

How We Become Addicted

by Billie J. Sahley, Ph.D.

Diplomate, American Academy of Pain Management

Addiction is the most pervasive problem in the world today. One of the more provocative notions about prescription drug use is that it is a subtle form of self-medication, used to cope with emotional conflicts and shortcomings. A survey done by the National Institute of Health asked 1000 people aged 21 to 45, what the contributing factor was that caused them to begin using psychiatric drugs. Seventy-five percent described unhappy childhoods, embattled family lives and intense job stress. Twenty-five percent stated peer pressure, social anxiety, bad marriages and fear as the major contributing factor. The same group of individuals described alcoholism as a cause for stress because it makes people feel like they have lost control of their life. It makes everything more difficult and complex. Alcohol is the most abused drug in the world and the problem continues to increase because of teenage drinkers. Why do people get addicted to mind altering drugs and alcohol...escape, or what they think is escape from the stress in their life. No one ever really escapes stress; it affects every cell in your body. The mind and body are one, so as one is affected so is the other. In its simplest terms, addiction sets in when somewhere down the line you start to crave a particular substance more than you should. You crave the effect it gives you and you look forward to the feelings of non-reality or caring. Then without notice you wake up one morning and find you can't actually do without it.

What makes you crave mood altering drugs, alcohol, cocaine or nicotine? The answer lies in your brain chemistry in a chemical called dopamine. Research has documented that dopamine transmits all of the pleasure signals. It is called the master brain chemical of addiction. Dopamine alone is not the chemical involved in the addiction process. Drugs modify activity of various brain chemicals that cross pathways in the brain; dopamine could be the end result of all the pathways. This sets up

an imbalance in the brain chemistry of not only dopamine, but also serotonin the master controller and other neurotransmitters.

The National Institute of Health reports the drug problem and addiction could account for a third or more of hospital admissions especially to the emergency room. Medical costs to care for those with addiction problems could exceed \$250 billion. The problem of addiction does not get better because of the increased number of teenagers using alcohol, anti-depressants or stimulants. Many of those with addiction problems have a genetic link that establishes neurotransmitter deficiencies and forces the brain to function without needed nutrients.

Everything that happens in your brain, every thought, every memory and every will to move a muscle—happens because of the release of neurotransmitters. They carry the signals between all the nerve cells and neurons in the brain. Many people are depressed and prone to addiction because they are low in 34 of the 36 neurotransmitters that are made from amino acids.

Of the major neurotransmitters dopamine and serotonin play a vital role in the addiction process. Dopamine and serotonin must be kept in strict balance to maintain smooth brain function. Too little dopamine is known to cause major problems such as tremors and other involuntary movements including Parkinson's disease and other related disorders. The key lies in a balance of dopamine and other neurotransmitters. Dopamine is manufactured in the nerve cells within the ventral tegmental area and is released in the nucleus accumbens in the frontal cortex of the brain. This area of the brain is part of the limbic network that is known as the feelings part of the brain.

Those who have a problem with addiction have experienced a dopamine overload, especially feelings of euphoria and bliss. These feelings are encoded in the brain and a craving behavior

response can motivate substance abuse in order to reach this plateau again.

Scientists have now unmasked the powerful brain biology that controls addiction and compulsive behavior. A balance of neurotransmitters taken on a regular bases can reverse the addiction process and control emotions effectively. Dopamine and serotonin must be kept in balance. Psychiatric drugs and alcohol abuse, change the balance of neurons in the brain...changes that *can* lead to brain damage. Drugs like Zoloft, Prozac and Effexor work by interfering with the metabolism of the brain. Serotonin moves from one neuron to the next by crossing the synaptic gap. Once the neuron has been activated the original releasing neuron reabsorbs the serotonin. SSRI's (selective serotonin reuptake inhibitors) prevent serotonin from being reabsorbed by the neurons. Drugs flood the brain and create an imbalance that can lead to brain damage. The key lies in nourishing the brain with a blend or balance of what it needs. This will enable the brain to function, as we need it to 24 hours a day.

SUGGESTED NUTRITIONAL SUPPORT FOR BRAIN HEALTH

BNC or Brain Link - Adults at least 2 BNC capsules or 2 scoops of Brain Link daily, if you weigh over 200 lbs. use 3 BNC or 3 scoops of Brain Link. Children use according to directions on the Brain Link can.

Rodex B-6 - 150 mgs of time-released B-6 or 150 mgs of P5'P daily.

DHA Essential Fatty Acid - 100 mg daily, Children 2 daily.

Huperzine A - 1 capsule twice daily.

Phosphatidylserine - 1 capsule twice daily.

If you are depressed use 2 **Mood Sync** twice daily. If you weigh under 125 lbs. use 2 **HTP10** capsules twice daily. **OR Tyrosine 850** once or twice daily. Children can use **HTP10**.

If anxiety is a problem take 2 **Anxiety Control** three times a day until you feel improved and then reduce to 2 twice daily.

5HTP -1, 50 mg capsule or if you weigh under 125 lbs. use **HTP10** 30 minutes before bedtime.

Mag Link - take 3 to 4 tablets daily in divided doses.

Super Glutamine Powder - 2 scoops twice daily for memory enhancement.

This will give you a well rounded program. **DO NOT** use **Mood Sync** *and* **Tyrosine**. Use one or the other. Do not take **Mood Sync**, **5HTP** or **HTP10** if you are taking any **SSRI** prescription medications. Do not take **Tyrosine** if you are currently taking **MAO** or **tricyclic antidepressants**.

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