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Addiction Cause and Cure By Howard Jamison

The term addiction usually refers to the chronic use of one of three kinds of psychotropic substances, legal drugs (i.e., alcohol, nicotine), illicit drugs (i.e., cocaine, marijuana) or prescription drugs (i.e., valium, prozac), in large enough quantities to cause life-damaging consequences in various aspects of one's life.

Drug and alcohol abuse is arguably the number one cause of death and disability in the world, with tobacco/nicotine killing 5 million worldwide. When one considers that 90% of the incarcerations, 50% of the psychiatric admissions and roughly 25% of the admissions to medical surgical hospitals are directly the result of drug abuse, one begins to get a picture of the enormous toll this takes on society.

Craving is the primary symptom of addiction, and if severe enough, an addict will destroy anyone or anything to get to the "substance" which they are deluded into believing will satisfy their craving and bring happiness.

Cause of Addiction

Brain cells or neurons, produce chemical substances called neurotransmitters and they control virtually every aspect of your life by communication with other cells. Biochemical imbalances in eight key neurotransmitters are the driving force behind all addictions. When they are deficient, the addicted person finds it extremely difficult to not satisfy their cravings. Addicts become progressively powerless over the dictates of their imbalanced brain chemistry.

8 Key Neurotransmitters

- 1- Serotonin : an inhibitory one that exerts a soothing influence on unpleasant emotion and prevents us from overaction.
- 2- GABA : inhibits, similar to serotonin, and that helps alleviate anxiety and worry and influences intellectual activity.
- 3- Endorphins & Enkephalins : two groups of structurally similar inhibitory transmitters that are natural pain relievers.
- 4- Endocannabinoids : acts as a modulatory system, fine-tuning the body's responses to a variety of stimuli.
- 5- Acetylcholine : inhibits dopamine's potential for unrestrained delusional, paranoid content
- 6- Dopamine : known as the "euphoria" transmitter
- 7- Taurine : inhibits similar to GABA
- 8- Histamine : regulates alertness and wake-sleep cycles

Substance abuse is thus caused by replacing one or more of the key transmitters with an artificial chemical such as alcohol, cocaine or valium, to temporarily satisfy a craving. The more that a psychotropic artificial substance is used, the more the neurotransmitters to which the chemical is mimicking are depleted, and increasingly larger amounts of the addictive chemical must be used to achieve the same stress reduction effect (tolerance). The condition worsens as the natural transmitter is depleted. The addict is compelled by their biochemical imbalances to seek the object of their craving at any cost, even if it jeopardizes their health, relationships, and job.

Addiction Cure

A long term solution can only be achieved if the cause is addressed and the imbalances are normalized. Any attempts to bring about a long term correction with any psychotropic chemical will ultimately generate more chaos and perpetuate the abuse. The corrections in the imbalances which are the cause of the problem, can only be achieved by providing the proper nutrients to allow the regeneration of the neurotransmitters to occur.

Most treatment programs do not focus on healing the brain first and this is why current recovery programs have a very low rate of success.

Get your free report on Overcoming Drug Addictions at <http://www.addictionsolutionsource.com> Learn how you can overcome drug abuse with a high chance of recovery without relapse.

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