



“There’s a balance to pleasure.
And when you seek it to an
extreme, you deplete the
dopamine that’s in your
receptors. And then you crash.”



“The big X factor is stress.”



“We were in the sun. We were eating fruit and vegetables from the garden and the trees and the forest. We had our nutrients. We didn’t have toxins. We didn’t have stress.”

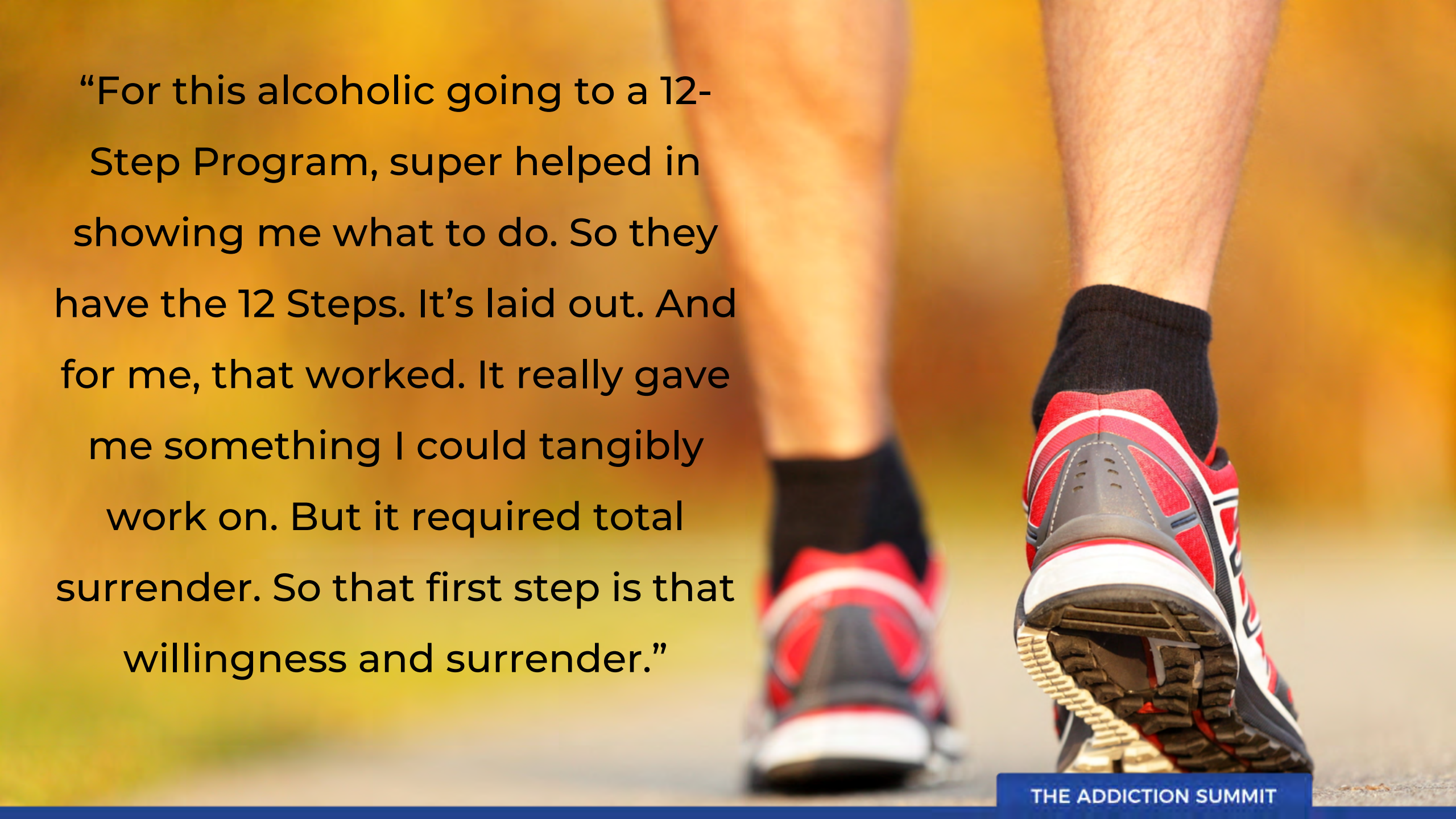


“A lot of people will get involved in their church or some other kind of organization. Volunteering is a great thing. So if you stay busy helping others, it’s amazing what it does for your own self-esteem.”



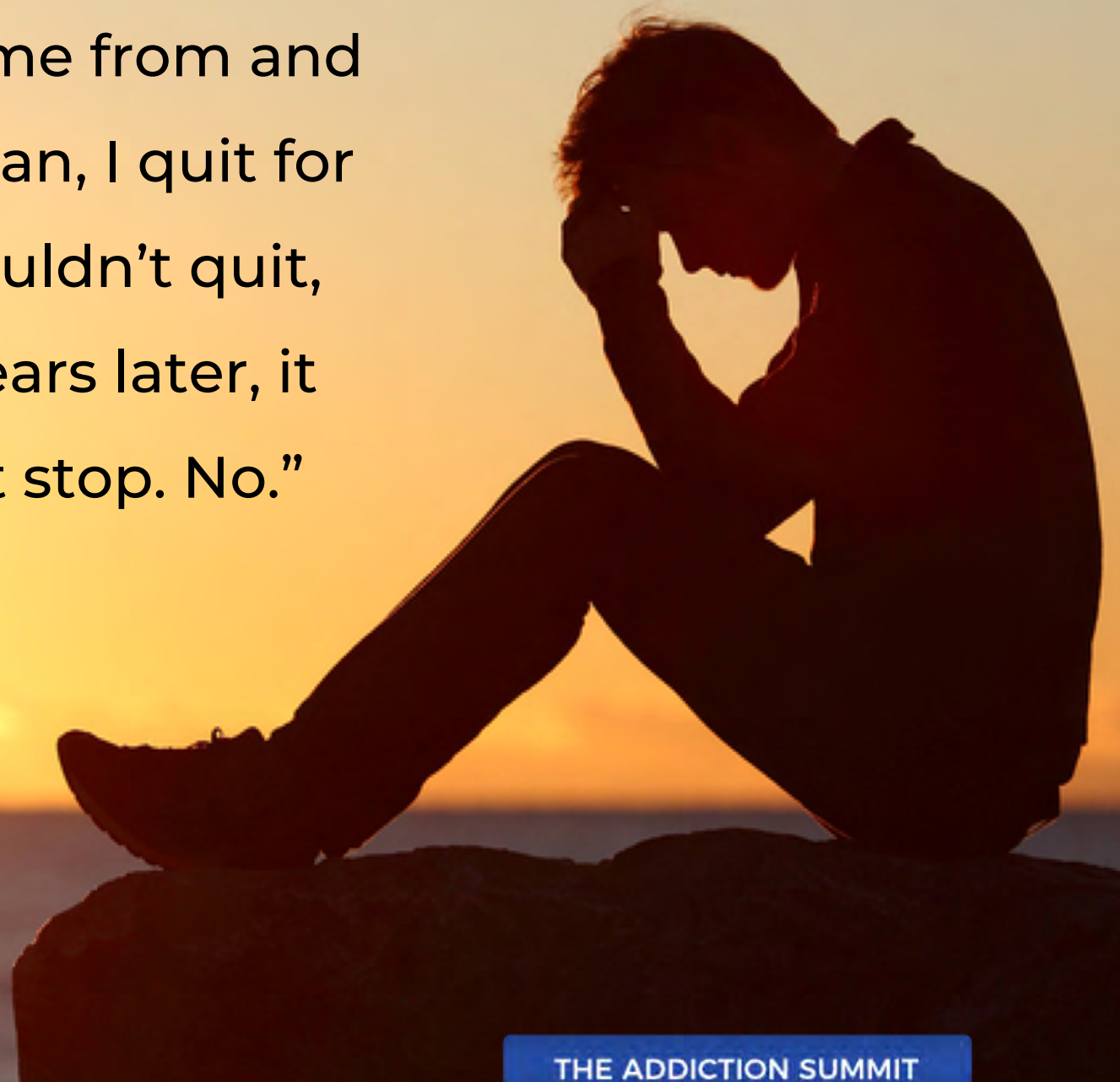
“You’ve just got to believe in something other than yourself because what happens is when we’re stuck in our addiction, it’s our thinking, it’s our self-reliance, self, self, self that got us where we were.”





“For this alcoholic going to a 12-Step Program, super helped in showing me what to do. So they have the 12 Steps. It’s laid out. And for me, that worked. It really gave me something I could tangibly work on. But it required total surrender. So that first step is that willingness and surrender.”

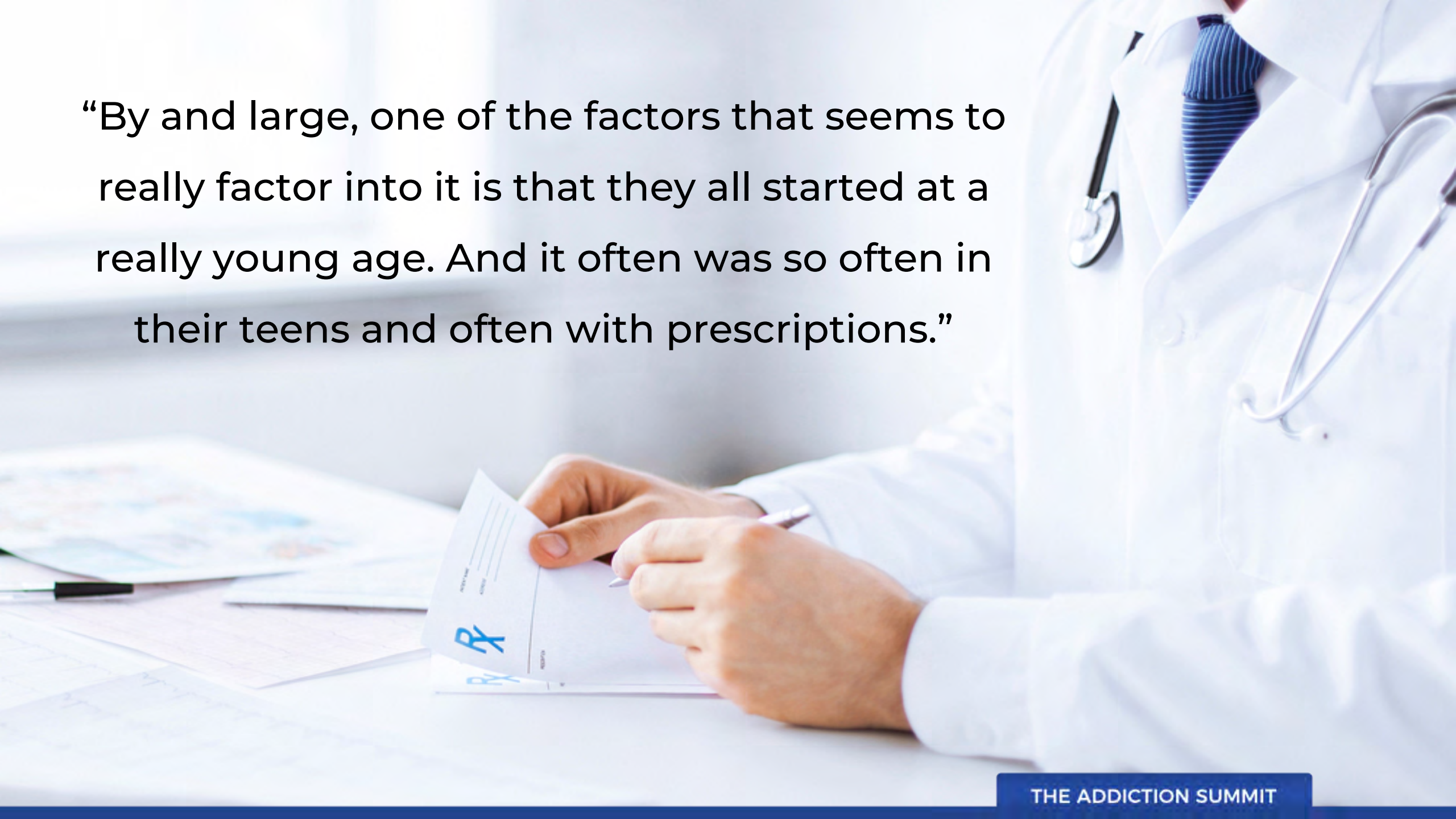
“I also remember where I came from and how hard it was to quit. I mean, I quit for three months and then I couldn’t quit, almost killed myself, two years later, it took me to get back to just stop. No.”



“There are more deaths from opiates than there are from car accidents. There’s like a death every eight minutes. It’s a 170-some people a day dying in America from opiates.”



“By and large, one of the factors that seems to really factor into it is that they all started at a really young age. And it often was so often in their teens and often with prescriptions.”



“Basically, we’ve got to take small doses for a small amount of time and be done and get it out of your house.”



“Stress is unavoidable.”



“Whatever your addiction is, it was helping for a time some symptom that was unaddressed.”



ADDICTION



SUMMIT