



The Stressed-Out Co

*Using Nutrient Therapy, Adrenal Support,
EMDR and Hypnosis to Effect Positive
Change in Family Members*



OUTLINE



- Typical Effects of Living with Addiction
- Effects of Ongoing Stress on Physiology, Brain Chemistry and Nutritional Status
- Powerful Nutritional Interventions
- Breaking the Cycle: Motivating the Family Member to Self-Care
- Hypnosis & EMDR as Tools to Break the Cycle

Typical Effects of Living with Addiction

- Family members of addicts are often the first to seek treatment due to the profound stress of living with addiction.
- Co-dependency as a stress-related disorder
- Co-dependency is a progressive disorder, often starting in childhood, characterized by a profound lack of self-care and impairment in personal boundaries, and sense of self.

Typical Effects of Living with Addiction

- Anxiety, depression and rage
- Exhaustion
- Insomnia
- Addictive and compulsive behaviors
- Chronic or acute stress-related illnesses:
 - GI issues, back pain, headaches/migraines, allergies, heart disease, CFS or fibromyalgia, cancer



Typical Effects of Living with Addiction

Children

- Children living in these families may present with all the same issues.
- Children may also present with AD/HD, other learning issues, social anxiety and withdrawal, and other behavioral issues.
- The genetic factors leading to addiction in the parents, may also be present in the children, contributing to behavior and emotional issues and biochemically setting them up for their own addictive patterns.

Physiological Effects of On-going Stress

- Adrenal Fatigue
 - ⇒ Hormone and Glandular Dysregulation
 - ⇒ Immune Dysregulation
- Neurotransmitter Depletion
- Nutrient Depletion
- This explains many co-addiction symptoms and resistance to change



What are the Adrenal Glands?

- Part of the Endocrine System
- Regulate our responses to stress
 - Adrenaline and Cortisol
 - Cortisol is high in the morning; low at bedtime
- Produce and regulate reproductive hormones
- Regulate blood pressure
- Can become dysfunctional due to on-going stress.



Behaviors Leading to Adrenal Fatigue

- Lack of Sleep
- Poor food choices
- Using food and drinks as stimulants when tired
- Staying up late even though fatigued
- Constantly in a position of powerlessness
- Constantly driving yourself



Behaviors Leading to Adrenal Fatigue

- Trying to be perfect
- Staying in no-win situations over time
- Lack of enjoyable and rejuvenating activities
- Constant fear, lack of opportunities to relax and feel safe, and hypervigilance.



(Adapted from *Adrenal Fatigue*,
by James Wilson, ND,DC, PhD)



Physiological Effects of On-going Stress

- Hans Seyle's General Adaptation Syndrome
 - Alarm Phase → Increased Cortisol
 - Recovery Phase → Decreased Cortisol (24-48 hrs)
 - Phase of Resistance → Increased Cortisol
 - Exhaustion Phase → Profound depletion of cortisol and aldosterone (sub-clinical or clinical Addison's)



Physiological Effects of On-going Stress

- ❖ Alarm Reaction/Sympathetic Arousal
 - Release of cortisol, adrenaline and norepinephrine
 - Increase of blood pressure, heart rate, oxygen intake and blood flow to muscles
 - Stored glycogen is released to raise blood sugar
 - Muscle tension increases and you sweat more
 - Digestion shuts down, and digestive secretions are reduced



Physiological Effects of On-going Stress

- ❖ Recovery Phase (24-48 hours)
 - Less cortisol
 - Body less able to respond to stress
 - Feel tired and listless, and desire to rest
 - Hypo-arousal



Physiological Effects of On-going Stress

❖ Resistance Reaction: If arousal to stress continues, your adrenals will continue to manufacture cortisol ⇔

- Weight gain around middle
- Increased appetite and sugar or caffeine craving
- Infectious illnesses
- Cancer
- Anxiety and depression
- High cholesterol and triglycerides



Physiological Effects of On-going Stress

❖ Resistance Reaction continued

- Tendency to get a second wind in the evening, insomnia, or becoming wide awake in middle of night
- Blood sugar swings and diabetes
- Muscle aches and pains, and physical tension
- Digestive problems: heart burn, bloating, gas and IBS
- High blood Pressure



Signs and Symptoms of Adrenal Fatigue (Exhaustion)

- Difficulty Getting Up in the Morning often followed by a “second wind” at night
- Continuing Fatigue Not Relieved by Sleep
- Craving for Salt or Salty Foods, or for Sugar
- Symptoms Increase if Meals are Skipped
- Lethargy & Difficulty Doing Every-Day Tasks
- Decreased Sex Drive
- Depression and Apathy



Signs and Symptoms of Adrenal Fatigue

- Difficulty Making Decisions & Thinking Clearly
- Decreased Ability to Handle Stress
- Slower Recovery Time from Illness, Injury or Trauma & More Frequent Illnesses
- Light-headed When Standing Up Quickly
- Decreased Productivity
- Memory Less Accurate

(Adapted from Adrenal Fatigue)



Physiological Effects of On-going Stress: Nutrient Depletion

- ❖ When we are under stress, our bodies draw from our stores of neurotransmitters and nutrients in order to keep up with the extra demands.
- ❖ If we are not constantly resupplying the crucial nutrients, we become *depleted*, leading to physical and emotional breakdown.
- ❖ In addition, adrenal stress may lead to *impaired digestion & absorption*, which will further decrease our nutrient and neurotransmitter stores.



Physiological Effects of On-going Stress

- **Neurotransmitter Depletion** (through overuse)
 - Four Main Neurotransmitter Systems
 - Dopamine/Norepinephrine: Energy, Focus, Reward
 - Endorphins: Emotional and Physical Pain Relief
 - GABA: Physical and Emotional Relaxation and Calm
 - Serotonin: Mellow, Flexible, Self-Esteem, Sleep (creates Melatonin)



Powerful Nutritional Interventions

- EDUCATION
- TESTING
- SUPPLEMENTATION



Powerful Nutritional Interventions

EDUCATION

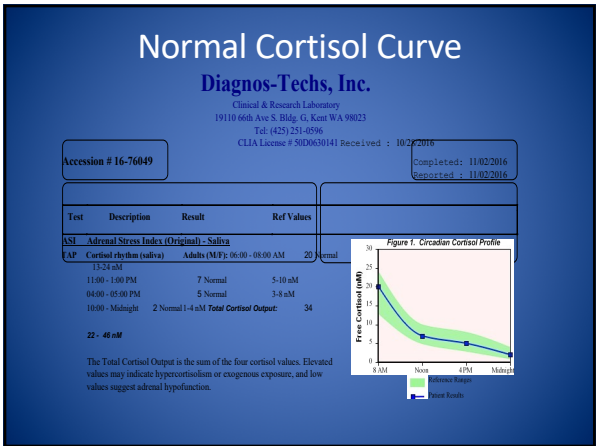
- Hypoglycemia
- Need to feed brain to improve coping abilities
- Relationship between stress and illness
- Adrenal awareness
- Healthy meal/snack planning and troubleshooting (make it user-friendly!!!)



Powerful Nutritional Interventions

TESTING:

- Diagnos-techs for Adrenal Stress Index (ASI)
 - 4 point cortisol
 - DHEA & 17 hydroxy progesterone
 - Total Salivary sIg A and Anti-Gliaden Antibodies
 - Insulin
- Other labs as well
- Useful Reference: [The Role of Stress and the HPA Axis in Chronic Disease Management](#), by Thomas G. Guillems Ph.D.



Powerful Nutritional Interventions

SUPPLEMENTATION: Make It User Friendly!!!

❖ Address Adrenal Gland Health:

- Use saliva test to assess cortisol levels through the day
- Adaptogenic Herbs: Ginseng, Eleuthero, Rhodiola, Ashwaganda, Licorice, etc.
- Adrenal Supporting Nutrients: Vit C, B5, B6, E, Calcium, Magnesium
- Glandulars and Hormones

Powerful Nutritional Interventions

SUPPLEMENTATION: Make It User Friendly!!!

❖ Support neurotransmitter systems as needed, for stable mood and energy by using precursor or supporting amino acids:

- L-Tyrosine and L-Phenylalanine for the Catecholamines, Dopamine & Norepinephrine
- D-Phenylalanine for the Endorphins
- GABA, Taurine, Glycine, Inositol for GABA
- 5HTP or L-Tryptophan for Serotonin

Powerful Nutritional Interventions

Benefits of Using/Recommending Amino Acids:

- Empowers and educates clients to care for their own brain and body as needed
- Anti-Addictive – You need less over time, rather than more to get the same effect!
- Relatively cheap
- Fast Acting
- Safer than anti-depressants

Powerful Nutritional Interventions

Supplement Food –Based Nutrient Intake to Counteract Sub-Clinical Malnutrition:

- Protein Drinks and bars
- Green Drinks
- Extra vitamins and minerals as needed
- Brainstorm and trouble shoot with clients to insure compliance



Powerful Nutritional Interventions

SUPPORT SLEEP: Spend time to identify causes of insomnia so intervention can be targeted effectively.

❖ Actual Danger and Realistic Fear:

- Create Safety Plan
- Practice self-care through prayer, thought stopping techniques, relaxation and problem solving.



❖ Depleted Neurotransmitters → Anxiety and obsessive thoughts. Supplement with L-Tryptophan, 5HTP and GABA

Powerful Nutritional Interventions

SUPPORT SLEEP: Spend time to identify causes of insomnia so intervention can be targeted effectively.

- ❖ **Depleted Minerals** and other sleep promoting nutrients ⇨ muscle tension and restlessness.
 - Supplement with extra calcium & magnesium before bed.
 - Drink high mineral sleep promoting herbal teas such as chamomile, avena sativa, passion flower, and hops.
- ❖ **High Cortisol Levels** (Use saliva test to determine)
 - Relaxation exercises or Hypnosis tapes
 - L-Theanine, Phosphatidyl Serine, Ashwaganda



Powerful Nutritional Interventions

SUPPORT SLEEP: Spend time to identify causes of insomnia so intervention can be targeted effectively.

- ❖ **Lack of Sleep Hygiene:**
 - Make time for self-care
 - Create a sleep ritual
 - Relaxation tapes, prayer, safe place visualization, etc.
- ❖ **Shift Changes:** Melatonin (1-3 mg) & good sleep hygiene
- ❖ **Physical Pain** (See below)



Powerful Nutritional Interventions

Address Physiologically Based Pain and Inflammation

- ❖ **Pain Relieving and Relaxing Amino Acids**
 - DPA, DLPA, 5HTP, L-Tryptophan
- ❖ **Digestive Support**
 - Heartburn: Assess need for HCL Acid
 - Ulcers, Colitis, IBS: Assess need for gluten/casein-free diet; L-glutamine, aloe vera juice, digestive enzymes, chamomile, peppermint or meadowsweet teas. Enteric coated peppermint.



Powerful Nutritional Interventions

Anti-Inflammatory Herbs and Nutrients

- ❖ Proteolytic Enzymes: Bromelain, Vitalzyme, Wobenzyme N
- ❖ Essential Fatty Acids
 - Omega 3 fatty acids
 - Gamma Linoleic Acid (GLA)
- ❖ Anti-Inflammatory and Pain Relieving Herbs
 - Turmeric, Ginger, Rosemary, Cayenne, Boswellia



Breaking the Cycle: Motivating the Family Member to Self-Care

❖ Recovery As a Process

- Breaking Denial & Learning about Addictive Families
- Stabilization
- Reclaiming Self
- Healthy Detachment
- Trauma Recovery
- Building a Healthy Life



Breaking the Cycle: Motivating the Family Member to Self-Care

How to Hook a Co into Recovery

The key is to understand the resistance, and to work with it, rather than oppose it. Allow the family member to grow one step at a time. Hold the balance between being compassionately supportive and being firm about the consequences of continuing codependent behavior.

- Name the Pain
- Dry Wells Can't Nurture Anyone
- Get Results – Fill the Well!!!



Breaking the Cycle: Motivating the Family Member to Self-Care

Hypnosis and EMDR as Tools



❖ Stabilization

- Container image to reduce sense of overwhelm
- Safe Place Visualization to teach concept of safety and reduce overwhelm
- Positive cognitions and hypnotic suggestions to build internal permission to focus on self-care, create boundaries, choose safety and begin detachment process.

Breaking the Cycle: Motivating the Family Member to Self-Care

Hypnosis and EMDR as Tools



❖ Stabilization (con't)

- Progressive relaxation and body scan exercise to teach the body awareness necessary for self-care and boundary setting.
- Encourage use of relaxation tapes to promote sleep, lower and regulate cortisol levels, and reduce tension-based pain.
- Enhance healing of physiologically-based pain
- Identify and address emotion-based pain (somatization)

Breaking the Cycle: Motivating the Family Member to Self-Care

Hypnosis and EMDR as Tools

❖ Reclaiming Self

- Future Self visualization to establish goals and build motivation and hope
- Continue to use a variety of exercises to build self-awareness and self-ownership
- Teach the questions:
 - What am I feeling, wanting and needing right now?
 - How do I make it happen constructively?
- Build emotion regulation skills



Breaking the Cycle: Motivating the Family Member to Self-Care

Hypnosis and EMDR as Tools

❖ **Healthy Detachment**



- Encourage self-education and support groups such as Alanon
- Identify and defuse the resistance to such groups
- Use *Rehearsal/Future Pacing* to strengthen the acquisition of new behaviors and responses.
