Homeopathy and Integrative Approaches for Recovery from Alcohol and Drug Problems

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Sept 2012
Agenda

• Who I am and my experience
• Changes in understanding AOD issues
• What types of drugs cause problems
• What is a drug problem: abuse or addiction
• What is addiction
• Integrative Approaches to Substance Abuse Treatment focus on homeopathy and acupuncture
• How homeopathy helps with recovery
• Research
What types of drugs cause problems

1. “Drugs” can be recreational, over-the-counter (OTC) and prescriptions
2. Not all drugs create addictions/dependence
3. Addictive Drug: stimulate, depress or expand sensation (through neurotransmitter replacement)
4. Currently: most drug impaired individuals use multiple type of drugs (street or recreational drugs, scripts, and OTC)
5. Rxlist.com website to identify characteristics of drugs
Whenever

You take Any addictive drug your:
Affect (feelings, mood)
Behavior
Cognitions (thinking)
Consciousness (awareness of where you are and what you are doing) CHANGES....

TOO much can create changes that cause problems
Abuse or Addiction

• Ever have too much to drink?
• What happened to your balance-coordination-mood?? Ever do anything dumb????

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Use  Misuse Abuse Addiction
Abuse/Addiction Difference

• Too much of any drug can cause a pattern of problems-a condition called “drug abuse”
Too much on a regular basis

- Can create a medical issue known as addiction or dependence (very similar to diabetes)
Prevalence

• Millions of Americans use drugs which have the potential for addiction without harmful effects...however, the

• National Institute of Drug Abuse (NIDA.gov) estimates drug abuse and addiction in America at 15%

• 27.4 million Americans experience alcohol and other drug (AOD) problems
So what do you think an Addiction is?
Current Allopathic Understanding of Addiction

• Neurotransmitters the body uses for functioning (130-including dopamine, ephedrine, etc) are molecularly very similar to some prescription, recreational, OTC drugs creating potential for addiction

• Addiction (dependency creating need for drugs) caused by overuse of drugs shutting down natural neurotransmitters
Metaphor of Addiction

Our NT “pump” shut down by “look alike” molecules (addictive substances)—Message body gets is --don’t produce NT body is using “foreign imports”—“Out source-ing” creates addiction
Hangover-Withdrawal

• Dry mouth
• Head ache
• Nausea
• Noise sensitivity
• Irritability
• A hangover: the body can still turn on NT’s—Withdrawal is a condition of malfunction, symptoms much stronger and often life threatening
Characteristics of Addiction

- Insatiable **craving** to use Alcohol and Other Drugs (AOD) and subsequent **preoccupation** with drug seeking
- Intense **withdrawal** symptoms if AOD not available
- **Changes** in person’s judgment, behavior, and emotional stability during AOD use and when withdrawing
- Multiple physical and emotional symptoms **during** AOD use, **withdrawal** and **immediate post detox**
Use, Misuse, Dependence

- Drug/alcohol use without consequence
- Drug/alcohol misuse creating problems
- Addiction/dependence - physical need for substance

Baseline functioning
How do allopaths see addiction?

• Addictive drugs are “look a like” neurotransmitters—so more in system give us a high
• As tolerance builds-we need to take more drugs to get a “high” and this shuts off more NT’s
• When we use excessive amounts of drugs-the body “shuts off” NT flow
• We then need more and more of the “look a likes” to function—
• If we try to STOP drug use-withdrawal and cravings sets in
THEORIES OVER TIME
• **Will power or moral strength**- a person is weak willed or a moral degenerate (Moral Model- 18th & 19th C)
• Alcohol and drugs are in and of themselves **dangerous substances**- anyone using will become addicted (Temperance and Prohibition Models- Late 19th into early 1930’s)
• Alcohol and other drugs are not necessarily bad for you, **its the person who is an alcoholic or addict** who had an addiction which is progressive, fatal and diagnosable (Disease Model- mid 1930’s through present)
• **Addictive personality** (Addictive personality Model 1950’s)
People from **dysfunctional families learn to drink and drug** by example. Most people experimentally use, only those who have not learned to stop have trouble. (Learning Model mid 1960’s)

She/he is just under a lot of **stress**, the substances help with the stress (Self medication Model 1970’s). It’s her PTSD, she uses the stop the flashbacks and is now hooked (Dual Diagnosis Model late 1970’s through present.)

**It’s all biochemical**-the drugs just replace our neurotransmitters (Biological Model-early 1980’s through present.)

An addiction is **a complex phenomena** the person, their value system, the environment, the drugs and the frequency and amount taken all interact to create an addiction (Public Health Model- 1981, and 12 Step Model 1935 AA )
The last 4 models: Biological/Neurotransmitters Dual Diagnosis Public Health 12 Step Models are those most often in use today pulled together to view addiction as a Biopsychosocialspiritual Impairment. The Disease Model is still in use, but disease is more and more being seen as a mind/body dysfunction rather than “something” the person carries around.
Homeopathy

And addictions treatment BOTH see the problem as a TOTALITY of body-mind-spirit

We Are a 3-Part Whole

We are **spirit**, have a **soul** and live in a **body**
Daniel Amens MD Brainplace.com Healthy Brain-Spect Scan
Head trauma
16 yr old 2 yr hx-mj
10 yr weekend pot use
During use-alcohol 17 yr hx
Coke 24 yr old/2 yr hx
39 yr old-25 yr heroin use
40 yr old methodone 7 yr-prior 10 yr heroin
3 packs/day/20 cups/day
Categories of Drugs Causing Addiction

- Stimulants
- Hallucinogens
- Inhalants
- Depressants
- Opiates

Most impaired persons are MULTIPLE drug users.
SOME OTC & PRESCRIPTION DRUGS CAN CREATE ADDICTIONS
Drugs are so prevalent
Quick Fix Culture
Ask yourself

What do you think are the “average” number of prescriptions an American takes each year???
Average number of prescriptions

- 7 per year
- 65 or older  20/year
- 20’s 3 per year
Categories of Prescription Drugs Abused

• Between 1991 and 2010 prescriptions for stimulants went from 5 million to 45 million
• Painkillers from 75.5 million to 209.5 million!

Opiods-painkillers
CNS depressants-for sleep and anxiety NOT other psych medications
Stimulants-ADHD drugs
At first, you may feel a slight tugging sensation, followed by a two-month addiction to Percocet.
We've had such a busy day, boys and girls...
We built blocks, finger-painted, learned our ABCs, and played with clay. Do you know what time it is?

MILLER TIME!
Tobacco
390,000 deaths per year

Booze
90,000 deaths per year

War on Drugs

Cocaine
8,000 deaths per year
• 390,000=1000+ per day
• 4 plane crashes a day-tobacco (250/plane)
• 90,000=246 per day
• 1 plane per day-alcohol
• 8000=21.9/day/ 3 planes/month-coke
• 6000=16/day/2 planes/month-heroin
INTEGRATIVE (ALTERNATIVE/COMPLEMENTARY) APPROACHES TO SUBSTANCE ABUSE RX
1993 Eisenberg’s JAMA Study:

- 33% Used (435 million visits per year vs. 338 Million)
- 70% elected NOT to tell their primary health care provider

1992 Congress Created the OAM at National Institute of Health (NIH)
(budget 2 million)

- 2012 131+ million budget
First Director of NCCAM

- Wayne Jonas MD and homeopath

- Gathered “alternative practitioners” together
  Chantilly Conference 1993

- What distinguishes your discipline

- Research we have-- research we need.....
Figure 2. Current Classification of Complementary and Alternative Medicine (CAM)\textsuperscript{80-82}
Homeopathy

• Considered BOTH An Alternative System and An Energy Therapy........
Treatment

• Prevention
• Immediate effects—hangover
• Detox
• PAWS
• Recovery
Homeopathic Treatment

• Reduce cravings
• Decrease side effects of drugs and aid withdrawal process
• Augment detoxification
• Recovery of overall health
Current Application to Substance Abuse Treatment

- Acupuncture
- Aromatherapy
- Art therapy
- Body Work
- DBT
- Diet/exercise
- EMDR
- Herbal Remedies
- Homeopathy

- Imagery
- Meditation
- Music
- Spirituality
- Therapies: Affective, Behavioral, Cognitive
- 12 Step Work
"You've been fooling around with alternative medicines, haven't you?"
Acupuncture

• 1972 HL Wren MD—research on anesthesia
• 1974-Dr Michael Smith-Lincoln Hospital-NADA 5 pt ear protocol
• 1989-Bullock-randomized study-alcohol
• 1999-Bullock-alcohol
• 2000-Avantset al at Yale-Cocaine
• Today used for drug detox
Acupuncture

Detox- daily until 2 weeks drug free
Recovery-3-6 weeks rx 3x/wk
Maintenance-7-10 weeks Rx 2x/wk
SO HOW DOES HOMEOPATHY HELP?
Client Calls

NWS Drug Use
• Medications
• Other drugs use (include alcohol)
• Rxlist.com
• Repertorize or Nux

Using Drugs-Open
• Stage of change
• Abuse or addiction

Using-undisclosed
• Intake
• Sx
• Medical complications

Post detox and or relapsing
• Cravings
• Nux protocol
• Constitutional
Screening clients

- High **stress** occupations
- **Trauma** victims-including returning war veterans
- Ask about **family hx** of substance abuse
- **Prescription** medications people are taking
- Symptoms of memory problems, confusion, sleep disturbances, dissociation, **system specific** sx i.e. gi and alcohol, opiates and pain management, mj and motivation and perceptual disturbances
- Ourselves and our colleagues—
Use----Withdrawal----Treatment

• **Depressants (alcohol & pain killers)**
  Shutting down---slowing down---agitated---seizure

• **Stimulants (focus)**
  Overactive/Hyper vigilant----alert----slowing down—shutting down

• **CNS Depressants** (sleep, anti anxiety not anti depressants)
  Anxiety-slowing down-shutting down-death

Treatment (allopathic)

• Detox
• Behavioral therapies CBT
• Self help AA NA-Smart Recovery
• Relapse prevention groups-out patient rx-day or residential rx
• Limited medications: antabuse-methodone-sabaxan discussed later-basically reduce cravings
• Homeopathy!!
Withdrawal from drugs can be life threatening

- Alcohol
- Anti anxiety drugs (benzos)

Can create life threatening sx (seizures-heart issues)

- Medically supervised detox is advised or a
- A daily process of Nux vomica to slowly reduce usage may be a strategy
Readiness to Change: The Stages

- **Precontemplation** -- no consideration of change in foreseeable future  **NO PROBLEM STAGE**
- **Contemplation** -- transiently considering action in foreseeable future  **MAYBE I SHOULD ___ STAGE**
- **Preparation for action** -- committed to change in near future  **UH OH—WHAT CAN I DO STAGE**
- **Action** -- actively engaged in change  **JUST DO IT STAGE**
- **Maintenance** -- working to maintain gains  **HOLDING onto CHANGE**
I was taking one day at a time, but then several days got together and ambushed me.
Specific Research Substance Abuse Rx and Homeopathy
Research in addiction and homeopathy

- Heroin addicts in India, 60 patients
- 35% left study from placebo group
- 5% from homeopathic group
- Significant decrease in cravings and withdrawal symptoms
- Resulted in institutionalization of homeopathy in substance abuse rx in India

*Baksi, presented on Nat Conf on Homeopathy and Drug Abuse, March 1990*
Nux vomica

- Controlled study rats and alcohol
- Choice of alcohol and non alcohol bottles
- **Significantly reduced alcohol intake** with homeopathic treatment

Recent study of laboratory mice and anxiety

• Comparing use of Diazepam (Valium) and Gelsenium (homeopathic made from Jessamine plant)

• Significant reduction in anxiety with homeopathy-superior to Valium results

Homeopathic Doses of Gelsemium sempervirens Improve the Behavior of Mice in Response to Novel Environments

Paolo Bellavite,1 Paolo Magnani,1 Elisabetta Zanolin,2 and Anita Conforti3
Department of Morphological Biomedical Sciences (Chemistry and Microscopy Section), University of Verona, Verona Evidence-Based Complementary and Alternative Medicine

Volume 2011, Article ID 362517, 10 pages
Post concussive Rx

• 60 patients-randomized, double blind
• Individualized 18 homeopathic remedies
• Pre and Post Psych test- significant results.

Weintraub, et al 1999 J of Head Trauma Rehab
“Mild Traumatic Head Injury-Post Concussive Syndrome”
Detox and Post acute withdrawal

• 1993-Detox CA 703-randomized, controled-18 months: **Relapse**: 32% of homeopathic, 68% of placebo rx, 72% of regular detox— S. Garcia-Swain,M.D. in Lanksy, 2003.

• 2006-2008- 2 programs- 39% and 33% completion rate non-homeopathic group, **with homeopathy** 64% and 66% completion rate.

Butehorn et al, article in process,email for further info lbutehornphd@gmail.com
• Developed an entry protocol for women coming from detox. 200 c Nux Vomica—have daily 3 days—repeat if necessary
• 28 day post detox program
• Nux vomica 200 c 1-2 dry doses for PAWS
• Self selected
Discharge Reasons
Control Group
n=184

Discharge Reasons
Homeopathic Tx
n=138
Dec 2010-Dec 2011

Non homeopathic= 184
• Completed 42% *
• Left program after less than 48 hrs (ACA)=11%
• Left program after 48 hrs (ACA)=23% *
• Dismissed compliance issues=6%

Homeopathic=138
• Completed 63% *
• Left program after less than 48 hrs (ACA)= 7%
• Left program after 48 hrs (ACA)=15% *
• Dismissed compliance issues=2%

*=statistical significance
REPERTORIZING
What are you repertorizing

- Abuse or dependency
- Withdrawal
- Intoxication
- Early non using cravings

Adjuncts
- Detox
- Acupuncture detox
- Methodone and other meds

Remember detox can be life threatening: drug alcohol and benzos—and most users doing Multiple drugs
Use rubrics from 4 domains: ABCC

Affect- emotions experienced
Behavior- observed and reported
Cognition-too many thoughts
  lack of memory or content
Consciousness- “I am going crazy”
  “I feel nothing”

What makes this person’s addiction characteristic to them?
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1. MIND - ALCOHOLISM
2. GENERALS - MEDICINE - allopathic - abuse of
3. GENERALS - MEDICINE - allopathic - abuse of - opium
4. GENERALS - NARCOTICS - desire for
5. GENERALS - MEDICINE - allopathic - oversensitive to
6. MIND - MORPHINISM

169 remedies / 6 symptoms
Sum of symptoms, sort: degree
No restriction
Janet

- Mind; ANXIETY; waking, on (113) ***
- Mind; SADNESS, despondency, depression, melancholy; morning; agg.; waking; on (33) ***
- Mind; RAGE, fury (154) **
- Mind; WEEPING, tearful mood; amel. (31) *
- Mind; KILL, desire to (55) *
- Mind; FORGETFULNESS; words while speaking, of, word hunting (74) **
- Throat; CHOKING, constricting (277) ***
- Extremity Pain; GENERAL; upper limbs; elbows (282) *
- Rectum; DIARRHEA; general; morning (167) *
- NWS rape 6mo/Lach
Joe H

- Mind; SADNESS, despondency, depression, melancholy (605) *
- Mind; ANXIETY; food; about (1) *
- Mind; SECRETIVE (20) *
- Mind; SECRETIVE; eating, while (1) *
- Mind; CHILDISH behavior (62) *
- Mind; ACTIVITY; general; hyper active (40) *
- Mind; CENSORIOUS, critical (97) *
- Mind; FEAR; general; cancer, of (30) *
- Mind; AVERSION; herself, to (16) *
- Mind; CONFIDENCE; want of self (120) *
- Mind; DELUSIONS, imaginations; ugly, is (6) *
- Generalities; FOOD and drinks; milk; agg. (86) *
- Generalities; FOOD and drinks; sweets; desires (123) *
- NWS childhood-Lac H
Resources

- NIMH.gov
- NIDA.gov
- NIH.gov (NCCAM)
- SAMSHA.gov
- Rxlist.com
- Webmd.com
- Dana Ullman Ebook
- Alistair Grey Whole Health Now Talk
MEDICAL SX TO CONSIDER WHEN SCREENING CLIENTS
Physical and chemical properties

Alcohols have an odor that is often described as “biting” and as “hanging” in the nasal passages.

Toxicity

Potential long-term effects of Ethanol

Large consumption

Brain:
- Impaired development
- Wernicke-Korsakoff syndrome
- Vision changes
- Ataxia
- Impaired memory
- Psychological
  - Cravings
  - Irritability
  - Antisociality
  - Depression
  - Anxiety
  - Panic
  - Psychosis
  - Hallucinations
  - Delusions
  - Sleep disorders

Mouth, trachea and esophagus:
- Cancer

Blood:
- Anemia

Heart:
- Alcoholic cardiomyopathy

Liver:
- Cirrhosis
- Hepatitis

Stomach:
- Chronic gastritis

Pancreas:
- Pancreatitis

Peripheral tissues:
- Increased risk of diabetes type 2

Red - generally "bad"
Green - generally "good"

Small to moderate consumption

Systemic:
- Increases insulin sensitivity
- Lower risk of diabetes

Brain:
- Reduce the number of silent infarcts

Blood:
- Increases HDL
- Decreases thrombosis
- Reduces fibrinogen
- Increases fibrinolysis
- Reduces artery spasm from stress
- Increases coronary blood flow

Skeletal:
- Higher bone mineral density

Effects linked with both small and large consumption

Joints:
- Reduced risk of rheumatoid arthritis

Gallbladder:
- Reduced the risk of developing gallstones

Kidney:
- Reduced risk of developing kidney stones
Short-term effects of Heroin

**Central**
- Euphoria
- Alternately alert and drowsy state

**Mouth**
- Dryness

**Skin**
- Warm flushing

**Respiratory**
- Slowed breathing

**Muscular**
- Weakness
Side effects of Nicotine

Central
- Lightheadedness
- Headache
- Sleep disturbances
- Abnormal dreams
- Irritability
- Dizziness

Blood
- Increased clotting tendency

Lungs
- Bronchospasm

Muscular
- Tremor
- Pain

Gastrointestinal
- Nausea
- Dry mouth
- Dyspepsia
- Diarrhea
- Heartburn

Heart
- Increased or decreased heart rate
- Increased blood pressure
- Tachycardia
- More (or less) arrhythmias
- Coronary artery constriction

Endocrine
- Hyperinsulinemia
- Insulin resistance

Joints
- Pain
Bodily effects of Cannabis

Eyes:
- Reddening
- Decreased intra-ocular pressure

Mouth:
- Dryness

Skin:
- Sensation of heat or cold

Heart:
- Increased heart rate

Muscles:
- Relaxation
How much serenity do we have?
YOUR QUESTIONS????
Contact Information

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