



An International Guide to Holistic Drug Detox and Recovery Support

Written by:
Jennifer Rose



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Written by: Jennifer Rose

Edited by: Patricia Bladh, Neal Henegar and Charles Shaw

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Dedication

This book is dedicated to my amazing children,
my inspiration for everything.

I would like to thank

Everyone who believed in me during this project. This includes friends, family, people who shared their detox experiences with me, professionals in the recovery and holistic communities, and supporters in social media communities. I had the pleasure and honor of meeting some of the most amazing people during this journey, both virtually and in person, and I hope to one day reconnect with everyone who participated in this project. Many blessings to all of you, all of us, because we are all one spiritual family and we are in this together.

INTRODUCTION

This book is a report of the findings of many years of research and experimentation from various communities worldwide working with a wide range of traditional and holistic addiction recovery practices. From October 2014 through April 2016, the members of the Facebook group ‘Welcome to Heantos’ experimented with herbal supplements from around the world while cold-turkey detoxing themselves from a range of substances including heroin, prescription pain medication, prescription maintenance drugs, amphetamines and cocaine. In many cases, people detoxed themselves from multiple substances, such as heroin and methamphetamines, or cocaine and alcohol. People reported their experiences, support systems received hands-on training and effective protocols were gradually developed. Social media created a communication platform for people across the globe to share information and experiences; the good and the bad.

In this virtual arena, a tremendous amount of information was shared. We discussed every topic we could think of involving detox and recovery, but our primary focus was on opiate addiction. The project began with the experimentation of herbs and natural products to help eliminate the physical symptoms of drug withdrawal but slowly transformed into a much deeper work of connecting with people who were in recovery and understanding the complexity of their needs. Over the course of four years, we learned a broad range of recovery methods and have adopted the concept of integrating a variety of holistic and traditional practices into each recovery plan to achieve the best chances at long-term success.

After the experimentation and this global sharing of ideas, I compiled as much information as I could think of that could be beneficial when designing a

recovery plan, especially for those with limited resources. There are a range of resources, methods and products discussed so it's important to read the entire book before designing your recovery plan. Please do extensive research, devise a plan, take your time and do this right, because your life (or the life of someone you love) depends on it. This book is meant to be a resource that will aid you on your journey of recovery, doing it as quickly or as slowly as you need to meet **your** specific needs. These methods are discreet, manageable, and affordable. They can be used short or long-term and can also be used for preventing and coping with relapse and cravings.

The problem with the current mainstream models for detox and recovery is that there are not enough options available for people seeking help, especially for those with limited resources. Inpatient facilities are exorbitant, averaging from \$10,000-\$40,000 a month, with no guarantee for success. State funded facilities tend to have low success rates and can be very difficult to qualify for. Twelve step programs work great for some, but not at all for others. Additionally, many recovery programs use addictive prescription drugs such as Methadone or Suboxone as their primary method of detox and are not incorporating a therapeutic component to the process, which ultimately leads to the replacement of one addiction for another.

Many people have exhausted all options, time and time again, but still have not won the battle. The methods I will be discussing can be integrated with *any* recovery plan, and oftentimes can seem to fill in the gaps for people. I don't believe that there is one solution for recovery, I believe that integrating a variety of recovery tools will bring the best chances for success.

In this book, I will be sharing the successful components of this project. For those who have no choice but to do a cold-turkey detox, I will walk you through the process of utilizing herbs and natural products to help ease the withdrawal discomforts. I will provide an overview of the preparation required, I will outline methods for aiding the detox, and will offer many suggestions for designing an aftercare plan. The focus of this model of detox is balancing the body and the mind

while learning to obtain a deep inner calmness. A calm mind and a healthy body go hand-in-hand in drug recovery.

In the chapters discussing the use of herbal supplements to support cold-turkey detox, Heantos 4 is the primary product used in the protocols because it seems to be the most effective product legal in the U.S. Research by Johns Hopkins University, Essen University in Germany, the Vietnam Academy of Science and Technology, and the University of British Columbia have proven that Heantos 4 is a safe and effective addiction treatment. However, this does not mean that Heantos is a requirement. If you read this book, you will see many suggestions for managing withdrawal symptoms, even if you choose to detox without Heantos. The reason that I use Heantos as the primary detox aid is because it seems to eliminate at least 50% of withdrawal symptoms in most people, which creates a strong foundation for designing the rest of your herbal support protocol.

Please read this book with an open mind, understanding that this is not necessarily a 'User's Guide' to cold-turkey detox, but a log of 'what has worked for many people'. The information that I share is information that I found critical for a successful recovery. The protocols are not 'the' only working protocols, but simply examples of protocols that had the most effective results for people that were undergoing cold-turkey detoxes at home. Please remember that detoxing is a medical process, and if you or a loved one is considering this method, it is imperative to discuss your plans with a medical professional *before* beginning. I will mention this several times throughout the book because safety is a critical component to a successful detox and recovery plan.

When the time comes to sit down and design your recovery plan, you can visit the website that I built to go along with this book, www.DesignYourDetox.com. This website has a range of information, products, and resources for all stages of recovery. I wanted to design a safe and organized space for people to design recovery plans. I have a range of products and services listed and links to all their individual

webpages. There are a lot of ineffective programs in the field of recovery, especially in the Ibogaine community, and I wanted to share resources that I trust. These are not the only effective products and programs out there, and as I learn of more, I am always updating the site.

All the products discussed in this book are also available on the website. I provide links for all their webpages so that you can order directly from each vendor. For some people, this book may be included with a detox kit. If you decide that you want to order more products, this website will be a convenient resource to order products individually. It may also be helpful when designing your long-term recovery plan, which is the period of time that *follows* your detox. There are a range of options available for people in all financial situations. Drug recovery is typically an over-priced industry, so I want to provide options for people who are on a tight budget. It is a tragedy within our culture that 89% of people battling addiction in the U.S. will never receive the treatment they need (National Institute on Drug Abuse, 2016). I believe we can reduce this statistic if we create a new mainstream narrative regarding addiction and recovery, one that encourages a nurturing, understanding and transformational approach.

My goal in writing this book is to spread awareness worldwide about effective treatment options that can aid in closing a very painful chapter in people's lives. I was once a heroin and cocaine addict, and I have personally experienced the suffering that it entails. It not only devastated me, but everyone around me. My hope is that this project will help lead people out of the darkness of addiction, and into the light of reconnecting with the world around them.

I wish you many blessings on your journey of recovery! Now...let's get started!



Chapter I

**A SUMMARY OF
ADDICTION**

I

A SUMMARY OF ADDICTION

ad·dic·tion

ə'dikSH(ə)n/

noun

noun: **addiction**; plural noun: **addictions**

1. *the fact or condition of being addicted to a particular substance, thing, or activity.*

synonyms: dependency, dependence, habit, problem - Dictionary.com

Addiction is a compulsion to engage in unhealthy or detrimental behavior. Human beings can become addicted to many forms of behaviors such as gambling, overeating, sex, or reckless behavior, but the term "addiction" is most commonly used to refer to a physiological state of dependence caused by the habitual use of drugs, alcohol, or other substances. Addiction is characterized by uncontrolled craving, increased tolerance, and withdrawal symptoms when deprived of access to the addictive substance. Addictions afflict millions of people in the United States alone.

- Encyclopedia.com

Addiction is a broad term used to describe a condition of over-using, or abusing, a range of substances, things, or activities. People have many addictions in

society today such as prescription pills, illicit street drugs, alcohol, cigarettes, gambling, food, money, sex, love, even shopping. Addictions come in many forms and are destructive in many ways, not only to the person suffering with the addiction, but to their loved ones as well.

Addictions time and again act as a buffer between insecurities, fears, traumas, and overwhelming emotions. Over the years, I have realized that most people who suffer from addiction have unresolved trauma, causing them to seek a means of finding emotional, psychological, and/or physical comfort and escape.

Addiction is labeled as a crime and has many negative stigmas in our contemporary western culture. This is reflected in the available mainstream recovery models, as many recovery programs *feel* like a punishment. After several years of advocacy work, I have concluded that addiction is a very delicate condition that requires a nurturing and therapeutic approach. The journey of detox and recovery is a transformation of one's life. It is an awakening of one's true self, and an experience of reconnecting to the world.

Why do people use drugs? I'm sure many of you have asked that question, either to yourself or to someone else. The answer is different for everyone, but the common response among most is that they are simply *seeking happiness*. People aren't happy, for whatever reason; whether they are depressed, lonely, insecure, unhealthy, chemically imbalanced, abused, or traumatized by the many pains of life, people use drugs and alcohol to escape their many overwhelming feelings. Unfortunately, once addiction gets its' grip on you, it no longer becomes a choice, and instead becomes a necessity, turning one's body and mind into a prison of their own design.

Some believe that addiction is a disease, and if you interpret it as a *dis-ease* within the mind and body, then yes, this is correct. People do not begin their addictions in the hopes of it controlling and destroying their lives, yet inevitably at some point it will take control, and life will slowly begin to change for the worse.

So, what is the solution? In my years of research, which includes my own short lived but brutal addiction in the late 90's, I believe the solution includes finding inner peace, working towards inspiring goals, surrounding yourself with positive people and environments, and, of course, balancing and responding to the needs of your physical body. Ultimately, what this sums up to is...*loving yourself*.

If you are unsure if someone you love may be struggling with addiction, there are several signs that you can look for. It is critical to intervene with love and understanding to let them know that they are not alone. The following is a list of signs that you may want to look for, and if you are unsure, the best way to find out is to gently ask the person to take an at-home drug test:

- Changes in mood
- Excessive spending
- Unusual sleeping and eating patterns
- Troubled relationships
- Isolating from friends and family
- Disappearing on or deactivating social media accounts
- Difficulties at work
- Lack of interest in hobbies
- Decline in health
- Change in appearance / weight loss
- Unexplained disappearances
- Presence of drug paraphernalia
- Track marks on arms or other areas of the body
- Noticeable withdrawal symptoms
- Unusual sleepiness / nodding out
- Extreme levels of energy / staying awake for several days at a time
- Patterns of dishonesty
- New circles of friends

Although it may seem that your loved one is changing right before your eyes, please remember that addiction is a powerful force that can completely control a person's life and mind. Your loved one may seem as though he or she has become a stranger to you, but I assure you that beneath the addiction is their true-self longing to be freed from this prison. It is important not to give up on them because *no one is a lost cause*.

Chapter II

**THE BASICS OF
DETOXING AT HOME**

II

THE BASICS OF DETOXING AT HOME

Cold-Turkey Detox

verb (used with object)

1.

to withdraw from (an addictive substance or a habit) abruptly and completely.

- *Dictionary.com*

*“Detoxification may take from several days to many weeks. Detoxification can be accomplished “**cold turkey**,” by complete and immediate cessation (a temporary or complete stopping; discontinuance - *Dictionary.com*) of all substance use, or by slowly decreasing (tapering) the dose that a person is taking, to minimize the side effects of withdrawal. Some substances absolutely must be tapered, because “cold turkey” methods of detoxification are **potentially life threatening**. Alternatively, a variety of medications may be utilized to combat the unpleasant and threatening physical symptoms of withdrawal. A substance (such as methadone in the case of heroin addiction) may be substituted for the original substance of abuse, with gradual tapering of this substituted drug. In practice, many patients may be maintained on methadone and lead a reasonably normal life. Because of the rebound effects of fluctuating blood pressure, body temperature, heart and breathing rates, as*

well as the potential for bizarre behavior and hallucinations, a person undergoing withdrawal must be carefully monitored and treated appropriately.'

- *Encyclopedia.com*

Undergoing a cold-turkey detox at home requires a serious commitment from the person who will be detoxing and from everyone in their support system. It is recommended to devote two weeks to your detox (6-8 weeks for long-acting opiate detox) so that you can take your time and get the proper rest and recovery that your body will require. The first week will be dedicated to managing withdrawal symptoms and the second week will be used to rest, recover and rebalance. This method is effective for a range of substances, but the substances that I will be discussing in depth are opiates because of the severity of the physical withdrawal symptoms.

People who are addicted to Benzodiazepines, such as Xanax, Klonopin or Valium, should never detox at home or attempt a cold-turkey detox unless under a doctor's care. Benzodiazepines and alcohol are, in my opinion, the most dangerous substances to detox from and will always require the care of a professional. Benzodiazepine and alcohol detoxes can cause unexpected seizures and are very dangerous. You can use this method of detox to overcome non-daily alcohol use, but if the person is a frequent drinker and is experiencing withdrawal symptoms when they do not drink, then they will be at high risk for seizures. If a person has a mild alcohol addiction and drinks a couple times a week, or binge drinks infrequently, then this method is safe, as long as the person is not experiencing daily symptoms of withdrawals, such as shakes, vomiting, and/or accelerated heart rate.

I have come across many people who have had Benzodiazepine prescriptions abruptly stopped or people who suddenly did not have access to their medications

and have very limited resources. *I cannot express enough how dangerous these detoxes are.* If you or a loved one suddenly finds yourself in a position where you must suddenly detox from alcohol or Benzodiazepines and you do not have a doctor to oversee the process, then please go to your local emergency room for assistance. Spending a few days in a state-funded medical detox center could be the difference between life and death. Upon release, using herbal supplements could be the perfect solution to overcoming the lingering, long-term discomforts, but the peak days of detox need to be monitored by a medical doctor.

Most of the supplements that I will be discussing are sedating and promote sleep and relaxation. The premise of an at-home herbal-supported cold-turkey detox is to essentially rest and relax through the peak days of withdrawal using a variety of products to greatly reduce the physical withdrawal symptoms. *While taking these products, it is recommended not to drive, operate any machinery, or take on any tasks that require full concentration. If children will be present, you will need to have a caretaker for them because you will be unusually tired, and at times disoriented from the sedative effects of the supplements.*

This is a natural method of minimizing withdrawal discomforts that can be done safely from home. The peak days of withdrawal will typically last 4-7 days, unless you are detoxing from a long-acting substance such as Methadone or Suboxone, in which case the peak days could last up to 3-6 weeks. Once the peak days have passed and withdrawal symptoms have subsided, you may wish to continue taking small maintenance doses for the days, weeks, or even months to follow. Using supplements to support a cold-turkey detox consists of managing and eliminating withdrawal symptoms, trying to maintain a positive attitude, and preparing for the next chapter in life.

It is recommended to have a caretaker present for the peak days of detox because you will be very sedated at times and may have difficulty keeping track of your supplement dosages. In addition, it is helpful to have someone there to cook

your meals, straighten or change your bed sheets, prepare your baths, and to just generally keep you company and help keep your spirits lifted.

This can be an effective way of beginning the journey of drug recovery, but it requires quite a bit of planning and preparation. The herbs and products discussed in this book are gentle on the body and can be used long-term either to slowly reduce high dosages pre-detox, or for post-detox maintenance. It is recommended that you take your time reading this book, highlight information that applies to you, and begin making a list of goals and steps that will take you successfully through this process.

This method can be done very affordably, but it is important to make sure that you have everything you need *before* beginning your detox. I will outline all the ordering information for each product that is discussed (Appendix I: Ordering and Contact Info) and will provide example protocols for detoxing off each substance (Chapter V: Designing a Protocol). If you are unsure how you should design your protocol, you can email me at Heantos.jen@gmail.com and I will help you design a protocol that will work best for your individual circumstances.

I will mention several times throughout the book that it is always recommended to review your detox plans, products, and protocol with a medical professional prior to beginning any stage of detox. Even though these methods are safe and gentle on the body, undergoing drug detox is a complicated medical process and requires proper guidance. The goal of recovery is to begin the process of loving yourself and honoring your body. Taking every safety measure is an important step in beginning that process.

Detoxing is just the first step on the life-long journey of recovery. For many people, their addiction is the dominating force in their lives, and recovery will require many changes in their daily lifestyle. After years of analyzing my own addiction and observing addiction in others, I believe that I have come to understand the nature of addiction and ways to combat it. I will outline the most

important components of this process and will offer as many suggestions as I can to aid in the process of designing a successful detox and recovery plan. The following is a list of the main components to a successful recovery plan:

Researching products and services - Before beginning any stage of detox, take your time researching products, reading testimonies and reviews, and talking to people who have experience with the products and services that you are considering.

Designing a protocol – If you are undergoing a cold-turkey detox and have purchased products to aid in this process, it is important to design a dosing regimen that will be used as a guide for your detox. Each day may vary based on the intensity of withdrawals, but having a protocol designed will help to guide you and your caretaker through the peak days.

Preparing the mind, body, and home – Addiction and detox are very taxing on the mind, body and overall lifestyle. It is important to take your time preparing for this process because it is the closing of a very painful and destructive chapter. The key to recovery is loving yourself, and some of the best ways you can love yourself are eating healthy, drinking plenty of water, quieting the mind with meditation, spending time in nature, reading self-help books, listening to soothing music, getting plenty of sleep and relaxation time, making healthy connections with sober people, and creating a serene home environment. I always recommend thoroughly cleaning the home, discarding of any drug paraphernalia or reminders of drug usage, and even changing the furniture around if possible. This is the beginning of a fresh start and changing as many things as you can will help to instill a renewed feeling.

Safeguarding yourself from drug contacts – Delete Delete Delete!!! Delete drug contacts from your phone, social media, email, etc. Delete your social media profiles and make new ones if drug contacts are on old ones, change

your phone number, relocate if possible. Cut ties, take steps prior to detox so that when the time comes to begin detoxing, you've already taken all the safety precautions you can. The last thing you want to be faced with while detoxing is a dealer or a friend that you used to party with. You must eliminate all reminders and connections to your former life. A little down the road, after you have some healthy clean time, you may want to reach out to old friends and offer to help them with their addictions, but in the beginning, you need to stay away from anyone associated with drugs.

Creating a support system – I will discuss this more in depth in ‘Chapter IX: Creating a Support System’, but I want to briefly mention that this is one of the most important components of an effective recovery. One of my favorite quotes is by the author of *Chasing the Scream: The First and Last Days of the War on Drugs*, Johann Harl; “The opposite of addiction is not sobriety. The opposite of addiction is connection”. This theory was examined in the “Rat Park” experiment at the University of British Columbia. Rats were kept in isolation and were given the option of drinking clean-water or morphine-water, and they typically chose morphine-water. Then the rats were taken out of isolation and were brought together in a social setting called “Rat Park”. The rats were offered the same water options, only now they preferred the clean-water to the morphine-water. This response indicates that when the rats were in a healthy social setting, they no longer had the desire to drink the morphine-water. It is thought that intoxication was filling the void they experienced in isolation. This holds true for humans as well; in isolation, you will be left with a void. It is human nature to crave connections, with other humans, with animals, and with nature. Without healthy connections, one will be left with a void that may seem to be satisfied with substances such as drugs or money. Keep in mind the importance of a support system when designing your recovery plan.

Evaluating community resources – There are a range of resources within a

community that can be helpful during recovery, such as twelve-step programs, SMART recovery groups, outpatient recovery programs, churches/spiritual centers, meditation groups, yoga studios, gyms, art studios, drum circles, breathwork studios, and more. Obtain creative ideas when designing a recovery plan, it doesn't have to be standard recovery programs all the time, you can incorporate anything that makes you feel uplifted and inspired!

Setting short and long-term goals – Setting short and long-term goals is an important way to bring motivation and organization into your recovery plan. Goals can be big, such as embarking on a new career path or relocating; or they can be small, like joining a gym or taking a class. The important thing is setting goals that will bring happiness and stability into your life.

Designing a long-term plan – Detox is only the first step in the journey of recovery, so it is imperative to design a long-term plan that you will adhere to following detox. I will discuss this in depth in 'Chapter VIII: Designing an Aftercare Plan'. The detox is essentially the doorway to the long-term journey of recovery, so designing a detailed aftercare plan will be critical for the next chapter of your life.

Determining the underlying causes of your addiction – This is a process that might take some time, but it should be a goal during your recovery. This may require the assistance of a counselor and it may take a while but be patient because what you discover may help you to avoid falling into the pattern of addiction in the future. Addiction is oftentimes a means of avoiding uncomfortable feelings and memories but facing them and working through them may be what you need to close painful chapters in your life.

Developing new coping skills – Up until this point, your mental/emotional/physical 'default button' for coping with stress or discomfort may have been to get high or drunk; whatever your addiction is. Stress will not cease to exist in your life just because you decided to get clean.

Life will be difficult and complicated during that initial adjustment period and you will quickly need to rely on new coping skills, or life will eventually become unmanageable. The first month of recovery is a very fragile time. You need to be in a safe, sober environment with some form of support system, even if it's only virtual support. You need to have a list of new coping mechanisms, so that a few weeks following detox, you will already have formed new daily habits, such as taking morning and evening supplements, meditating at some point in your day, doing Tai Chi or some form of fitness, going to recovery meetings, starting a new job, reading self-help books, listening to motivational speakers, starting a hobby, gardening, journaling, playing an instrument; anything you can think of that will put you on a path towards happiness. This next stage of your life is critical because this is a definite transition period. The good news is that at some point, whether it be two weeks or three months, you should be feeling better, naturally. The fruits of your efforts will all pay off because at some point your body will overcome the lingering effects of addiction and detox, and will be functioning at some level of *balance*. Supplements and vitamins are very beneficial because they help bring the body back into balance naturally. Once your body achieves balance, you will feel better physically, psychologically, and then hopefully emotionally; as the three are often tied together. I want to recommend researching some form of meditative art, such as Tai Chi, Qi Gong, Yoga, Sungazing, or several others that are available. Daily practice of one of these arts will doubtlessly bring life-changing long-term results. I speak from personal experience when I say that when I am disciplined and practicing these arts on a regular basis, my life and body are in a much better balance. These practices bring a well-being to my mind and body while calming the turbulence in my life. Our society is so driven to technology and external stimulation, that we have lost our inner stillness. For a lot of people, using drugs and alcohol *brings* them to an inner stillness; but only for a while. Then

it becomes inner turmoil, and you eventually find yourself in a life spun out of control. Recovery is that critical point in life where you give up the 'unsustainable' stillness, and transition to the 'sustainable' stillness; the stillness that you can tap into whenever you feel the need. For me, this stillness comes from meditation, Qi Gong and Yoga. You can find instructional videos for these on YouTube and add them to your recovery plan. If you practice at least one of these arts every day for ninety days, you will undoubtedly experience a new level of well-being and stillness in your life. That's a promise!

Chapter III

PRODUCTS

III

PRODUCTS

This section discusses a variety of herbal products that can be used to help relieve withdrawal symptoms during a cold-turkey detox and help balance the body after detox. Some of the products are marketed as detox aids, and some are not. I will be sharing my personal experiences and suggestions on how you can combine a variety of herbs and products to design a comfortable protocol. Unfortunately, none of the products seem to work well enough alone for an opiate detox, but together they can be very helpful.

When working with herbal products, please keep in mind that the effectiveness of these products may vary, and there are several causes for this. Herbs tend to fluctuate in potency as they go through life cycles and this could potentially affect the strength of each batch. Each person will also absorb and experience variations of effectiveness from these products based on your body's chemistry and the level of toxins that your body has accumulated. Please read about these products carefully and do diligent research.

This project originally began because a friend of mine learned about an opiate detox aid from Vietnam called Heantos 4. He flew to Hanoi, Vietnam in October of 2014 and met with Dr. Trans Van Sung, the doctor who completed the development of this formula. He contacted me while in Vietnam and asked if I knew anyone who would be interested in experimenting with Heantos so that we could see for ourselves how effective it really was. He had spoken with patients at

Dr. Sung's detox center in Vietnam, and everyone was very comfortable during their Heantos-assisted opium detoxes.

In Vietnam, they were administering Heantos 4 to full blown opium addicts along with the use of Benzodiazepines (Valium), and together the two medicines allowed people to rest comfortably through the withdrawal process. When he shared the protocol with me, I knew I was going to have to replace Valium with herbs and natural supplements because in the U.S. you need a doctor's prescription to obtain Valium.

Once people began experimenting, I also realized that I would need to increase the dosage of Heantos because it was not working as well as we had hoped. In Vietnam people were typically detoxing off pure opium, but here in the west people were detoxing from complicated pharmaceutical combinations, long-acting synthetic opiates, and street drugs laced with a myriad of harmful and dangerous substances. Additionally, our food in the west is saturated with harmful chemicals, making detox even more challenging as people's bodies are consumed with toxins. These factors played a critical role in the experimentation process.

When this project began, we did not expect to get the response that we did. People from all over the world were contacting us for support. I consulted with herbalists and medical practitioners from around the world, seeking suggestions for the different symptoms that people were experiencing. Under the advisement of Dr. Sung, I slowly began increasing the dosage of Heantos 4 and figured out ways to incorporate additional herbs and products into the protocol. I began witnessing people detox comfortably and I knew that it was time to start fine tuning and documenting this process. After a year of experimenting with different herbal combinations, I learned of a few products that drastically improved the process. Instead of going to the herb store and purchasing ten individual herbs, you could now purchase just a couple of products that had many of the herbs already

combined in concentrated doses. This was much easier because now people only had to order a few products rather than a whole list of individual herbs.

The following section briefly discusses each product. I recommend periodically checking the www.DesignYourDetox.com website for updates on products. This project originally began with one product, Heantos 4, but has turned into the discovery of several effective supplements that work well when combined. It is my anticipation that this project will continue to grow and evolve as new products and methods are discovered that aid in the process of detox and recovery.

Please read about these products and do your own research as well. This is not the only list of herbs and supplements that will aid in this process. These are products that many people have used to manage severe withdrawal symptoms and it is a good foundation for you to begin your own research. In many cases, these supplements were the missing piece to already existing recovery plans. You can link to each company directly on the website. I designed this site to create a network of helpful recovery resources.

Heantos 4

Heantos 4 is a Vietnamese detox aid that was developed as a project of the United Nations in the 1990's to help combat the growing opium epidemic in Vietnam. The formula is comprised of 13 Chinese and Western herbs that help to reduce opiate withdrawal symptoms and induce sleep. Heantos can be used alone to detox from cocaine and amphetamines, but when detoxing from opiates, it will need to be used in combination with additional products to comfortably bypass the peak days of withdrawals. Heantos is a great foundation for designing an effective protocol. In my experiences with Heantos, people undergoing a cold-turkey detox

typically sleep, eat and relax through the peak days. It will not completely eliminate withdrawal symptoms, but it will greatly ease the process. Heantos can be used long-term and will not result in a physical dependency.

Heantos 4 is a versatile product that can be used in a range of ways:

- Dosage reduction
- Cold-turkey detox support
- Long-term maintenance
- Relapse prevention / treatment
- Body re-balancing
- Post-acute withdrawals (PAWS)

This is just a brief overview of the many uses of Heantos 4. For more information please visit www.heantosworldwide.com and www.heantos.vn.

Quantum Herbal Assist

Heantos was presented to the west in October of 2014 and the formula was placed inside each box that was sold. In early 2016, I was introduced to a student of Traditional Chinese Medicine in California, who had developed a modified formula of Heantos. A mutual friend of ours began the experimentation with his formula to see if it was effective at eliminating opiate withdrawal symptoms.

The premise of the 'United Nation's Project Heantos' was to develop an herbal formula using *only* herbs native to the provinces in Vietnam where opium was harvested. The student in California decided to modify the herbs that Dr. Sung,

the developer of Heantos 4, used by eliminating the western herbs and adding additional Chinese herbs that could be obtained *outside* of these Vietnamese provinces. I have spent the last two years supporting people who used this formula and have witnessed many people detox themselves from extremely large drug habits, along with the aid of a few additional products. For more information about this product, please send me an email at Heantos.jen@gmail.com and I will put you in contact with the developer of this formula.

Kratom

Kratom is a plant medicine that is native to Southeast Asia. I want to mention first and foremost that Kratom ***IS PHYSICALLY ADDICTIVE***; if you use Kratom daily for more than 2-3 weeks, you could become physically dependent. For that reason, I want you to do a lot of research before using it to assist with a cold-turkey detox. You are probably wondering why I would even suggest using an addictive substance and the reason is because it is one of the most effective products for blocking opiate withdrawal symptoms. *If you use Kratom very carefully and for a short period of time, then you shouldn't have any problems when you discontinue using it.* If you are doing a Methadone or Suboxone detox and have several weeks of peak days, you will need to take precautions for avoiding dependency (discussed in Chapter V: Designing a Protocol).

Kratom is a natural pain killer. It is not an opiate, but it does work on the same receptors. If a person is in opiate withdrawals, taking Kratom will help to eliminate the withdrawal symptoms. Using Kratom during a cold-turkey detox is very beneficial because it gives a substantial amount of withdrawal relief. As I said earlier, when we first began working with Heantos, I had to find ways to eliminate the use of Benzodiazepines during detox and discovered that Kratom works very

well for this. Since it *is* habit forming, it is never the primary product in any of the example protocols. I recommend using Kratom no more than twice a day during peak days, and as soon as the peak days pass, I recommend not using it at all. It has its place during peak days of withdrawals, but once you've bypassed that stage, you should completely discontinue using it. There are many Kratom vendors online that you can research, as well as local smoke shops that may sell it. You may want to research the potent liquid extracts which many people prefer due to the simplicity of taking a dropper full of liquid as opposed to several grams of a dry powder.

Elimidrol

Elimidrol was the first 'combination product' that I used with Heantos back in 2015. When I first began this project, I tested many herbal combinations to replace Valium in the protocol for opiate detox. My end result was a list of 6- 10 different herbs that targeted the different ailments. One day I discovered Elimidrol and realized that it had all the herbs I was recommending, along with additional herbs and vitamins, combined in concentrated dosages. This greatly improved the detox protocol.

Elimidrol has a daytime and nighttime formula, and can be used during detox, as well as post-detox for long-term maintenance. These products help to aid with fatigue, anxiety, pain, and insomnia, as well as nourish the body with a variety of vitamins. These formulas can be extremely helpful in between Heantos dosages during the peak days of withdrawals, and they help to rebalance the body in the weeks to follow. It is a powder that you can add to water or juice and the effects are felt rather quickly. The easiest way to take Elimidrol is to purchase a thermos and add 1-2 scoops of Elimidrol with 4 ounces of juice, shake it up, drink it down, and then wash it down with a cup of water.

Elimidrol is not as strong as Heantos or Quantum Herbal Assist, but it can be used effectively in combination with them. For the peak days of withdrawal, people primarily use the nighttime formula to promote rest and relaxation. Once the peak days begin to pass, they begin incorporating the daytime formula to regain daytime energy. For more information, please visit www.elimidrol.com.

Calm Support

Calm Support is another wonderful product to add to your recovery toolbox. Calm Support is best used for the nighttime hours to help induce a deep, withdrawal-free sleep. During the day, people typically take a supplement every 2-3 hours, but the goal is to be able to sleep a 6-8-hour night without waking up sick or in a pool of sweat. Calm Support is great for inducing sleep during detox. If you take Heantos followed by Calm Support at bedtime and keep another dose beside your bed in case you wake up in the middle of the night, it should help to get you comfortably through the night. You may also decide to drink some Nighttime Elimidrol or Kratom soon after taking Calm Support on more difficult nights. These products all work well together.

You can use Calm Support in the daytime hours, but since it is a sedating product, I usually recommend saving it for nighttime as the secret sleep weapon! There is nothing better than seeing someone sleep all night during the peak days of opiate withdrawal. They usually wake up with a good appetite and in pretty good spirits because they had substantial sleep.

It is quite a relief to know that the withdrawal process does not have to be an experience of extreme physical suffering. When I was an opiate addict, my cold-turkey detox was brutal and left me feeling terrible for months. The depression that

followed lasted years, but I didn't know anything about recovery or holistic methods back in those days. I certainly wish I had. Addiction is already enough suffering, why should getting clean be suffering as well? It doesn't have to be. We are very blessed to have these gifts from nature! For more information, please visit www.calmsupport.com.

Gui Pi Wan

Gui Pi Wan is a combination of Chinese herbs used to maintain general strength and energy in the body. It has health benefits for the heart and the blood, it helps to relieve tension and can also help balance energy and rest. This product is not recommended to use during the peak days of withdrawal but is a very helpful product during the weeks following. A regimen of Gui Pi Wan in the daytime followed by Heantos or Quantum Herbal Assist at night is a great way to promote post-detox rebalancing and to minimize the symptoms of Post-Acute Withdrawal Syndrome (PAWS). Gui Pi Wan can be purchased from online holistic vendors as well as local health food stores.

Neural Balance

Neural Balance is an effective supplement to use post-detox to aid with restoring a balance between inhibitory GABAergic pathways and glutamatergic pathways. Neural Balance has been reported to support less aggressive behavior, the ability to focus, natural social interaction, healthy sleep, peace and calm, and a natural happiness and wellbeing. It is a natural, tasty, and easy to administer drink mix that uses a proprietary enzyme blend specifically designed to accelerate the

absorption and efficacy of Anandanol, and to work synergistically to help restore calm and focus. It is marketed to treat autism but has also been used to help manage the symptoms of post-acute withdrawals. Please visit www.neuralbalance.com for more information.

Additional Supplements to Research

Herbs for sleep – CBD, Valerian, GABA, 5HTP, Melatonin, Passionflower, Kava Kava Root, Chamomile

Herbs for anxiety - GABA, Kava Kava Root, Passionflower, Ginger, Chamomile, St. John's Wart

Herbs for depression - 5HTP, St. John's Wart, Kava Kava Root

Herbs for restless legs - Magnesium (also Magnesium Oil for topical use), Gotu Kola, Ashwaganda, Passionflower, Kava Kava Root, Epsom Salt (baths), Hyland's Restless Leg (purchase at any pharmacy)

Herbs for stomach ailments - Ginger, Cinnamon, Dandelion

Herbs for energy - Maca Root, Ginseng, Eleuthero, Ashwaganda, Green or Black Tea, Yerba Mate

Herbs for pain – Wild Lettuce, CBD, Eleurtho, Curcumin, Ginger, Turmeric, Holy Basil, White Willow Bark, Arnica, Magnesium, Cherries, Cranberry Juice

Herbs for hot flashes and night sweats - Black Cohosh, Dong Quai

Natural remedies for chills - hot water with lemon and honey, cranberry juice, rub warm washcloth over body, take hot Epsom Salt bath

Herbs to boost immune system – Echinacea, Garlic, Ganoderma

Vitamins recommended - C, D, B complex, B12 sublingual

Products for balancing the body post detox – Endocannabinoid System

Activator, Gui Pi Wan

Products for helping to eliminate toxins – Activated Charcoal, Red Clover

Blossoms

Chapter IV

**PREPARING FOR AN
AT-HOME COLD-
TURKEY DETOX**

IV

PREPARING FOR AN AT- HOME COLD-TURKEY DETOX

To ensure the best chances at achieving long-term success, it is important to take a sufficient amount of time to prepare your body and your life for the process and commitment of detox and recovery. This is not something to take lightly; it is a long-term process of repairing and restoring balance to your physical / emotional / psychological / and spiritual self, as well as bringing balance and stability into your daily life. There are many preparations that should be made before beginning an at-home cold-turkey detox.

Setting and location - Prepare a quiet environment for your detox. It is recommended to give your body a minimum of two weeks for the detox (longer for Methadone or Suboxone). Some people are not able to take that much time off work or away from the responsibilities of everyday life, so you may have to adjust your dosing schedules around your work schedule (this will be discussed in Chapter V: Designing a Protocol: Work-Schedule Protocols). Normally the first week is used to detox and the second week is used to rest and get stabilized on a long-term supplement / vitamin regimen.

Be sure to have a comfortable bed and a quiet, supportive environment. You will want to rest as much as possible so try to darken the windows and create a relaxing atmosphere. It is recommended to detox somewhere other than your home, such as a friend or family member's home, a hotel, or a remote cabin. However, if this is not possible then it is okay to detox at home *as long as you ensure that there will not be any drugs, paraphernalia, or drug users present.*

Designing your protocol - You will need to layout a foundation for your herbal support protocol. It is important to take your time and research all products that you are going to be using. Allow sufficient time for all products to be delivered and never begin detoxing until everything has arrived. This process is discussed in detail in 'Chapter V: Designing a Protocol'. Please take your time designing a protocol, don't rush into this process without having a solid dosing schedule set in place. You may adjust the times and dosages of products that you are taking based on the intensity of withdrawal symptoms that you are experiencing, but this will be the basic guide for you and your caretaker/s to follow. It is helpful to write your dosing schedule out in a 'chart style' so that everyone who is assisting you can easily refer to the chart to determine when to administer each supplement (see Appendix VII). Using herbs and natural products to help manage a cold-turkey detox can be very effective if you take the time to do it correctly.

Preparing and testing products - It is important to take sufficient time to prepare all your products. Some products might be in powder form and will need to be put in capsules. It is recommended to thoroughly research all the products that you will be using and have everything prepared *before* beginning your detox. It is also recommended to test each product before beginning your detox so that you know what to expect and what dosage works best for you. A method for doing this is to wait until you would normally take the next dosage of your drug, and instead replace it with a

supplement (only test one product at a time). Wait about 60-90 minutes and evaluate how you are feeling. This will give you an indication of how the products will make you feel during withdrawals. *If you are testing Heantos 4 or Quantum Herbal Assist, which normally consists of 6-10 capsules per dose during peak days of withdrawals, please do a tester dose of 1 capsule first to ensure that you do not have an allergy. If you are testing Kratom, which normally consists of 3-5 grams per dose, please do a tester dose of 1 gram first to ensure that you do not have an allergy. Then you can follow it with a full dosage.*

Separating Dosages – If you will be detoxing alone, it is helpful to separate each dosage before beginning. Once you begin, you may have several days of grogginess and confusion. It is important not to exceed recommended dosages of products so keeping track of what you are taking is very important. (This is one of the biggest reasons you should have a caretaker with you 24-hours a day for at least the first week.) An effective method for keeping track of dosages is to separate and label the date and time for each dose. You can purchase a plastic container to keep your dosages organized and easily accessible. Some examples of containers you can purchase are tool boxes with rows of small drawers or plastic bead containers. It is recommended to prepare all the supplements that you will need for the peak days *before* beginning. Please take this process very seriously and do it when you are in a clear mindset. Safety is the most important component when undergoing a process like this. Each compartment or drawer should be labeled by date and approximate time, and all you need to do is take them in order. If you are sleeping and miss a dose, that's ok, just pick up where you left off upon awakening. You can use a black Sharpie marker to label each compartment.

Clothing – You will want to have several sets of comfortable clothes and pajamas laid out for the peak days of detox. Make sure you have a change of sheets and a change of pajamas by the bedside in case you wake up with night-

sweats. It is always nice to have comfortable clothes, warm socks, and cozy sweatshirts or bathrobes. Be sure to really prepare your space for the next few days of grogginess. Try to think of everything you might want easily available, including your coziest clothes and pajamas, favorite blanket, favorite movies, a book, a journal, music, etc.

Diet before detox - To prepare the body, do your best to incorporate a clean and healthy diet for the days or weeks prior to your detox. The cleaner your diet is, the easier it will be to eliminate the toxins from your body. Do your best to eat nourishing meals, get plenty of rest and stay hydrated. The following is a list of items that you may want to avoid or reduce in the days or weeks prior to detox:

- Excessive salt and sugar
- Processed foods (fast food)
- Fried and fatty foods
- Breads and pastas
- Alcohol and cigarettes (preferred)

Diet during detox - During the peak days of withdrawal your appetite may fluctuate. Some people have ravenous appetites and others have no appetite at all. It's helpful to have a fruit-bowl prepared so that you can easily grab fruit that is already washed and prepared. You may not have any appetite at all, but it isn't recommended to take products on an empty stomach, so please be sure to eat a little something even if you are not hungry. Nutritional bars and trail mix are great to have handy during this time, as well as your favorite snacks. Homemade vegetable or chicken soup is a great addition because if you are not very hungry you can drink the broth and still absorb the nutrients. Juicing is also very beneficial during this process as it will replenish nutrients and promote the body's natural ability to heal. It is important to stay hydrated so purchase a supply of water, coconut water or juice with electrolytes. Try to purchase a week's worth of food prior to detox

so that you don't have to go shopping until you are past the peak days (please do not drive while under the influence of herbal products that promote drowsiness).

Preparing the mind - Do your best to avoid negative or stressful situations in the days or weeks prior to detox. Try to finish any work that needs to be finished and resolve any relationship conflicts so that you are not feeling additional pressure during the next few weeks. Avoid too much television and crowded areas for a few days so that you can find quiet time to reflect on the changes that you are about to make in your life. You can practice calming the mind with meditation, Tai Chi, journaling, going for walks, sun-gazing or taking hot baths. Being in active addiction does not have to prevent you from being able to meditate or ground yourself. There's no better time than the present to begin these inner workings. The transformation could begin in this very moment, simply by closing your eyes, taking three long deep breaths, and telling yourself that you WILL SUCCEED.

Preparing an aftercare plan – *Please do not begin your detox until you have a solid aftercare plan set in place.* For some, this will be an intensive plan such as relocating or entering a residential program. For others it may be less intensive, such as attending 'ninety-12-step meetings and ninety-yoga classes in ninety-days'. It is important to take sufficient time to research all options that may work best for your individual situation. This topic is discussed in detail in 'Chapter 'VIII: Designing an Aftercare Plan'.

Intestinal Cleanse - This is recommended for people who take opiates because they tend to cause severe constipation, which could cause unwanted stomach discomforts during detox. If you are not having regular bowel movements then it will be helpful to begin taking steps two-to-four weeks prior to detox so that the bowels are moving more freely. This will help the body rid itself more comfortably of toxins which will speed up the recovery process. There are many ways this can be accomplished, and it is recommended to speak to

your doctor or local health-food store professionals to get recommendations for the most effective products. Once you make the decision to cold-turkey detox, it is important to begin paying careful attention to everything that you put into your body. Improving your diet is one of the best ways to repair and nourish your body. Eating a healthy, balanced diet with a lot of fruit and fiber is a great way to aid the body in an intestinal cleanse. The following are recommendations for treating severe constipation:

- Colon cleanse herbal products
- Apple Cider Vinegar (with Mothers)
- Senna Tea
- High fiber diets
- Watermelon juice
- 5 apples a day
- Stool softeners
- Magnesium citrate
- Fruits and vegetables
- Coconut water
- Castor Oil
- Enema

Suggested items for detox - The following is a list of items that are recommended to have for your peak withdrawal days to make the process as comfortable and manageable as possible:

- Hot teas – sleepy tea (calming), detox tea (speeds up process), ginger tea (upset stomach), senna tea (natural laxative)
- Natural supplements for inflammation, headaches, and pain (Curcumin, Ginger, Wild Lettuce Extract)
- Heating pad (for chills)
- Change of sheets and blankets (in case of night-time sweats)
- Thermos (for mixing powdered detox aids, such as Elimidrol and

Kratom)

- Soft tissues
- Pepto Bismol or Imodium (upset stomach/diarrhea)
- Probiotics (aids the stomach)
- Warm socks
- Sea salt or Epsom salt (baths for restless legs and relaxation)
- Heartburn medication/otc
- Magnesium Oil (topical/restless leg)
- Hydration drinks (water, coconut water, sports drinks w/ electrolytes)
- Journal, books, movies and music
- Crafts and hobbies

Chapter V

**DESIGNING AN
HERBAL SUPPORT
PROTOCOL**

V

DESIGNING AN HERBAL SUPPORT PROTOCOL

Unfortunately, there isn't one simple outline for designing your herbal support protocol; this will be designed based on the details of the addiction and the products you choose. Factors that will be taken into consideration are the types of drugs being detoxed and the dosages, the length of the addiction, weight, diet, level of health, condition of the liver and kidneys, products selected, and more. It is important to take your time when deciding which herbs, supplements, products and/or medications are going to be used. Designing your support protocol is one of the most important preparations so it is recommended to brainstorm with someone who has experience with this method. Unfortunately, most mainstream doctors won't be familiar with these products, so they may not be very much help when designing your protocol, but it is still recommended to discuss your plans with your doctor or addiction specialist. Cold-turkey detox, even if it is assisted with herbs, is a serious process so it is important to consult with your doctor. The goal of recovery is to safely bring your body into balance so that you will be comfortable chemical-free. Discussing plans with your doctor is a great way to ensure that you are on the right track.

During your detox, simply listen to your body and respond to its' needs as gently and naturally as possible. Be prepared for all that you might encounter and

try to have extra products on hand for more difficult moments. These next few sections will discuss different types of detoxes and will provide examples of support-protocols that have worked for many people. In all the example protocols, Heantos 4 and Quantum Herbal Assist are interchangeable.

Part 1

Dosage Reduction / Taper Method

There are two ways that you can approach your detox; you can either jump right into a cold-turkey detox where you abruptly stop taking your drug/s, or you can gradually reduce your dosage prior to detox so that you can gradually transition off. Many people prefer to gradually reduce their dosage so that the detox is less of a shock to the body. This can be done by using smaller and/or less frequent doses of your drug/s in addition to taking supplements, such as Heantos, Quantum Herbal Assist, or Calm Support.

The different ways that a taper can be executed are either by taking smaller dosages of your drug/s, taking the same dose of your drug but extend the length of time in between each dosage, or you can combine the two methods (smaller doses less frequently). To stay out of withdrawals while doing the reduction, you will need to incorporate the use of supplements in between drug dosages as needed.

If you are detoxing from prescription drugs and are under the care of a physician, please don't make plans to detox yourself unsupervised. Talk to your doctor about your desire to stop taking your medication and he or she will design a safe reduction regimen for you. Unfortunately, many people are purchasing prescription pain medication illicitly and are not under a doctor's care. I always recommend going to a medical detox center rather than undergoing this process at home, but for whatever reason there are a lot of people out there who do not have this option, in which case I will share as much information as I can to help you comfortably cold-

turkey detox yourself.

I cold-turkey detoxed myself in 1995 off heroin and cocaine without the assistance of herbs, I was a daily user for 9-12 months. To this day, I will never forget the level of suffering that it entailed, physically and mentally. I have met so many people that have been chemically dependent for years or even decades, and I could not image how much harder their detoxes must be. These protocols are not going to eliminate all your withdrawal symptoms, Ibogaine is the only medicine that I know of on the planet that is capable of that, but it will help quite a bit. You must mentally prepare yourself for the difficult road ahead but rest assured that if you incorporate the use of herbs and natural supplements, create a nurturing and safe environment, have a caring support system, eat nutritiously, and eliminate all drug users from your life, *you will get through this process.*

The following is a list of examples of helpful protocols that people have used to taper their dosages:

Example 1: Reducing from 90mg/day oxy habit

Days	Time	Product	Dosage
90mg Oxy/day:			
Week 1	8am	Oxy	30mg
Week 1	4pm	Oxy	30mg
Week 1	Midnight	Oxy	30mg
60mg Oxy/day:			
Week 2	8am	Oxy	30mg

Week 2	4pm	Oxy	30mg
Week 2	Midnight	Heantos	8-10 capsules
Week 2	4am	Heantos	6-10 capsules
30mg Oxy/day:			
Week 3	8am	Oxy	15mg
Week 3	10am	Heantos	2 capsules
Week 3	Noon	Heantos	4-8 capsules
Week 3	4pm	Oxy	15mg
Week 3	6pm	Heantos	2 capsules
Week 3	8pm	Heantos	4-8 capsules
Week 3	Midnight	Heantos	6-10 capsules
30mg Oxy/day:			
Week 4	8am	Oxy	15mg
Week 4	10am	Heantos	1-2 capsules
Week 4	Noon	Heantos	4-6 capsules
Week 4	4pm	Oxy	15mg
Week 4	8pm	Heantos	4-8 capsules
Week 4	Midnight	Heantos	6-10 capsules

Example 2: Reducing from 3 bags/day heroin habit

Days	Time	Product	Dosage
3 bags/day			
Week 1	8am	Heroin	1 bag
Week 1	4pm	Heroin	1 bag
Week 1	Midnight	Heroin	1 bag
2.25 bags/day			
Week 2	8am	Heroin	$\frac{3}{4}$ bag
Week 2	Noon	Heantos	4-6 capsules
Week 2	4pm	Heroin	$\frac{3}{4}$ bag
Week 2	8pm	Heantos	4-6 capsules
Week 2	Midnight	Heroin	$\frac{3}{4}$ bag
Week 2	4am	Heantos	4-6 capsules
Week 2	6am	Heantos	2 capsules
1.5 bags/day			
Week 3	8am	Heroin	$\frac{1}{2}$ bag
Week 3	11am	Heantos	2-4 capsules
Week 3	1pm	Heantos	4-8 capsules

Week 3	4pm	Heroin	½ bag
Week 3	7pm	Heantos	2-4 capsules
Week 3	9pm	Heantos	4-8 capsules
Week 3	Midnight	Heroin	½ bag
Week 3	2am	Heantos	4-6 capsules
Week 3	6am	Heantos	2-4 capsules
1.5 bags/day			
Week 4	8am	Heroin	½ bag
Week 4	Noon	Heantos	4-8 capsules
Week 4	4pm	Heroin	½ bag
Week 4	8pm	Heantos	4-8 capsules
Week 4	Midnight	Heroin	½ bag
Week 4	4am	Heantos	4-8 capsules

Example 3: Reducing from 50mg/day Methadone

Days	Time	Product	Dosage
50mg/day			
Week 1	8am	Methadone	50mg

45mg/day			
Week 2	8am	Methadone	45mg
Week 2	Noon	Heantos	2-4 capsules
Week 2	4pm	Heantos	4-10 capsules
Week 2	9pm	Calm Support	2 capsules
Week 2	10pm	Heantos	4-10 capsules
45mg/day			
Week 3	8am	Methadone	45mg
Week 3	Noon	Heantos	4-8 capsules
Week 3	4pm	Heantos	4-6 capsules
Week 3	9pm	Calm Support	2 capsules
Week 3	10pm	Heantos	4-8 capsules
40mg/day			
Week 4	8am	Methadone	40mg
Week 4	Noon	Heantos	2-4 capsules
Week 4	4pm	Heantos	4-10 capsules
Week 4	9pm	Calm Support	2 capsules
Week 4	10pm	Heantos	4-10 capsules

40mg/day			
Week 5	8am	Methadone	40mg
Week 5	Noon	Heantos	4-8 capsules
Week 5	4pm	Heantos	4-6 capsules
Week 5	9pm	Calm Support	2 capsules
Week 5	10pm	Heantos	4-8 capsules

Reducing and leveling out - When doing a taper, it is important to design a specific dosaging schedule that includes 'how often' and 'how much' you will reduce your dosage, as well as the different products that you will be supplementing with during the process. It is important to keep primary substances at consistent levels so that reductions can be properly calculated and done with as much ease as possible. Anytime you reduce your dosage, it is important to take at least a week to two weeks to level out at the new dosage before attempting to reduce again. For example, if you use three bags of heroin a day and reduce to two bags then you would want to stay at that new dosage for at least 7-14 days before reducing again. You need to be very gentle with this process so that you reduce with ease and comfort. This will help to keep anxiety levels at a low. However, you want to make sure not to wait too long in between reductions, so once you begin to feel comfortable at your new dosage, you can plan your next reduction. For those who are reducing from prescription drugs such as pain medicine, Methadone or Suboxone, do not attempt this process alone under any circumstances. Speak

to your doctor about your desire to reduce and discuss the different products that you would like to use to ease the discomforts.

Extending time increments – Reducing your dosage can be done by lowering the drug dosage or by extending the time in between dosages. If you normally take 30mg of Oxycontin every six hours, you can begin your reduction by extending your dosages to every eight hours, taking a supplement in between to combat any discomforts. Simply extending dosages by two hours will eliminate a full dose each day, which means in this example you will have reduced 25% of your daily intake. Slowly extending time increments in between dosages is a very effective method for reducing your drug dosage.

Preparing for detox - As you reduce to a low dosage, you will begin preparing for the final stage of cold-turkey detox. Dosage reductions are recommended when doing a cold-turkey detox because it will ease the transition physically and psychologically. It also gives you the opportunity to start gaining control of your habit. This is a complicated process, and if you will be detoxing yourself or a loved one at home, you will want to make the process as manageable as you possibly can. ***Please remember, before beginning any stage of a cold-turkey detox, including a dosage reduction, please contact your physician or addiction specialist and discuss your detox plans and goals.***

Part 2

Opiate Detox

Opiate detox seems to be the most difficult physical detox to undergo. When a person is physically dependent on opiates, they will go into an acute state of withdrawal if their opiate dosage is dramatically reduced or abruptly stopped. This physical withdrawal will include symptoms such as fatigue, irritability, anxiety, depression, insomnia, runny nose, sneezing, teary eyes, yawning, chills and sweats,

body aches and pains, crawling skin, restless legs, upset stomach, abdominal cramping, vomiting, and diarrhea.

The purpose of using herbs and natural supplements during a cold-turkey detox is to minimize withdrawal symptoms so that it isn't an overwhelming experience. When working with herbs, you will get the best results if you keep a balanced level in your system throughout the entire process. If you wait until the herbs wear off and symptoms become too intense, then you may experience higher levels of anxiety and depression, which will be counterproductive to the goal of having a restful detox. Most people have positive feedback when using Heantos 4 and Quantum Herbal Assist during a cold-turkey detox because they consistently seem to alleviate at least 50% of opiate withdrawal symptoms, leaving only a moderate level of symptoms left to manage. They will still experience withdrawal symptoms, but it is typically a much more tolerable level.

There are several drugs that fall under the opiate category such as opium, heroin, Morphine, Codeine, Oxycontin, Oxycodone, Hydrocodone, Dilaudid, Vicodin, Fentanyl, Methadone, and more. There are two types of opiates: short-acting and long-acting. 'Short-acting' means that within 12-24 hours of your last opiate intake you will be at the onset of withdrawals, and the peak days of detox will last approximately 4-7 days, depending on the habit. 'Long-acting' means that the opiate is designed to stay in your system for a 'longer' time (Methadone), and withdrawal symptoms typically won't be full blown until two days after taking the last dosage. This type of detox can last anywhere from three to six weeks, depending on the dosage and duration of use.

The following is an example of a short-acting opiate protocol:

Days	Time	Product	Dosage
Week 1	8am	Heantos	8-10 capsules

Week 1	11am	Kratom	3-5 grams
Week 1	2pm	Heantos	8-10 capsules
Week 1	5pm	Nighttime Elimidrol	2 scoops
Week 1	8pm	Heantos	8-10 capsules
Week 1	10pm	Kratom	3-5 grams
Week 1	11pm	Calm Support	1-2 capsules
Week 1	2am	Heantos	8-10 capsules
Week 1	5am	Calm Support	2 capsules
Week 2	8am	Gui Pi Wan	Recommended dose
Week 2	11am	Quantum Herbal Assist	4-6 capsules
Week 2	2pm	Daytime Elimidrol	2 scoops
Week 2	5pm	Gui Pi Wan	Recommended dose
Week 2	8pm	Nighttime Elimidrol	2 scoops
Week 2	10pm	Neural Balance	1 packet
Week 2	11pm	Quantum Herbal Assist	8 capsules
Week 3	8am	Gui Pi Wan	Recommended dose
Week 3	10am	Daytime Elimidrol	2 scoops
Week 3	2pm	Quantum Herbal Assist	2-4 capsules

Week 3	8pm	Neural Balance	1 packet
Week 3	10pm	Quantum Herbal Assist	4-6 capsules

Detoxing After a Dosage Reduction

The following protocol is the continuation of the first example from ‘Part I: Dosage Reduction / Taper Method’; ‘Reducing from Oxy 90mg/day’. The benefit of tapering your dosage is to make the final stage of detox less of a shock to the body. Gradually lowering your dosage will help to ease your body through the transition. The following is an example of a 7-week protocol for reducing the dosage, detoxing, and rebalancing post detox.

Example 1: Detoxing from a 90mg/oxy habit, which was reduced to 30mg/day

Days	Time	Product	Dosage
Taper:			
90mg Oxy/day:			
Week 1	8am	Oxy	30mg
Week 1	4pm	Oxy	30mg
Week 1	Midnight	Oxy	30mg

60mg Oxy/day:			
Week 2	8am	Oxy	30mg
Week 2	4pm	Oxy	30mg
Week 2	Midnight	Heantos	8-10 capsules
Week 2	4am	Heantos	6-10 capsules
30mg Oxy/day:			
Week 3	8am	Oxy	15mg
Week 3	10am	Heantos	2 capsules
Week 3	Noon	Heantos	4-8 capsules
Week 3	4pm	Oxy	15mg
Week 3	6pm	Heantos	2 capsules
Week 3	8pm	Heantos	4-8 capsules
Week 3	Midnight	Heantos	6-10 capsules
30mg Oxy/day:			
Week 4	8am	Oxy	15mg
Week 4	10am	Heantos	1-2 capsules
Week 4	Noon	Heantos	4-6 capsules
Week 4	4pm	Oxy	15mg

Week 4	8pm	Heantos	4-8 capsules
Week 4	Midnight	Heantos	6-10 capsules
Detox:			
o mg oxy/day:			
Week 5	8am	Heantos	8-10 capsules
Week 5	11am	Kratom	3-5 grams
Week 5	2pm	Heantos	8-10 capsules
Week 5	5pm	Nighttime Elimidrol	2 scoops
Week 5	8pm	Heantos	8-10 capsules
Week 5	10pm	Kratom	3-5 grams
Week 5	11pm	Calm Support	1-2 capsules
Week 5	2am	Heantos	8-10 capsules
Week 5	5am	Calm Support	2 capsules
Recovery:			
No Kratom:			
Week 6	8am	Gui Pi Wan	Recommended dose
Week 6	11am	Quantum Herbal Assist	4-6 capsules
Week 6	2pm	Daytime Elimidrol	2 scoops

Week 6	5pm	Gui Pi Wan	Recommended dose
Week 6	8pm	Nighttime Elimidrol	2 scoops
Week 6	10pm	Neural Balance	1 packet
Week 6	11pm	Quantum Herbal Assist	8 capsules
Week 7	8am	Gui Pi Wan	Recommended dose
Week 7	10am	Daytime Elimidrol	2 scoops
Week 7	2pm	Quantum Herbal Assist	2-4 capsules
Week 7	8pm	Neural Balance	1 packet
Week 7	10pm	Quantum Herbal Assist	4-6 capsules

Weeks 2 and 3 were used to reduce the dosage from 90mg/day to 30mg/day. This is a dramatic reduction, so it is recommended to remain at 30mg/day for an additional week to allow the body to level out before entering into the final stage of detox. During these reduction weeks, if you are experiencing a difficult day or moment, you may want to use Kratom to help get through it more comfortably, but please be very limited with Kratom usage during this time because you will be using it daily for the peak days. Some people will prefer to jump right into detox without doing a dosage reduction because they find it difficult to discipline themselves into committing to the lower dosages. For some, it's all or nothing. ***Please be sure to design a detox plan that is customized to meet your individual needs.***

I want to go over some information about using Kratom in your detox protocol because it IS addictive. This means that if Kratom is taken daily for an extended period, you could become physically dependent on it. It's important not

to replace one addiction with another. However, Kratom is incredibly beneficial during an opiate detox because it greatly reduces withdrawal symptoms. It is recommended not to use it for more than two consecutive weeks. In the above example, Kratom was used in week 5, and during the dosage reduction you might use it here and there but be sure to keep usage as limited as possible. Kratom is very helpful while reducing dosages and during the final stage of detox, but once you pass the peak days, it is recommended to completely discontinue using it. Kratom can be used as needed to cope with cravings and relapse (discussed in chapter XII: Dealing with Relapse), ***but you cannot continue any level of daily or frequent use because you will be at risk for dependency.***

The weeks following detox will be spent managing lingering withdrawal symptoms, replenishing daytime energy, combatting insomnia, maintaining positive spirits, and beginning the next chapter of your life. It is recommended to have a strict regimen of herbs and supplements to use for at least 2-4 weeks following your cold-turkey detox to help manage all the lingering discomforts and to avoid relapse. Addiction and detox are very taxing on the body and most people will be left with a lot of imbalances and vitamin deficiencies. It is important to focus on diet, nutrition, fitness, relaxation, vitamins, and a supplement regimen that will help to bring the body into balance.

All the protocol examples in this book are meant to be used as a guide for understanding how the products can be used, how they complement each other when used together, and how versatile they are. Please remember that these are not 'exact' dosing regimens, and while you may want to use it as a guide for designing your own detox, there is a good chance that you will fluctuate your dosages throughout your detox. Dosages are dependent on a lot of factors, such as drug/s and dosage/s being detoxed, length of habit, body weight, additional medical conditions, additional medications, diet and more. It is recommended to test out all products prior to beginning any stage of detox so that you will understand how they

affect you. This will help you to determine the dosages that will work best for you during the peak days of withdrawals.

It is recommended to use Week 7's regimen of Gui Pi Wan and Quantum Herbal Assist (or Heantos 4) for approximately two to three weeks. This will really help to target imbalances in the body. After this, you will need to listen to your body and respond to its' unique needs. If pain management is an issue, then you will want to research natural methods of dealing with your specific pain. For example, if you have inflammation issues, Turmeric (see also Curcumin) will be a great herb to incorporate into your daily routine. Magnesium and Wild Lettuce Extract are also great supplements to help manage pain. Some people may have lingering insomnia, so they may want to take Melatonin or Valerian long term. There is a myriad of ways to combat the body's imbalances and discomforts. After a period of using herbs and supplements, as well as incorporating healthy eating and fitness into your daily routine, you will begin to feel balanced, hopefully better than you have ever previously experienced! This is the time in your life when you start loving and nurturing yourself; responding to your physical, psychological, emotional, and spiritual needs.

During the peak days of withdrawal, you will probably do a lot of resting and laying down. Most of the herbs will be sedating, and during the peak days (typically a week or so) you most likely will not have very much energy. It is important to keep the *blood flowing* during this process, otherwise you will begin getting aches and pains from laying around, which might make you feel as though withdrawals are lingering. Make sure you get up and walk around, do some stretching, pushups, yoga; anything that will get the heart rate going. Tai Chi and Qi Gong are wonderful ways to distribute 'Chi' energy throughout the body especially during days where energy is at a low. (YouTube is a great resource for beginners Tai Chi and Qi Gong!) It is imperative in the week following detox to force yourself to be active, at least for part of the day. Fitness and nutrition play a key role in the body's ability to 'bounce

back'. The goal is to feel as great as you possibly can in the weeks following detox. You will achieve this by paying a great deal of attention to the foods you eat and your level of activity.

Once you finish your detox and recovery herbal protocol, it is recommended to implement a healthy new regimen into your daily routine. You may want to continue taking a vitamin regimen, incorporating any natural products that meet your personal lingering issues, and please do your best to make nutrition and fitness a priority in your new daily routine. Listen to your body, it will let you know where your imbalances are!

Part 3

Methadone

Methadone seems to be the most difficult drug for people to detox from. In general, opiates are especially difficult to detox from, but Methadone seems to be the most difficult of all opiates because it is long-acting. When doing a Methadone detox, withdrawals will typically begin 2 days *after* taking your last dose of Methadone. The reason for this is because Methadone was designed to stay in your system for an extended period of time so that you would be comfortable having only one dose a day. The half-life of Methadone is 24-hours, which means that every 24-hours you will have half of your Methadone dosage from the previous day still in your system. For example, if you take 60mg of Methadone, then 24-hours after taking that dose you will still have 30mg effecting you; 24-hours later you will still have 15mg of that dose effecting you; and 24-more hours later you will *still* have 7.5mg of that original dose effecting you, and so on. As the days pass and you continue taking your daily doses of Methadone, you eventually saturate your system, so that when you decide to finally quit it will take several days for your last doses to fully wear off. For this reason, it is critical to stay on Methadone only for a short time and at a low dose if possible.

Methadone has its purpose in the field of recovery as a tool for Harm Reduction. Frequently when people are in the throes of full blown addiction it is too much of a shock to go from heavy drug usage to total sobriety overnight. Methadone (and Suboxone) are beneficial when used to stabilize an active addiction so that a long-term recovery plan can be designed and implemented. Methadone will block withdrawal symptoms and keep you comfortable while safely transitioning from dangerous patterns of drug usage. People who remain on Methadone long-term and don't implement a solid long-term plan are simply trading one addiction for another. So, if you are going to use Methadone, please make sure to use your time on it wisely and take all the steps necessary to prepare for the next stage of recovery, which is detoxing from the Methadone and living a drug-free life.

Most people who are taking Methadone are patients at a Methadone clinic. These clinics are extremely strict and you will need to discuss your desire to detox with your Methadone practitioner. Oftentimes they will encourage you to remain on Methadone and will be concerned that your desire to discontinue the Methadone program could be an indication that you are intending to use illicit drugs instead. If you are serious about wanting to detox from Methadone, then make sure to clearly state this to your practitioner. You may also want to bring information regarding any supplements you are considering using to aid with the process. It isn't very common these days for a person to purchase Methadone off the street, but if this is the case then I recommend seeking out a Methadone clinic to help you through the process of reducing safely; they may or may not assist you, but it is worth the try. Safety is the most important component now that you have made the decision to **save your life!** In the event that you will not have assistance with this process and will have no choice but to cold-turkey detox yourself, then please be advised that this is going to be a very long and difficult process. There is not an easy way to detox from Methadone, even if you are taking a low dose. Herbs and supplements will aid the process, but you will need to be prepared for several

difficult weeks ahead.

Example Protocol

In this next section, I will give an example of a Methadone herbal support protocol. It is important to do gradual and calculated dosage reduction. This is the example that I used above for tapering a methadone dosage:

Days	Time	Product	Dosage
50mg/day			
Week 1	8am	Methadone	50mg
45mg/day			
Week 2	8am	Methadone	45mg
Week 2	Noon	Heantos	2-4 capsules
Week 2	4pm	Heantos	4-10 capsules
Week 2	9pm	Calm Support	2 capsules
Week 2	10pm	Heantos	4-10 capsules
45mg/day			
Week 3	8am	Methadone	45mg
Week 3	Noon	Heantos	4-8 capsules
Week 3	4pm	Heantos	4-6 capsules

Week 3	9pm	Calm Support	2 capsules
Week 3	10pm	Heantos	4-8 capsules
40mg/day			
Week 4	8am	Methadone	40mg
Week 4	Noon	Heantos	2-4 capsules
Week 4	4pm	Heantos	4-10 capsules
Week 4	9pm	Calm Support	2 capsules
Week 4	10pm	Heantos	4-10 capsules
40mg/day			
Week 5	8am	Methadone	40mg
Week 5	Noon	Heantos	4-8 capsules
Week 5	4pm	Heantos	4-6 capsules
Week 5	9pm	Calm Support	2 capsules
Week 5	10pm	Heantos	4-8 capsules

Looking at this chart you will see that there was a 5mg reduction on weeks 2 and 4. It typically takes the body a week to two weeks to acclimate to the new dosage, so spread your reductions out as long as you need to make the process as comfortable as possible. When doing a methadone taper, it is important to pace your reductions; in most cases this will not be a fast process. The goal of detoxing is to do it

comfortably and manageably, so allow yourself as much time as you need to do your dosage reduction. Some people may want to reduce 5mg a month, others may want to reduce much quicker. I know many people will be anxious to get the process over with, but when dealing with Methadone, it is more important to transition through the process slowly and carefully. Just as the tale of the old tortoise...slow and steady wins the race. The slower you transition, the easier it will be to adjust to a Methadone-free body.

Here is an example of how you might proceed with this taper:

Week	Time	Product	Dosage
35mg/day			
Weeks 6-7	8am	Methadone	35mg
Weeks 6-7	Noon	Heantos	4-8 capsules
Weeks 6-7	4pm	Heantos	4-8 capsules
Weeks 6-7	9pm	Calm Support	2 capsules
Weeks 6-7	10pm	Heantos	4-10 capsules
30mg/day			
Weeks 8-10	8am	Methadone	30mg
Weeks 8-10	Noon	Heantos	4-8 capsules
Weeks 8-10	4pm	Heantos	4-8 capsules
Weeks 8-10	9pm	Calm Support	2 capsules
Weeks 8-10	10pm	Heantos	4-10 capsules

25mg/day			
Weeks 11-13	8am	Methadone	25mg
Weeks 11-13	Noon	Heantos	4-8 capsules
Weeks 11-13	4pm	Heantos	4-8 capsules
Weeks 11-13	9pm	Calm Support	2 capsules
Weeks 11-13	10pm	Heantos	6-10 capsules
20mg/day			
Weeks 14-16	8am	Methadone	20mg
Weeks 14-16	Noon	Heantos	4-8 capsules
Weeks 14-16	4pm	Heantos	4-8 capsules
Weeks 14-16	9pm	Calm Support	2 capsules
Weeks 14-16	10pm	Heantos	6-8 capsules

As you begin getting lower in your dosage, you might find that 5mg reductions are causing greater discomforts than they were when you first began the reductions. The reason for this is because if you calculate the *percentage* of the reduction, the greater the percentage the stronger the discomforts will be. For example, if you reduce 5mg from a 50mg habit, then you are reducing 10% of your dosage. If you reduce 5mg from a 20mg habit, this is now 25% of your dosage, which is a considerable reduction. If you find that 5mg reductions are too difficult then you may want to reduce only 2mg or 3mg at a time. Remember to execute this very

difficult process in a way that is most comfortable for you. What works for some may not work for others, so don't compare your progress to anyone else's experience. If you are only able to reduce 5mg in 2 months, that is still an accomplishment to be proud of! So, don't get discouraged if it takes you longer than you had originally planned.

As you get lower in your dosage, please allow extra time to acclimate to the reductions. If you were originally reducing every two weeks, you may want to extend it to every three or four weeks as your dose becomes lower. Once you arrive at the dosage that you plan to detox from, you will want to ease into the cold-turkey transition by taking Methadone every other day then every third day. This will help you to ease into the cold-turkey detox.

Throughout this entire process, you will most likely fluctuate with your supplement times and dosages; every day will be unique and dosages will be determined based on how you are feeling in that moment. These example support protocols are just to be used as guides for understanding how the products work together and how they complement each other. Managing severe withdrawals with herbs and natural products can seem a bit complicated. However, once you understand how to use the products and how they affect your symptoms, you will be able to listen to your body and determine what will be an effective dose of which product in that particular moment. Before beginning your detox, it is recommended to test each individual product to see how it affects you and what effect it has at the onset of withdrawals. This will give you a better idea of what to expect and how to begin determining dosages that work best for you. There is not a set protocol for this method of detoxing. They are versatile products that complement each other and can be used to make a cold-turkey drug detox more manageable and tolerable.

After reducing your Methadone intake to every other day, and then to every three days, the next step in this detox will be preparing for the cold-turkey detox,

which means discontinuing the use of Methadone completely. 20mg of Methadone is an extremely low dose and is a good dosage to detox from. The final stage of cold-turkey detox will typically last anywhere from 3-6 weeks (depending on the dosage and length of time you were on Methadone), so it is best to ease into the transition by taking your last dosages of methadone every other day, and then every three days. The slower the transition, the more comfortable this process will be. When doing a cold-turkey detox from Methadone, you will need to mentally prepare yourself for several weeks of peak days. It will not be easy, and you will need to be 100% committed to sticking to this process, but if you take your supplements on time and incorporate other recovery tools, such as salt baths, Qi Gong, walks, massages, support groups, counseling, healthy diet, fitness, meditation, goals, hobbies, etc., you **can** succeed at detoxing from Methadone, and **transform your life**.

The following is an example of how you may want to proceed with the next stage of detox, which is taking Methadone every other day and then every three days.

Week	Day	Time	Product	Dosage
0 mg				
Week 17	1	8am	Heantos	6-10 capsules
Week 17	1	Noon	Heantos	6-10 capsules
Week 17	1	4pm	Heantos	6-10 capsules
Week 17	1	9pm	Calm Support	2 capsules
Week 17	1	10pm	Heantos	6-10 capsules
20 mg				

Week 17	2	8am	Methadone	20mg
Week 17	2	2pm	Heantos	4-6 capsules
Week 17	2	6pm	Heantos	4-6 capsules
Week 17	2	9pm	Calm Support	1-2 capsules
Week 17	2	10pm	Heantos	4-6 capsules
0 mg				
Week 17	3	8am	Heantos	6-10 capsules
Week 17	3	Noon	Heantos	6-10 capsules
Week 17	3	4pm	Heantos	6-10 capsules
Week 17	3	9pm	Calm Support	2 capsules
Week 17	3	10pm	Heantos	6-10 capsules
15mg				
Week 17	4	8am	Methadone	15mg
Week 17	4	2pm	Heantos	4-8 capsules
Week 17	4	6pm	Heantos	4-8 capsules
Week 17	4	9pm	Calm Support	2 capsules
Week 17	4	10pm	Calm Support	4-10 capsules

0 mg				
Week 17	5	8am	Heantos	6-10 capsules
Week 17	5	Noon	Heantos	6-10 capsules
Week 17	5	4pm	Heantos	6-10 capsules
Week 17	5	9pm	Calm Support	2 capsules
Week 17	5	10pm	Heantos	6-10 capsules
0 mg				
Week 17	6	8am	Heantos	6-10 capsules
Week 17	6	Noon	Heantos	6-10 capsules
Week 17	6	4pm	Heantos	6-10 capsules
Week 17	6	9pm	Calm Support	2 capsules
Week 17	6	10pm	Heantos	6-10 capsules
15mg				
Week 17	7	8am	Methadone	15mg
Week 17	7	2pm	Heantos	4-8 capsules
Week 17	7	6pm	Heantos	4-8 capsules
Week 17	7	9pm	Calm Support	2 capsules
Week 17	7	10pm	Heantos	1-2 capsules

0 mg				
Week 18	1	8am	Heantos	6-10 capsules
Week 18	1	Noon	Heantos	6-10 capsules
Week 18	1	4pm	Heantos	6-10 capsules
Week 18	1	9pm	Calm Support	2 capsules
Week 18	1	10pm	Heantos	6-10 capsules
0 mg				
Week 18	2	8am	Heantos	6-10 capsules
Week 18	2	Noon	Heantos	6-10 capsules
Week 18	2	4pm	Heantos	6-10 capsules
Week 18	2	9pm	Calm Support	2 capsules
Week 18	2	10pm	Heantos	6-10 capsules
10mg				
Week 19	3	8am	Methadone	10mg
Week 19	3	2pm	Heantos	4-8 capsules
Week 19	3	6pm	Heantos	4-8 capsules
Week 19	3	9pm	Calm Support	2 capsules

Week 19	3	10pm	Heantos	4-8 capsules
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During these weeks of reducing your Methadone dosage, if ever the Heantos and Calm Support are not giving you enough relief at night so you can fall asleep then you can add additional herbs such as Kratom (sparingly, not daily), Passionflower, Magnesium, Valerian, Curcumin, and more. These are the primary products that people used but in most cases they were using additional herbs and supplements as well to ease as many discomforts as possible. If ever diarrhea becomes an issue, you can use Imodium and/or Ginger. There are also many homeopathic products in health food stores that will help to ease the discomforts, so do plenty of research and utilize as many natural methods and products as you possibly can.

Restless legs tend to be a primary complaint of people withdrawing from opiates, especially Methadone. If this is a discomfort that you are experiencing, Epsom Salt and Sea Salt baths will greatly reduce this sensation. Additionally, topical Magnesium Oil and a product called 'Hyland's Restful Leg' can also be quite beneficial. Methadone is stored in the bone marrow and tends to detoxify from the body slowly. Sitting in a sauna will help to speed up this process, as you will be eliminating toxins as you sweat. However, you would only want to sit in the sauna for short periods and be sure to stay hydrated.

You will now be ready for the final stage of detox. Your peak days will soon begin and will typically last anywhere from 3-6 weeks. Drinking a lot of water and taking regular salt baths will help to speed up this process. It is important to get as much rest as possible, but it is just as important to get as much exercise as you can also. This is an important part of the physical recovery. It is recommended to incorporate fitness as best as you can during the peak days of withdrawal, such as short walks, pushups, yoga or Tai Chi. If you lay in bed, day after day, it is only going to prolong the discomforts and depression. It is critical to have some level of physical activity

(and socialization) to speed up the healing and recovery process. It will be hard to motivate yourself, but you just have to push yourself as best as you can. Additionally, since insomnia may be an issue, having some level of activity in the daytime will help to induce sleep at night. If you lay around all day not exerting any energy, it will be harder to fall asleep at night.

The next stage of detox will be the same basic protocol as a short acting opiate detox, however, you may use larger doses of supplements and for an extended period of time. It is very difficult to go to work during the peak days of a Methadone detox, so it is recommended to take as much time off as you can (6-8 weeks preferably).

The next several weeks will consist of peak days and withdrawals at their full intensity. Although Kratom will be one of your most powerful tools during this time, ***do your best to skip as many Kratom doses as possible***. Try taking Kratom for three consecutive days and then skipping it for a day or two during those weeks of peak days. If you end up taking Kratom consecutively during the peak days, and you develop a dependency to it, then you will need to extend your 'peak day' protocol for several days after discontinuing the Kratom. You will continue using the other detox products (Heantos, Quantum, Calm Support, Elimidrol) at full doses to manage the lingering withdrawal symptoms from the Kratom dependency.

Once the peak days begin to pass you will stabilize on lower doses of supplements to help manage lingering symptoms while beginning the process of balancing daytime energy and nighttime sleep. You will most likely remain on a maintenance regimen for at least 30-days post detox, and then you will eventually discontinue everything, except perhaps multi-vitamins and a few supplements to manage any imbalances that your body or mind might have. It is important to keep extra detox products on hand for the occasional wave of withdrawal-type symptoms, or for days where cravings might be an issue. These supplements are helpful for so many symptoms, including pain, anxiety, and insomnia. Even if you are no longer

withdrawing, having a small supply on hand will be helpful at other times in your life where you are faced with general discomforts.

Methadone is a very long-acting opiate and it is common to have secondary withdrawals a few days or weeks following the initial peak days. Do not be alarmed; they typically don't last long and are not as severe. If you begin experiencing withdrawal-type symptoms (diarrhea, restless legs, chills, night sweats, etc.) several days or weeks after the peak days initially end, then simply increase supplements once again, until the symptoms pass. When the symptoms pass, you can stabilize on a low dose post-detox regimen.

Part 4 **Suboxone**

Suboxone is a prescription medication and most people who take it are doing so under a doctor's care. ***It is important not to take matters into your own hands!*** If you have a Suboxone doctor, then talk to him or her about your desire to reduce and detox, provide information about the supplements that you want to use to aid the process, and let your doctor determine your reduction regimen.

Unfortunately, Suboxone has become a popular street drug and young people are taking it under the assumption that they are overcoming their heroin or pain pill addiction, when in reality they are just becoming addicted to the Suboxone instead. Methadone and Suboxone have their purpose for harm reduction; I would much rather see a person stabilized on one of these maintenance drugs as opposed to injecting dangerous street drugs every day. However, maintenance drugs should only be used temporarily while the person is implementing a recovery plan *with* a therapeutic component. At some point, the final goal will *hopefully* be to discontinue taking the maintenance drug as well.

People have asked me what my biggest concern is about drugs like Methadone and Suboxone; if a person is stable then what is wrong with that? A few years ago, Hurricane Sandy swept through New York and New Jersey leaving total destruction. For several days, many of the Methadone clinics were closed due to all the flooding and dangerous winds. Thousands of homes were without power, and the hurricane was followed by a blizzard. Surviving a catastrophe like that is incredibly difficult, but to do it in Methadone or Suboxone withdrawals sounds unbearable. After a few days, workers stood outside the Methadone clinics and handed out 50mg doses, but a lot of people take over 100mg, so reducing to 50mg left them in great discomfort, in addition to being without heat or electricity in freezing temperatures.

I appreciate the benefit of Methadone and Suboxone and have seen maintenance drugs like this help *many people* slowly transition out of the cycle of addiction. However, I have also seen these drugs turn people's lives into prisons because they became complacent on a high dose and were not implementing a therapeutic recovery plan. ***The goal of recovery is to live free.*** When you are dependent on a pharmaceutical you are not yet free. Some people feel very comfortable on these medications and I am happy for their success. However, they are not successful for everyone who uses them, many people do not like the side effects that come with these drugs, or the fact that they are still at the mercy of a substance. It is important for people to have the option and the knowledge of herbal supplements that can help to ease the discomforts of withdrawals. They can be extremely helpful, even with medically supervised detoxes.

A Suboxone detox is similar to a Methadone detox because it will also have a longer duration of peak days. The basic method of the detox is the same, and it is recommended to do a dosage reduction prior to the final stage of cold-turkey detox. People seem to have a much smoother detox when they have reduced to a low dosage, typically 2 mg or less. The following is an example of a dosage reduction for

Suboxone:

Days	Time	Product	Dosage
8mg			
Week 1	8am	Suboxone	8mg
7mg			
Week 2	8am	Suboxone	7mg
Week 2	Noon	Heantos	2-4 capsules
Week 2	6pm	Heantos	4-8 capsules
Week 2	9pm	Calm Support	2 capsules
Week 2	10pm	Heantos	6-8 capsules
6mg			
Week 3	8am	Suboxone	6mg
Week 3	Noon	Heantos	4-6 capsules
Week 3	4pm	Heantos	4-8 capsules
Week 3	9pm	Calm Support	2 capsules
Week 3	10pm	Heantos	6-8 capsules
6mg			

Week 4	8am	Suboxone	6mg
Week 4	Noon	Heantos	2-4 capsules
Week 4	4pm	Heantos	2-6 capsules
Week 4	9pm	Calm Support	2 capsules
Week 4	10pm	Heantos	4-8 capsules

In this example, dosages were reduced by 1 mg each week, and week 4 was used to continue stabilizing at the 6mg dosage. In Week 5, you would continue with your reductions at a pace that's comfortable for you, and then proceed the same way you would for a short-acting opiate detox. Suboxone can be somewhat peculiar because some people report withdrawals that are very severe, and some report withdrawals that are minimal. I suppose it affects people differently, so the duration of peak days may vary. Typically, people report 2-4 weeks of peak days, but on occasion I have heard people report a much shorter duration. As with all detoxes, you will base your daily supplement dosages on how you are feeling that day. I would recommend buying a 30-day supply of herbs and supplements, and if you start running low, you can always order more. You will most likely use smaller doses for a few weeks following the peak days, so the products will not go to waste!

Part 5

Cocaine & Amphetamines

Cocaine and amphetamines (as well as crack and methamphetamines) are easier to detox a person from than opiates or maintenance drugs. You can effectively detox someone with just Heantos 4 or Quantum Herbal Assist, followed with Gui Pi Wan and a vitamin regimen for the recovery period. You

can do a dosage reduction with cocaine and amphetamines, but it isn't as critical as it is when detoxing from opiates. When dealing with opiates and maintenance drugs, dosage reductions can be critical based on the intensity of physical withdrawal symptoms. The withdrawal symptoms for cocaine and amphetamine detoxes are not as physically intense, and often the person will sleep for several days. In between periods of sleep, they will typically wake up with a ravenous appetite, so be sure to have a lot of healthy and hearty food and drinks on hand. When they wake up to eat, this is a good time to good time to take a vitamin and supplement regimen. The vitamins and herbs combined with extended periods of sleep will create a synergy of deep physical healing.

During these first few days of sleep, you can either begin giving low doses of supplements, or you can wait until that initial 'sleep' wears off before using supplements. If you are detoxing someone who is experiencing these deep extended cycles of sleep, please be sure to wake them several times a day to eat a large serving of hearty, nutrient-rich food, a large glass (or two) of water, and several vitamins and supplements (Fish Oil, 5HTP, Multi-vitamins, Heantos, etc.). Most likely you are dealing with an incredibly depleted body that needs a lot of nourishing. Eating, drinking water and taking vitamins and supplements during these days will aid in restoring energy levels upon awakening.

The following is an example support protocol:

Days	Time	Product	Dosage
Week 1	8am	Heantos	4-6 capsules
Week 1	4pm	Heantos	4-6 capsules
Week 1	10pm	Neural Balance	1 packet

Week 1	Midnight	Heantos	4-8 capsules
Weeks 2-4	8am	Heantos	2-6 capsules
Weeks 2-4	10am	Gui Pi Wan	Recommended dose
Weeks 2-4	2pm	Heantos	2-6 capsules
Weeks 2-4	4pm	Gui Pi Wan	Recommended dose
Weeks 2-4	8pm	Neural Balance	1 packet
Weeks 2-4	10pm	Heantos	4-8 capsules

Part 6

Kratom

Kratom is one of the herbs that I recommend using for opiate detox, but it is a plant that can cause physical dependence. For this reason, I want to discuss how to design a Kratom detox-support protocol. Over the past few years I have supported people with Kratom dependency only a few times. In some cases, the person was already dependent on it when they contacted me. However, in a couple cases, following a Methadone detox, the person would find themselves with a dependency to Kratom because they did not limit daily Kratom usage. In the case of a Methadone detox, it isn't horrible to walk away with a Kratom habit because the detox is relatively short and mild, which is quite a step down from Methadone, however, you do want to try to avoid dependency at all costs.

The following is an example support-protocol for a Kratom detox:

Days	Time	Product	Dosage
Days 1-4	8am	Heantos	8-10 capsules
Days 1-4	11am	Elimidrol	2 scoops
Days 1-4	2pm	Heantos	8-10 capsules
Days 1-4	5pm	Elimidrol	2 scoops
Days 1-4	8pm	Heantos	8-10 capsules
Days 1-4	10pm	Calm Support	2 capsules
Days 5-14	8am	Gui Pi Wan	Recommended dose
Days 5-14	Noon	Quantum Herbal Assist	4 capsules
Days 5-14	4pm	Gui Pi Wan	Recommended dose
Days 5-14	8pm	Quantum Herbal Assist	4 capsules
Days 5-14	10pm	Calm Support	2 capsules

Part 7

Work Schedule Protocols

It is recommended to take two weeks to detox and recover, which includes several days set aside to rest and relax. However, in this day and age, that is not always an option and some people are left cold-turkey detoxing while maintaining demanding schedules. Have no fear, there is a protocol for you also! You may have to get a little creative with how you execute this, but the best suggestion I can make is to be sure to at least have weekends to yourself because you can do full

supplement dosages on weekends, and then micro-dose (take smaller doses) on weekdays. It will take longer to complete the process, but it can be done with determination and commitment.

The following is an example support-protocol for someone undergoing an opiate detox while managing a full-time Monday-Friday 9-5 job:

Days	Time	Product	Dosage
Low-Dose Opiate			
Mon-Fri	6am	Heantos	2-4 capsules
Mon - Fri	7am	Daytime Elimidrol	2 scoops
Mon-Fri	8am	Opiate	Low dose
Mon-Fri	Noon	Heantos	2-4 capsules
Mon-Fri	2pm	Opiate	Low dose
Mon-Fri	5pm	Heantos	4-6 capsules
Mon-Fri	9pm	Heantos	8-10 capsules
Mon-Fri	10pm	Calm Support	2 capsules
No Opiate			
Sat-Sun	8am	Heantos	8-10 capsules
Sat-Sun	11am	Kratom	3-5 grams
Sat-Sun	2pm	Heantos	8-10 capsules
Sat-Sun	5pm	Kratom	3-5 grams

Sat-Sun	8pm	Heantos	8-10 capsules
Sat-Sun	10pm	Calm Support	2 capsules
Sat-Sun	11pm	Heantos	8-10 capsules

In this support-protocol you would take a low dose opiate at work so that you feel well enough to get through your work day. However, on weekends you would not take any opiates at all and would take full doses of supplements. Each week, you reduce the amount of opiate that you take at work, until you eventually wean off. Ideally, your weekend of full-supplement-doses would begin after work on Friday through to Sunday night. For the final stage of detox, if you are able to take a 4-day weekend, I recommend doing so. This can be an exhausting experience and it'll benefit you quite a bit to have as many consecutive restful days as possible.

Part 8 Night-Time Doses

Sleep is extremely important during a detox because this is when your body will do the most healing. I recommend taking multiple supplements during the last few hours of your day so that they can all work together to put you to sleep. I also recommend using 'Guided Meditations for Sleep' which can be found on YouTube ***in addition*** to the supplements, because you need to learn ways to naturally relax your mind and body without taking anything. I would recommend taking your first supplement, then taking a candle-lit bath with sea salt, while listening to a 'guided meditation for relaxation'. Then, get out of the tub, take your next supplement and drink a tall glass of water. Get ready for bed, turn off all electronics and lights, and lay down in the dark. Try to quiet your mind and then take your last supplement before trying to roll over and go to sleep. If you are still struggling to sleep, then try

doing another meditation in bed.

The following are example protocols for bedtime:

Example 1:

Time	Product	Dosage
8pm	Nighttime Elimidrol	2 scoops
9pm	Heantos	8 capsules
10pm	Calm Support	1-2 capsules

Example 2:

Time	Product	Dosage
8pm	Quantum Herbal Assist	8 capsules
9pm	Neural Balance	1 packet
10pm	Melatonin	5-10 mg

The following is a list of supplies that should be kept at the bedside, especially if you are detoxing alone:

- A supply of sedating supplements:
 - Heantos
 - Quantum Herbal Assist
 - Calm Support
 - Elimidrol – Night-time Formula

- Neural Balance
- Melatonin
- Passionflower
- Valerian
- GABA
- Heathy drinks and snacks:
 - Coconut water
 - Herbal tea
 - Iodized water
 - Organic fruit
 - Nuts
 - Dried fruits
 - Trail mix
- Remote controls, phone chargers, laptops, tablets
- A book and a journal
- Tissues
- A fan and heating pad
- Favorite music and movies

Part 9

Post-Detox Maintenance

The weeks following detox will be extremely important, and if handled correctly, they have the potential to be the foundation for a strong recovery plan. The following is a list of suggested areas-of-focus for the weeks following detox:

- Design a balanced long-term vitamin and supplement regimen
- Put a focus on nutrition and fitness
- Get your body on a regular sleep-wake cycle

- Begin some form of recovery work; intensive programs, support groups, counseling, etc.
- Implement new daily habits; meditation, yoga, a hobby, a sport, reading, jogging, etc.
- Reach out to a support system and avoid drug connections at all costs
- Get to work on setting and achieving goals

The following is a list of vitamins, herbs, and supplements that you may want to consider taking post-detox:

- Heantos
- Quantum Herbal Assist
- Gui Pi Wan
- Elimidrol (Daytime and Nighttime)
- Neural Balance
- Vitamins C, D, B Complex, and B12 Sublingual
- Fish Oil
- 5HTP
- CBD

Part 10

Incorporating Supplements Post-Ibogaine Detox

Ibogaine is an indigenous medicine used to interrupt addiction by neuro-chemically transporting one to a pre-addicted state. It is a psycho-active substance commonly known to invoke a deeply introspective examination of both the subconscious and conscious mind. This oftentimes leads to the discovery of the root causes of the addiction and allows the opportunity to find closure to trauma.

Ibogaine is the most effective natural treatment available to eliminate the physical symptoms of opiate withdrawal. It can be used as the primary detox aid, or

it can be used following detox to offer one a psycho-therapeutic experience. Ibogaine is typically administered in a large flood dose which will ameliorate most, if not all, of the physical withdrawal symptoms associated with drug detox. The treatment lasts approximately 24-36 hours, followed by several days of recovery.

Ibogaine is the most effective detox method available worldwide, so if you have the opportunity to go to a **safe** Ibogaine clinic, please do so without hesitation. The benefits are unlimited. However, you will want to plan for the recovery period as people are oftentimes left with severe insomnia and lingering discomforts.

The following is an example protocol that can be used when incorporating herbal supplements following an Ibogaine detox.

Post-Ibogaine Support Protocol

Begin 2-3 days following Ibogaine treatment

Days	Time	Product	Dosage
Weeks 1-2	8am	Heantos	2-6 capsules
Weeks 1-2	10am	Daytime Elimidrol	1-2 scoops
Weeks 1-2	2pm	Gui Pi Wan	Recommended dose
Weeks 1-2	6pm	Heantos	2-6 capsules
Weeks 1-2	9pm	Nighttime Elimidrol	1-2 scoops
Weeks 1-2	10pm	Heantos	4-6 capsules

Chapter VI

**WARNINGS AND
CAUTIONS**

VI

WARNINGS AND CAUTIONS

- Do not exceed 40 capsules of Heantos 4 and/or Quantum Herbal Assist in a 24-hour period
- Pregnant or breastfeeding women should not undergo a cold-turkey detox
- People with serious liver and kidney disease should not undergo a cold-turkey detox
- Do not drive a car or operate any machinery while under the influence of supplements that cause drowsiness
- It is recommended to have someone administer your supplements during peak withdrawal days as confusion may occur
- Long-acting stomach coating medications could interrupt the absorption of supplements in the body
- Avoid alcohol a few days before and during the entire duration of the detox
- Consult with your physician before beginning a cold-turkey detox
- Please be aware that there are many nutraceutical companies that claim to have herbal ingredients in their products, but many have been tested and found to be fraudulent. Please do extensive research on any herbal

product that you plan to use for your detox.

- Please check the legal status of all supplements in your region of the world before ordering products online.

Chapter VII

**WHAT TO EXPECT
DURING DETOX**

VII

WHAT TO EXPECT DURING DETOX

Every cold-turkey detox is unique to the individual, so I cannot tell you exactly what you will experience, but I can share the common trends in the detox experiences that people shared with me. When people were diligent about purchasing the correct amount of supplements, taking proper time to prepare, and taking supplements on time, then the experiences were predominantly comfortable. The level of withdrawal symptoms experienced would be comparable to a flu; uncomfortable but not unbearable. The goal is to rest through the peak days just as you would if you had a cold or flu. The premise of a naturally-supported cold-turkey detox is to rest the mind and body, eat healthy, be in good company with a support system fully set in place, and detox in a safe sober environment. If you take the time to make all the necessary preparations and are fully committed to the process, then it can be a tolerable experience.

If you are using Heantos 4 or Quantum Herbal Assist as your primary supplement, this will lay the foundation for a manageable week ahead. It is important to remember that most of the supplements listed cause drowsiness, so it is recommended to have all your preparations for the peak days laid out accessibly. For example, have plenty of comfortable clothes and a change of sheets washed and ready, put all bathtub items beside the bathtub (sea salt or Epsom salt, candles and

lighter, essential oils, etc.), and keep all herbs and supplements organized and accessible. It is helpful to prepare your bedside with a phone charger, electronics, a box of tissues, a heating pad, nighttime products, magnesium oil, a water bottle, music and movies, a journal, a book or magazine, snacks, etc.

Please make your bed as comfortable as possible. Prepare for fluctuations in body temperature, so be sure to have warm blankets, cool sheets, a fan and a heating pad. It is helpful to have extra pillows, especially to use between the legs or under both legs. You will most likely have an appetite, so it is very helpful to have someone there to prepare your meals, as you will not have much energy to do this yourself. It is also recommended to have someone available to keep track of your supplements, prepare your baths and keep you company.

When people make all the necessary preparations and purchase the correct amount of supplements, they typically experience tolerable withdrawal symptoms during the peak days. The intense night sweats, uncontrollable diarrhea and stomach cramping, and overwhelming sensations of chills and body aches do not seem to be an issue for most people. The symptoms that are experienced are typically tolerable and oftentimes managed with additional detox aids and/or salt baths.

I recommend taking your last drug dose the afternoon or evening before you plan to begin your cold-turkey detox, and take a dose of Heantos 4 or Quantum Herbal Assist before bed that night. Even if your withdrawals have not begun, this will help to ease you into the process. Upon awakening, you will be at the onset of withdrawals and will begin taking your selected supplements every 2-3 hours. This may seem like a lot of supplements to take, but you are combatting severe withdrawal symptoms with herbal products, so it will require frequent dosages. When someone is feeling intense withdrawal symptoms I recommend taking a dose of supplements and getting right into a salt bath. As soon as you get in the tub, you will begin feeling relief, and by the time you get out, your supplements should be

taking effect. Salt baths are a great way to pass uncomfortable time. I recommend two salt baths per day during the peak days as this helps to pull toxins from the body and speed up the process (also, swimming in natural salt-water is very beneficial).

A short-acting opiate detox will typically last anywhere from 4-7 peak days. After you have reached this milestone, upon awakening, evaluate how you are feeling before taking your morning supplements. If you aren't feeling too sick, then this is an indication that it is time to begin reducing dosages. For example, if you normally take eight Heantos upon awakening during the peak days, as the symptoms begin to subside you may only need four Heantos in the morning. After a couple more days, you may only need two in the morning, and so on. You will also begin extending time increments between dosages. For example, if you were taking supplements every two-to-three hours during the peak days, you may begin taking them every four hours, and eventually every six hours. Listen to your body and you will know when to take your next dose.

Once you have passed the peak days, if you are not feeling withdrawals, then either do not take anything or take very small doses, for example two Heantos or one Calm Support. If you aren't feeling withdrawals but you are feeling fatigue, then take Gui Pi Wan or Daytime Elimidrol and make a mug of Yerba Mate tea, followed by ten minutes of Tai Chi in the sunlight. Listen to your body and it will tell you where your imbalances are. If you are past the peak days but suddenly have a bout of diarrhea, take a few Quantum, Heantos, Ginger, or Imodium, and eat rice and bananas. If you suddenly start waking up with night sweats, then take larger Heantos doses before bed.

Sometimes people experience secondary withdrawals, which are withdrawal symptoms that are experienced a week or two after the peak days have passed. If you begin feeling symptoms again, increase supplement dosages until the symptoms pass. Secondary withdrawals don't occur all the time, but for some they do, and typically last 1-3 days (longer for a Methadone detox).

It is very important to focus on fitness and nutrition once you have gotten past the peak days. This will help speed up the recovery process and will help to prevent post-acute withdrawals. If you are on an effective post-detox protocol (such as Gui Pi Wan and Quantum Herbal Assist) and incorporate fitness and nutrition into your daily routine, you will begin feeling better and balanced much faster than someone who lays around and eats processed food. While in active addiction, chances are you were filling your body with a variety of poisons. Recovery is the time to break this habit and begin putting only healthy, nourishing substances in your body; which includes all of the food that you eat.

Preparing for your detox and anticipating what your needs will be is an important part of this process. Take your time making your preparations because if you plan well it can be a tolerable experience. This is the time for you to design a nurturing and therapeutic atmosphere for yourself, focusing on *your* needs and *your* comforts. ***Loving yourself is key!***

Chapter VIII

**DESIGNING AN
AFTERCARE PLAN**

VIII

DESIGNING AN AFTERCARE PLAN

Designing an aftercare plan is **mandatory** when preparing for any method of detox, whether it's an Ibogaine detox, medical detox or cold-turkey detox. Once you complete the detox, you will need to implement your aftercare plan, at the pace that you determined would be best to meet your specific needs. There are many resources that you may consider adding to your aftercare plan; some will be intensive, and some will be designed around full-time jobs and demanding schedules.

The following is a list of options to explore (and combine!) when designing your aftercare plan:

- Inpatient rehabilitation centers
- Intensive outpatient recovery programs
- Halfway house / sober living environments
- Psychotherapy (virtual or in-person)
- Recovery groups (12 step or SMART)
- Online recovery / support groups
- Holistic / spiritual / religious retreats
- Ibogaine therapy

- Ayahuasca and Kambo sessions
- Creating new daily habits
- Nutrition and fitness
- Religion and spirituality
- School or training programs
- Seeking employment / career change
- Creating a support network
- Meditation groups
- Yoga and Tai Chi classes
- Reading self-help books
- Listening to motivational speakers (YouTube)
- Journaling
- Taking up a hobby
- Community service / volunteer work
- Creative endeavors
- Travel
- Relocation

There are many ways to design an after-care plan that will be customized to meet your individual needs and resources. You can begin by evaluating what your needs are and what resources you have available to you. It is recommended to take at least two weeks to focus on detoxing, resting, and regaining your strength before implementing your aftercare plan. There is an adjustment period needed, and if you allow yourself at least two weeks to catch up on rest then you will have much better chances at achieving long-term success. However, in the second week, it may be helpful to attend at least a couple of support groups or twelve step meetings, so that you can begin making healthy connections and sharing your experience.

For some people, designing an intensive recovery plan will not be an option

because of work and other responsibilities, so they will need to design a plan that is more versatile to meet their specific schedule restrictions. Some people might prefer a deeper level of therapy and structure and may include inpatient facilities or intensive outpatient programs into their aftercare plan. When the physical detox is already completed, it is much easier to focus on the therapeutic components that different recovery programs offer. You will be clear-minded and present, rather than sick or medicated. This gives you a window of opportunity to absorb what is being taught so that you can learn how to redirect your old daily habits and thought patterns while integrating therapy and support. Once you are ready to reintegrate back into society, you will be starting with a strong foundation. There are such a range of aftercare options and I encourage you to combine as many as you like! Many people have limited resources and feel that they are unable to design an aftercare plan, but with a little creativity you should be able to put together a plan that will work well enough to get you through this delicate stage. The most important factor is your total commitment to the process.

The following is an example of a low-cost aftercare plan:

- Attend twelve step meetings three-to-five times a week (free)
- Logging into SMART Recovery online chat room daily (free)
- Meditation group once a week (usually \$5-\$10)
- Morning yoga and/or Qi Gong on YouTube (free)
- Daily motivational speaking videos on YouTube (free)
- Vitamin and supplement regimen (\$25-\$75/month)
- Volunteer twice a month (free)
- Evening jog (free)
- Reading self-help books (free)
- Recite ten positive affirmations three times a day (free)

- Journaling (free)
- Guided meditation on YouTube every night (free)

As you can see in the example above, for under \$100 a month, you can design a strong recovery plan for yourself. You may need to get creative, but it can be done. Typically, when a person is in active addiction, it consumes a lot of their time: going to dealers, preparing the drugs, obtaining money to pay for it, etc. If you detox and do not design an aftercare plan, you may find a lot of spare time in your days where you become bored, edgy, and may start craving that old lifestyle. Keeping yourself busy with positive activities is a great way to redirect old habits and to create new daily routines. Some people may be fortunate enough to be able to afford counseling or inpatient programs, and I encourage everyone that has that option to do so. However, with a little creativity, anyone can design an aftercare plan regardless of their financial situation.

I want to briefly discuss traditional twelve step programs, such as Narcotics and Alcoholics Anonymous. Many people will say that they don't align with the core principles of these programs, such as affirming addiction and powerlessness, being required to accept 'God', and the belief that you need to be 'restored' to sanity. My personal belief is that the twelve step programs have good intentions, but that they do need to be revised and updated. (I actually added a version of my own in this book, Appendix II: The Twelve Steps Revised). I do think it's time to transform old ideas, especially older recovery models that just don't seem to be effective enough. A few minor adjustments could change the whole dynamic of these programs, hopefully resulting in more people embracing and resonating with them.

However, sometimes you just have to "accept life on life's terms". Even if you don't resonate with everything that these meetings teach, it's still a great option to consider. You will be among a community of people who can relate to what you are going through, many who share their experience and advice, and sober events that you are welcome to attend. Surrounding yourself with a sober community is a very

powerful tool to have in your recovery toolbox. You are not required to work the steps if it is not of interest to you, but it is very helpful to know that there are meetings available daily for people who are coping with the same challenges that you are. Socialization is critical to a successful recovery, so if nothing else you can attend meetings just to make some sober friends.

If you decide to attend twelve step meetings, please do so with an open mind. A lot of people are court ordered to be there and may not have the same goals that you do, but if you take time to get to know people, you will find those who are genuinely dedicated to their recovery and to helping others who are new in recovery.

SMART Recovery is a great option for those who do not resonate with the principles of traditional twelve step programs, or who are seeking more than one support program. They offer meetings in person and online, and 24/7 recovery chat rooms (www.smartrecovery.org). This will also be a great option for someone with schedule or transportation challenges. It's important to take your time and do the research necessary to design an aftercare plan that best meets **your** needs; one that resonates with **your** beliefs and goals, and that will encourage passion on **your** journey of recovery and self-discovery.

The aftercare plan is the most important component in your recovery plan. The detox is the first step in the process, but once that is complete, the real work begins. Some people have been in active addiction for years or even decades, and redirecting those daily patterns is going to take a lot of effort and commitment. Please take your time when designing an aftercare plan because once your detox is complete, it will be time to create a life that you no longer need to escape. This is the period of time where you re-create your life, and if you dedicate yourself to the process, it can be a very transformational and inspiring experience!

Chapter IX

**CREATING A
SUPPORT SYSTEM**

IX

CREATING A SUPPORT SYSTEM

Having a support system is critical during the process of detox and recovery. It is recommended to have 24-hour support for the first week of detox, but in some cases, this may not be an option. If you are going to begin a cold-turkey detox and do not have support, please send me an email at heantos.jen@gmail.com and I will support you through this process. ***No one should ever have to go through this alone.***

The following is a list of suggestions for designing a support system:

Detox support - It is recommended to have someone physically present to support you through your cold-turkey detox. A caretaker will be responsible for keeping track of supplements and dosing schedules, preparing meals and baths, changing the bed sheets (maybe once or twice throughout the week if needed), keeping you company during moments of insomnia, high anxiety, discomfort, etc., helping to keep your spirits lifted, encouraging you to go for walks or to do Qi Gong, and generally watching after you on a close monitoring basis.

Long term support - After the first week or two of detox, you will not need 24-hour support, but it is important to have a solid long-term support system set in place. It is recommended to build this network as large as you can.

The following is a list of examples of people who can be included in your support network:

- Family members
- Sober friends
- Twelve step sponsors
- Local groups (meditation groups, yoga classes, cooking classes, etc.)
- Recovery / life coaches
- Religious teachers and spiritual guides
- Physicians
- Counselors
- Social workers
- Recovery community members
- Online friends / groups
- Pen pals
- Neighbors
- Coworkers
- Classmates
- Teachers / professors

Creating a support network - Once you have decided who you will be including in your support system, you will need to create methods for connecting to all these contacts. It is important to have as many easily accessible methods as possible, such as text or email groups, that you can easily alert if you are suddenly having a bad or overwhelming moment. Be sure to reach out to each person in your support network and let them know about your desire to have them as a support system. It is important to mention that not only will you be potentially reaching out to them in times of need, but it will also be helpful to have each person randomly check on you as well.

Emergency contact - If you are working with a coach or an in-home caretaker, it is important to provide them with a list of support and emergency contacts.

Medical professionals – It's important to discuss your detox plans with any medical professionals who may currently be treating you. Medical monitoring is always beneficial when undergoing a process as serious as this.

Virtual network - Virtual networks are a wonderful way to connect with a range of support options. SMART Recovery is an online program that provides online support groups as well as 24/7 chat rooms (www.SmartRecovery.org). There are also many Facebook recovery groups that are wonderful platforms for finding recovery support, such as 'Modern Recovery Now' and 'Ibogaine Universe!!!'. These groups can be very educational and supportive. Minds from across the globe communicate in these forums on all matters and methods of detox and recovery.

Chapter X

**CARETAKERS AND
FACILITATORS**

X

CARETAKERS AND FACILITATORS

If you are planning to look after someone who will be doing a cold-turkey detox, you will *also* need to prepare for the days or weeks ahead. It is recommended to have 24/7 care available for anyone undergoing this process because the person will be battling not only the physical symptoms of withdrawal, but also the deeply emotional and psychological symptoms. Having a caretaker always makes the experience so much easier to get through.

Detoxing alone is very difficult because it is a time when one needs to be surrounded by love, support and understanding. If you are a friend or family member who has been negatively impacted by your loved one's addiction, being loving and supportive during the detox does not mean that you are approving of the negative behaviors that may have occurred. It simply means that 'at this time' the focus and intention is to safely guide this person through the physical sickness without resentment or judgement. This will undoubtedly be very difficult at times because the behavior of a person in active addiction can oftentimes be very harsh and hurtful. Once they pass through the initial detox stage and begin implementing their long-term recovery plan, it will be important to begin addressing the damage that may have been done to your relationship. However, keep in mind that when dealing with this very difficult topic, proper timing will be vital.

Reflecting on my own addiction, it was as if I changed overnight. Suddenly I didn't seem to have a conscience anymore, and even though I 'knew' my actions were completely wrong and unacceptable, somehow *all* I could think about was getting more drugs. These thoughts completely colonized my mind. Everything else in my life suddenly became so insignificant, and I was pulled deeper and deeper into a darkness that quickly consumed me. Unfortunately for me, it cost me everything. The people that I pushed away never came back, and I was alone and shattered.

I am a firm believer that in time and with a lot of effort, the damage between relationships that were impacted by addiction ***can be repaired***. However, the first stage of detox is not the appropriate time to address those issues. During this stage, not only is the person physically ill, but mentally their mind is clearing for oftentimes what may be the first time in a very long time. They will be flooded with the memories of all that has transpired, and oftentimes this is accompanied with guilt, shame and regret. Drugs have this remarkable way of allowing one to 'forget' quite a bit, but once the clarity returns, the mind will be flooded and the depression can become quite deep. Therefore, it is critical to project *only* love, support, and non-judgement. Repairing your relationship will only be able to begin with this very critical first step...the detox.

It is recommended to have a caretaker present for at least the first week of detox, but preferably for two full weeks. The following is a list of the caretaker's duties:

- **To guide the detox** – When a person is in acute withdrawals, they typically revert to a very fragile state. They oftentimes become extremely depressed and, in some cases, won't be diligent about really caring for themselves through this process. The caretaker will essentially oversee and guide the entire experience.

- **Keeping track of supplements** – It will be a great help to the person detoxing if their caretaker prepares all supplements and dosages and keeps a written log of everything that is taken (including date, time, name of product and dosage – see Appendix VII: Dosage Chart).
- **Preparing meals** – It is extremely important for the person detoxing to eat healthy nourishing meals and snacks throughout the duration of detox. People detoxing from opiates will need high fiber diets that promote healthy digestive function. People detoxing from cocaine and amphetamines typically have ravenous appetites and will need healthy, hearty meals in between stretches of sleep. You may need to get creative if the person doesn't have an appetite, in which case smoothies and vitamin-rich soup broths might be an option. Please remember to provide plenty of water and hot teas, and to stay away from sodas and sugary juices.
- **Preparing baths** – Salt baths are extremely beneficial during detox. It is recommended to take 1-2 baths a day during the peak days of an opiate detox due to the level of physical discomforts. Add a full cup of either pink Himalayan sea salt, Epsom salt or a white sea salt to the water, as well as essential oils such as lavender, tea tree or citrus oil. You can also prepare baths that have a half cup of Apple Cider Vinegar and 1 cup of sea salt. Soak for twenty minutes and then rinse off. These types of baths draw out toxins from the body, help to regulate body temperature and bring general relief to body aches and restless legs. If the person is feeling discomforts, then it is recommended to take the next dose of supplements and prepare a bath so that while they are waiting for the supplements to take effect, they will have an immediate relief of symptoms in the bath.
- **Incorporating fitness** – While rest is an extremely important part of the detox process, incorporating fitness is *just* as important, especially as the peak days pass. For opiate detox, there will be a lot more 'restless time' than with other detoxes, so taking short walks and doing low impact fitness

routines such as Qi Gong or Tai Chi will be of great benefit. For people detoxing off cocaine and amphetamines, you will have to make sure they are moving around during those first days of deep sleep, otherwise they can sometimes not move from their bed for a week at a time, if not more. Laying around for extended periods of time without stretching and walking around will eventually cause pain and cramping in the body. This can oftentimes be confused with lingering withdrawal discomforts and can prolong the recovery period as well as cause cravings. The more activity a person can incorporate, the better. Activating the body's innate healing abilities is critical during this time, and fitness is one of the best ways to achieve this.

- **Safeguarding from drug contacts** – An important task of the caretaker is to ensure that the person detoxing is not in contact with anyone associated with drugs. Please be very diligent about this. All it takes is one split second to pass drugs. It is *mandatory* that this doesn't happen, or it can throw off the entire balance and progress of the detox.
- **Support and company** – Detox is a very emotionally, psychologically and physically draining experience. Having someone there to keep the spirits lifted will bring a lot of benefit to the person undergoing this process. They say laughter is the best medicine, so find comedies that you can watch together, or perhaps a new series that might be on Netflix or cable television. The goal of detox is to bypass the specific window of time that it takes for the drugs to be eliminated from the body, so try to fill this window of time with as many entertaining things as possible. Additionally, try to be mindful of the person's moods. It is very easy to slip into a deep depression during this time, so if you see signs of this, please be sure to try and shift that energy. Reach out, offer support, listen, and respond with love and gentleness.
- **Create a serene environment** – Please be sure to keep the environment serene and harmonious. Play meditative music, burn candles and sage,

diffuse essential oils, dim the lights, do everything you can think of to create an environment that promotes serenity, relaxation and healing.

- **Go on outings** – The days of detox can really seem to linger for some people and small outings can help pass the time and keep the spirits lifted. Use your judgement, if it seems that the person should be in bed that day, then that's fine. But if they've been in bed for several days and seem like they could use a change of scenery then plan a little outing. Energy levels will most likely be at a low so outings will have to be simple, such as relaxing at the beach (very beneficial, sunlight and salt water), sitting in a park, going to the movies, or even just going for a nice drive through the country. A trip to the massage parlor or a meditation group might be just what the doctor ordered! You can get as creative as you want, just be sure that the person is not over-extending themselves and when they get home, it's back to bed!

Chapter XI

**REDIRECTING
NEGATIVE
THOUGHTS**

XI

REDIRECTING NEGATIVE THOUGHTS

For many years, I suffered from severe clinical depression. After a heroin/cocaine addiction and failed suicide attempts, I realized that there was no escaping this life and that I had no choice but to figure out how to attain inner peace so that I could function in this world. My mind was my darkest prison and I desperately needed to learn ways to redirect my persistent negative thoughts. I started reading and listening to Dr. Wayne Dyer, and learned a lot about overcoming my negative thought patterns. I implemented a few steps into my daily life, which turned out to be one of my best tools for overcoming the pattern of deep depression that I had always known.

Until I started paying attention to my thoughts, I never realized how negative they were; every day, from the moment I woke up until the moment I went to sleep. All my thoughts were self-defeating, judgmental and self-critical, regretful of everything I had ever done wrong and afraid of anything bad that could potentially happen in the future. What I did not realize was that I was creating constant anxiety within myself by having those constant negative thoughts. I was in a constant state of upset, and oftentimes panic.

Once I became *aware* (consciously realizing that a negative thought was occurring) of my repetitive negative thoughts (which was quite a challenge in the

beginning), then the priority was to learn ways to immediately redirect the thought. At first it was very difficult to catch myself having a negative thought, because it had become so 'normal' for me, like a mental default setting. As soon as I began paying close attention, I would catch myself thinking the most repetitive negative thoughts. There are many books and documentaries that discuss this topic, such as 'The Power of Intention' by Dr. Wayne Dyer, 'The Power of Now' by Eckhart Tolle, and 'The Law of Attraction' by Esther and Jerry Hicks.

I recommend researching this as much as you can so that you can discover methods that will work for you. I cannot express enough how important this step is in the recovery process. It is **critically** important to gain control of your destructive psychological patterns because the only way to find happiness in sobriety is to have a body that is comfortable and a ***mind that is at peace***. Once you can achieve this, you will find that living in a sober body is actually a very rewarding and liberating experience.

When I first began redirecting my negative thought patterns, the first step was 'catching myself' thinking a negative thought. I had to **consciously realize** that I was stuck in a negative thought loop, and the more I would practice this, the quicker I would realize it was happening. Once I caught myself, I would do one of two things; I would either turn the negative thought into a positive present-tense statement, or I would begin reciting a mantra either silently or out loud.

Here are examples: if I caught myself worrying about finances, I would then create a positive present-tense statement and recite it over and over, "I have strength in abundance" or "I am attracting prosperity into my life"; if I was dwelling on self-criticism I would then recite "I am worthy of love and joy" or "I am healthy, happy, and whole"; if I was craving drugs I would then recite "I command freedom and healing in all areas of my life and being" or "I invoke protection around me". Get creative, and also focus on slowing down your breathing while you are doing this.

An interesting phenomenon happens when you begin reciting a positive present-tense statement, it's as if you begin to pull yourself out of the rut just by changing your thought! Your subconscious mind must believe this new message that you are programming yourself with, because your mood actually lifts! It may not happen in the early stages of this work, but with time and consistency you should notice a shift in your mental well-being.

The other method I use to redirect my thoughts is reciting mantras. Mantras are sacred sounds, or chants, that are believed to bring a healing energy with the vibration of the sounds. (Sound Healing is a field of therapeutic practice that you may want to research. This practice is closely linked with trauma being locked in the muscles and using sound to release it.) Try to make mantras your 'default' thought; when not focusing on something important, try to keep your mind occupied with mantras because they genuinely seem to lift your mood and keep stress at a minimum. I believe that we need to use our thoughts very wisely and carefully so that we are always projecting a positive frequency.

Life is by no means perfect for me and it will not be perfect for you if you begin changing your thoughts; we all have plenty of stress, but it's how we *respond* to it that can transform. Learn to detach from stress and suffering because life will always be full of challenges and hardships; these experiences are what shape and mold who we are. Try to take life one moment at a time and find quiet moments of meditation as often as you can. It is in silence that we recharge and find our center.

A helpful tip for redirecting negative thought patterns is to hang affirmations and mantras on papers all around your home and office. Doing this allows you to constantly see and be reminded of positive messages, so that you can read and recite them, initiating positive thoughts throughout your day. I keep affirmations on my bathroom mirror so that every time I brush my teeth or wash my hands, I read them and get a little recharge. I also keep them next to my bed and in the kitchen, and it

gives me little reminders throughout the day of everything that I want to manifest and experience in my physical world.

The journey of detox and recovery is a time of personal transformation. Reciting positive affirmations is a form of positive self-talk and is one of the most transformational tools a person can utilize. Our minds are very powerful and the thoughts that we allow ourselves to think can change our lives; for the good or the bad. Addiction oftentimes consumes a great deal of a person's thoughts; what drug do I want/need, how will I get it, when will I get it, etc. Early in recovery, the sober-mind is oftentimes flooded with thoughts of fear, regret, shame, self-hatred, guilt, insecurities, cravings, and other images that lead to the desire to 'escape'. The journey of recovery is a time of learning to redirect **all** your negative and unhealthy patterns, including mental patterns. It's important to begin the habit of reciting positive affirmations and/or mantras, and to only allow positive thoughts to cycle through your mind (to the best of your ability).

The following is a list of example positive affirmations. Select ones that resonate with you and hang them up in your living and work space, reciting them often throughout the day. Get creative and write your own affirmations as well!

- ❖ I love and approve of myself
- ❖ I am free
- ❖ I am complete and whole
- ❖ I am lovable
- ❖ I have a mission and a purpose
- ❖ I am important
- ❖ I am beautiful
- ❖ I create my happiness
- ❖ I am a magnet for miracles
- ❖ I am healing

- ❖ I am grounded and centered
- ❖ I am attracting love and happiness into my life
- ❖ I am surrounded by the divine light of the universe
- ❖ I am safe and protected
- ❖ I attract happiness, success, and abundance into my life
- ❖ I believe in myself
- ❖ I am of great worth
- ❖ I am grateful for everything in my life

Chapter XII

**DEALING WITH
RELAPSE**

XII

DEALING WITH RELAPSE

re·lapse

VERB

1. *(of someone suffering from a disease) suffer deterioration after a period of improvement.*

synonyms: get ill/worse again · have/suffer a relapse · deteriorate

NOUN

1. *a deterioration in someone's state of health after a temporary improvement:*

"he suffered a relapse of schizophrenia after a car crash"

synonyms: deterioration · turn for the worse · setback

- www.oxforddictionaries.com

Relapse is unfortunately a part of most addictions. It does not mean that you have failed, it simply means that you have not yet designed the **best** recovery plan that meets **all** your individual needs. If you experience a relapse, there are ways to manage it that will allow you to get things under control without falling too far back.

A brief 'lapse' does not have to lead to a full-blown relapse. Spiraling out of control is *not* inevitable. After you slip, you have *not* unlearned all that you have already learned. However, it is critical to understand and evaluate how and why the relapse occurred.

It is important to try to pinpoint the triggers that may have led up to the relapse. Every experience in your life can be used as a learning experience, even relapse. Try not to get too discouraged, and instead evaluate the situation as best as you can so that you can determine what led to the relapse, what changes still need to be made and what you can do to prevent it from happening again.

Physically, what is your body experiencing? How can these symptoms be managed and eliminated? What tools or supplements are available to you? Also, what factors in your environment may have contributed to the relapse, and what changes need to be made to not only prevent this from occurring again, but to also use this relapse as much to your advantage as possible? What can be learned or discovered about yourself? The goal is to understand yourself, on all levels, and to learn how to micromanage every detail of your life. It is not an easy task, and up until now you may have been trying very hard to avoid it, but your life now depends on it. It's not easy, and it's going to take time and commitment, so be gentle with yourself and be understanding of the times you fall. Reach out to others when you feel yourself becoming too discouraged or defeated. You do not have to go through this alone!

The following is a list of questions you may want to consider when trying to determine the cause of your relapse:

- How were you feeling physically, emotionally, and psychologically prior to the relapse?
- Were you in contact with active drug users?
- Were you diligently working your recovery plan?

- Were you experiencing a high level of stress?
- How was your physical health prior to the relapse?
- Was there a specific incident that led to the relapse?
- How were your appetite and sleep patterns prior to the relapse?
- Who were you associating with prior to your relapse?

Understanding the cause of the relapse is key to prevent it from occurring again. Now that the relapse has occurred, it is also important to manage the physical symptoms that you may be left with. Some relapses are brief such as a one-time or a few days of relapse. Some relapses can last weeks or even months. Once you have regained control and have decided to get back on track, you may want to begin taking supplements to help manage the physical discomforts, depression, or anxiety that may be experienced following relapse.

If you are back in the cycle of withdrawals, then you may need to undergo another cold-turkey detox. If you are not experiencing full-blown withdrawals but you are experiencing some discomforts, then you may want to take low doses of supplements for several weeks to help get you back into balance. Sometimes relapse occurs because the body still has deficiencies or imbalances, which can cause physical or psychological side effects. It may be helpful to get examined by a doctor and have bloodwork done to pinpoint anything that may have contributed to the relapse.

Once the relapse is under control, it is recommended to re-evaluate your recovery plan. If you have been following your recovery plan diligently, and still experienced a relapse, then you will need to increase its' intensity. For example, if you have been going to three support groups a week, then you may want to increase it to daily meetings for a while. If you have been seeing a counselor every other week, you may want to increase it to every week for the time being. Some people may discover that they need to relocate or enter a residential program because recovering

at home creates too many opportunities to use. Oftentimes recovery is a trial-and-error process. If your recovery plan is not effective enough, then do not be afraid to try something new and really dedicate yourself to this process. Recovery is the most important thing in your life right now, so give 110% of yourself to the process. If that means spending thirty days in a place you don't want to be, then just do it, because your life literally depends on it. Ask yourself this, "Do you want to stay clean? Is your deepest desire to get past your addiction?" If your answer is yes, then do ***whatever it takes.***

Chapter XIII

**POST DETOX
PSYCHO-SPIRITUAL
TREATMENTS**

XIII

POST DETOX PSYCHO-SPIRITUAL TREATMENTS

Once a person has completed the detox stage of their recovery, they are often left with a lot of raw emotions which could become overwhelming. Most people are using the drugs and alcohol to avoid the suffering of life, but once the substances are removed, they are left with the memory of all they were trying to avoid. While counseling and self-reflection can be a very effective way to combat this, for many people, it just isn't enough.

Around the world, there are plant medicines that are being used to help people on a psycho-spiritual level. Indigenous tribes most commonly use these medicines to aid in transitional times throughout one's life, such as the transition from childhood to adulthood. Once the detox is complete, it may be helpful to seek out ceremonies that administer these types of medicines. Unfortunately, in the U.S. most medicines like this are not permitted, but luckily, they are available in Canada and Mexico.

The following is a list of natural medicines that may be helpful post-detox for combatting depression and working through the underlying causes of the addiction:

Ibogaine – Ibogaine is a psychoactive substance and has been commonly known to invoke a deeply introspective examination of one's subconscious and conscious mind. This oftentimes leads one to the discovery of the underlying emotional damage and offers them the opportunity to find closure to trauma. Ibogaine has proven to be very effective at treating addiction, depression, and oftentimes PTSD. It can also be used for spiritual purposes, such as seeking spiritual healing or growth. It can be used as the primary method of detox or it can be used post detox in a lower dose for psycho-spiritual purposes.

Ayahwasca – Ayahuasca is an entheogenic tea that is used as a spiritual medicine in indigenous Amazonian tribes. It is used in healing ceremonies and is known to be a powerful tool for treating depression and trauma.

Kambo – Kambo is a medicine that is extracted from the skin of the Giant Monkey Frog in the Amazon. It is not psychoactive, but it has powerful healing agents that are recommended post-detox. Kambo purges the build-up of toxins while strengthening all systems within the physical body. It has been known to help with a range of physical ailments and discomforts and can be a great tool post-detox. Kambo is legal in the U.S.

Chapter XIV

**CONTINGENT
SUGGESTIONS**

XIV

CONTINGENT SUGGESTIONS

There is so much to discuss and prepare for when doing a cold-turkey detox, so this section is dedicated to random tips, tricks, and suggestions. This list does not have any rhyme or reason to it and is simply a list of random information that could possibly aid in your process. Additional questions can be sent to Heantos.jen@gmail.com.

- When using herbs and natural products to aid a cold-turkey detox, it is best to take them on a very consistent schedule. Maintaining levels in your body will bring the best results. Even if you aren't feeling withdrawals in that moment, if it is time for your next dosage, then go ahead and take it during those peak days. This will help to prevent symptoms from coming on too strong. You do not want to wait until you are feeling miserable; do your best to prevent withdrawals from ever becoming too strong by keeping consistent levels of the herbs in your system.
- It is not recommended to take more than one product at a time, you should typically spread out doses of the different products. It is best to let each product get digested and processed in the body before taking the next one. In some cases, especially harder moments, it is safe to mix (such as Heantos and Kratom, or Quantum and Calm Support), but in most

cases, you should spread products out. For example, if you want to take Heantos, Kratom, and Calm Support before bed because you are really struggling with insomnia, you can take the Heantos 90 minutes before bed, Kratom 60 minutes before bed, and Calm Support 30 minutes before bed. Do your best to strategically space out each product that you take.

- When using Kratom in your detox protocol, there are several ways to ingest it. If you purchase Kratom powder that is *not* an extract, a typical dose will be anywhere from 3-5 grams. One way to ingest Kratom in its powder form is to put the powder in half-gram capsules (typically 2 capsules per gram if packed well). Another method is to use a thermos or water bottle, add Kratom with 4-6 ounces of juice, shake vigorously, and drink quickly. Be sure to have water ready to wash it down with! Finally, the easiest way that I know of is to purchase a concentrated liquid extract so that you can simply put a dropper full under your tongue. This option is much easier than ingesting several grams of powder throughout the peak days of detox. Quality Kratom is very hard to find so please be sure to do thorough research and test it out BEFORE beginning your detox.
- Be mindful of the foods you eat. Anything that you put into your body will either help or hinder this process. Detoxing your body means *repairing* your body, and diet plays a huge role in this. A lot of people will not have an appetite for several days, so there are many ways you can still get nutrients in your body. You can take vitamins, munch on a fruit or veggie salad, do some juicing, make smoothies, or prepare homemade soups with a lot of vegetables in it. Try to avoid fried, processed, or GMO foods, especially during an opiate detox, as it is important to re-stimulate the digestive system; the best way to do this is with healthy foods that are high in fiber and nutrients.

- Supplements typically take approximately 45 minutes to an hour to take effect, so be patient when waiting for relief. If you are having a difficult moment and are impatiently waiting for a supplement to take effect, that is a great time to slip into a nice salt bath and relax your uncomfortable body. Most times, you will be feeling the effects of the supplement/s by the time you get out of the tub.
- The best medicine is laughter, so keep some funny movies and happy friends on hand.
- Laying in the sunlight, in the grass, under a tree, on the beach, etc., helps us to reconnect with nature and receive its energy and healing directly. Please spend quiet time resting outside if weather conditions permit.
- Active addiction is typically a very fast-paced, high-anxiety lifestyle. There are a lot of stressful lows that come along with a lifestyle full of highs, so finding a new balance of highs and lows is critical during this next stage of your life. Taking time to rest and embrace solitude is very beneficial for anxiety levels and depression, but it's just as important to incorporate activity, so try to keep things at a moderate balance.
- Always take a tester dose of all supplements being used *prior* to detox. The main reason for this is to make sure you do not have an adverse reaction to anything that is in your support protocol. Prior to detox, you can skip one of your typical drug doses and replace it with each supplement (one at a time). This will help you determine what dosage works best for you and allows you to have a better understanding of what to expect from each product.

- Grapefruit juice is a natural enhancer, so if you need an added boost to your supplements, you can take them with grapefruit juice.
- It is recommended to have a medical exam before and after detox. Having bloodwork done will help you to determine imbalances or deficiencies in the body. It is common to be left with vitamin deficiencies post-detox, since detox and active addiction are both very taxing. Oftentimes, vitamin deficiencies create symptoms that resemble the symptoms of post-acute withdrawals, so please take this very important step after you complete your detox.
- It is recommended to take probiotics during and after detox. This will help to aid the digestive system and to ease stomach discomforts.
- Kombucha is an excellent beverage to drink before, during, and after detox. It is known to support detoxification, to aid the digestive system, the kidneys, liver function, and the nervous system. It also replenishes energy and boosts the immune system.
- Vitamin C has been known to eliminate opiate withdrawal symptoms in large doses, so it can be helpful to incorporate Vitamin C into your detox regimen. The following are examples of foods that are rich in Vitamin C:
 - Oranges
 - Grapefruit
 - Raspberries
 - Kale
 - Kiwi
 - Broccoli
 - Brussel Sprouts

- I want to recommend the use of essential oils during your detox and recovery period. Essential oils are very effective at supporting not only the person who is detoxing, but everyone in the home. They can be taken orally to ease discomforts such as stomach issues, they can be used topically to ease symptoms such as muscle pain, and they can also be diffused to promote a relaxing and uplifting atmosphere. I want to recommend learning more about the use of essential oils but be sure to purchase a quality brand so that you are getting the actual oils and not perfume imitations.

- Please be sure to drink a lot of water during your detox. The detoxification process **is** the elimination of toxins from the body. Staying hydrated is going to speed up this process.

- For those who are considering an Ibogaine treatment to detox from Suboxone or Methadone, there is a mandatory 3-6-week period where you must be off the Suboxone or Methadone *before* you can be administered Ibogaine. Most people are unable to get a doctor to prescribe a short acting opiate such as Morphine or Oxycodone to keep them out of withdrawals during that time. If you are planning to do Ibogaine, you can use these herbal support protocols to greatly reduce the withdrawals you will experience while waiting the 3-6 weeks for your treatment.

- There's an old Twelve Step tradition called 'Ninety Meetings in Ninety Days'. This is the practice of attending one meeting a day for ninety days. Well, I am a fan of incorporating many recovery tools together to find a greater level of success, so I'd like to suggest 'Ninety Meetings **and** Ninety Yoga Classes in Ninety Days!' I really think *this* practice will take things to the next level in

your healing journey!

Chapter XV

**APPENDIX I:
ORDERING AND
CONTACT
INFORMATION**

XV

APPENDIX I: ORDERING AND CONTACT INFORMATION

Heantos 4 – Heantos 4 can be ordered at <https://heantosworldwide.com/>.

Quantum Herbal Assist – if you are interested in ordering this product, please send an email to heantos.jen@gmail.com.

Elimidrol – You can order from their website www.elimidrol.com.

Calm Support – You can order from their website www.calmsupport.com.

Neural Balance – You can order from their website <https://www.neuralbalance.com/>.

Kratom – You can order Kratom online or purchase it at local smoke shops. If ordering online, please make sure to research the company well because there are a lot of fraudulent Kratom venders.

Gui Pi Wan – You can purchase Gui Pi Wan online or at your local health food store.

Endocannabinoid System Activator and Activated Charcoal – you can research these products (and more) at <http://www.herbalorganic.org/>. You can also send an email requesting information to bodhisattva.llc@gmail.com.

Additional products and supplements – Health food stores typically have a wide range of products that will aid in the process of herbal detox. I recommend visiting your local health food store prior to detox to see if they can recommend any additional products or herbs.

Essential Oils – you can visit www.mydoterra.com/maranatha for more information about essential oils. I have personally had great results with this brand of oils.

Chapter XVI

**APPENDIX II: THE
TWELVE STEPS
REVISED**

XVI

**APPENDIX II: THE
TWELVE STEPS REVISED**

Everyone is unique and will need a diverse range of recovery options available to design an individualized recovery plan. I am an advocate for any form of positive support, and many people are fortunate enough to find that in a traditional Twelve Step program. Unfortunately, there are many people who do not feel aligned with the core principles of this program. I will always support and encourage people that find fulfillment from traditional Twelve Step groups, but since it limits participants to a Christian based philosophy, I rewrote the steps in a way that promotes a new age concept of self-empowerment and openness to all belief systems. I believe that this revised version is better designed to meet the diverse cultural needs of today's society.

The Twelve Steps Revised

- ❖ I admit that I am not powerless and that I have all the tools available to design a manageable life for myself.
- ❖ I am free to believe that there may or may not be a power greater than myself at work in my life but seek to find meaning in all my life experiences.
- ❖ I have made the decision to gain control of my life.
- ❖ I will evaluate my life and begin setting goals for myself.
- ❖ I will redirect my negative thought and behavior patterns.
- ❖ I will take an honest and fearless moral inventory of myself.
- ❖ I will admit to myself the nature of my wrong doings.
- ❖ I am ready to repair these defects of my character.
- ❖ I am ready to set a plan in motion and move forward towards a rewarding life.
- ❖ I will seek through meditation (and prayer, if it is within the boundary of my beliefs) to improve my conscious connection with mankind and nature.
- ❖ I will live an honest life.
- ❖ I will do my best to practice these principles in all my affairs.

Chapter XVII

**APPENDIX III:
INCORPORATING
METAPHYSICS INTO
RECOVERY**

XVII

APPENDIX III: INCORPORATING METAPHYSICS INTO RECOVERY

For those who are interested in incorporating metaphysical methods into their recovery plans, I wanted to provide some helpful information for your amazing journey of re-alignment and energy balancing. These tools are especially nice to have during an Ibogaine, Ayahuasca, or Kambo treatment.

Crystals and Gemstones

Crystals and gemstones are believed to have many healing properties which can be used to aid in all stages of the recovery process. Crystals and gemstones can be used in many ways, including:

- Chakra alignment
- Absorb / transform negative energy
- Balance and align energy physically / mentally / emotionally / spiritually
- Balance and align energy within the home / office
- Create barriers of protection / heightened energy

The journey of detox and recovery is a time of transformation. If you decide you want to begin learning how to do energy work, such as meditation, Tai Chi / Qi Gong, working with crystals and gemstones, Reiki, smudging, and other similar practices, you will begin to notice how sensitive you can be to the energy of others. It is important to put focus on keeping a balanced and serene energy around you as often as possible because this can help to transform your life.

Crystals and gemstones can be worn on your body (jewelry, in your pocket) and placed around your home, car, office, and anywhere else that you might spend your time. You can place them in your bedroom and around / beside your bed to enhance the healing that your body experiences while sleeping. Crystals and gemstones are believed to absorb negative / unwanted energy, so it is important to clean them weekly either in salt water, sunlight, moonlight, or sage smoke (smudging). There is an abundance of information online regarding the use of Crystals and Gemstones in your everyday life, and the uses and meanings of each one. Below is a list of crystals and gemstones that can be used to aid in the transformation process:

Crystals and gemstones that are helpful in recovery:

- **Amethyst** - Believed to 'pull' the addiction from the body, meditative and calming, protection, improves brain function, enhances psychic abilities
- **Selenite** - Improves mental clarity, quiets racing thoughts, cleanses your mind of negativity, protects you from the negativity of others, balances and stabilizes body and emotions, balances and stabilizes the energy in the home when placed in the four corners of the home
- **Hematite** - Dispels negativity, organizing thoughts, developing healthy thinking skills, grounding
- **Rose Quartz** - Opens the heart chakra, unconditional love, promotes self-love, emotional health

- **Quartz Crystal** - Aids in all healing, purification, 'master healing crystal', strengthens the aura, balances chakras and energy centers, stimulates immune system
- **Septarian** - Promotes confidence in oneself, grounding stone, promotes tolerance and patience, aids in healing the body, absorbs and transforms energy
- **Jade** - Blessing stone, dream stone, protection, a powerful healing stone, prosperity

Smudging

Smudging is a traditional Native American practice of burning sage and other dry herbs for cleansing energy during ceremonies and healing rituals. The dry herbs are burned, creating a thick smoke wherever the energy work is being done. Burning sage oftentimes brings a very calming effect and can be great to do before, during, and after detox. It smells good, it's relaxing, and it removes old, stagnant energy that can slow down your healing process. I believe that the journey of recovery is a very delicate process and that the person should be kept in a very protective and nurturing space. Smudging is a great way to create that sort of atmosphere.

When you make the decision to commit to this new path in life, you should immediately begin doing energy work. Smudging is an excellent tool for 'clearing out' old, unwanted energy and making room for new, positive energy to come in. It is similar to dusting; you can remove all the dust in your home but within days there will be new dust. If you dust frequently, then there will never be *too* much, but if you *never* dust then there will be an overwhelming amount of dust everywhere. The same is true for the human aura and the accumulation of negative, unwanted, stagnant energy. Our energetic fields are believed to be magnetic and we accumulate this energy throughout our entire lives, there is no avoiding it. Just like

dust, it can accumulate and accumulate, until you reach a point of having an abundance of this unwanted energy that you 'drag around' with you on a daily basis. You sleep in it, you work in it, you take it with you everywhere you go. Energetically, we begin collecting and storing energy in our auras from the moment of conception. This can be good or bad, depending on your surroundings. Unfortunately, in modern society, it is difficult (if not impossible) to avoid accumulating this energy. Having a lot of negative energy does not mean you are a bad person, it means you have been exposed to too many harmful things, whether big or small, which is simply unavoidable in the world today. Examples of negative energy are as follows:

- Being abused physically / emotionally /psychologically / sexually
- Being exposed to anger, rage, hatred, injustice, hostility, etc.
- Being exposed to chemicals in the environment, food, water, drugs, etc.
- Being exposed to negative media, propaganda, a saturation of advertising and fear-based messages, lies
- Living in a negative environment / not being content with where you live / who you are living with
- Worries, fears, concerns about survival
- Poor health
- Arguments, violence
- Dangerous situations which invoke fear, anxiety, panic, trauma
- Being lonely, sick, depressed, fatigued
- Living in densely populated areas, being exposed to too many people and toxins
- Being surrounded by an abundance of electricity, plastic, household chemicals
- Being hurt, misunderstood, abandoned

- Having difficult relationships with family, friends, teachers, bosses, coworkers, peers, neighbors, authorities, or yourself
- Insecurity, weariness, disappointment
- And much more

How to Smudge Your Home

It is recommended to thoroughly clean your home before smudging, or even change the furniture / decorations around and give each room a new 'feel'. This is a way of cleansing and shifting the stagnant energy in your home. Make sure all outside-doors and windows are closed, and all inside-doors, cabinets, and closets are open. Light the bundle of sage or the plate of dry herbs until a thick smoke forms (take your time because this might take a minute or two). Be sure to always have the burning herbs in a heat-proof container. Hold the container with your herbs and stand at your front door. It is best to do this while reciting prayers, listening to mantras, listening to spiritual or peaceful music, or just simply thinking peaceful loving thoughts. Stand at your front door and allow the smoke to cover the door. Then slowly walk clockwise throughout your entire house, covering as many walls and objects with smoke as possible. Put a great deal of focus on beds, couches, chairs, even toilet bowls and bath tubs. Try to 'smudge' as much of that energy off everything in your home, especially areas where you may do your most stressing (sofa, bed, etc). When you are done, use water to extinguish the burning herbs and leave in the fire-proof container to dry. You can re-light them often to continue removing the years and decades of accumulated negative energy. After twenty minutes or so, open all the doors and windows, and let the smoke out. Let it carry all of that 'accumulated energy' right out of your space, and you can replace it with sunlight, fresh air, mantras, crystals, sweetgrass, incense, organic food, meditation altars, spiritual / religious artwork and trinkets, love, healing, and positive change.

How to Smudge Your Body

Stand outside with your legs spread slightly and your arms straight out beside you. It is best to have someone else smudge you. Light the sage and herbs, and get a thick smoke forming. Cover the entire body with smoke, beginning with the front of the person; start at the top of their head, down the front of their entire body, up and down both sides, and the back. Have the person lift one foot at a time and cover their soles with smoke as well. It's best to do this under the sunlight or the moonlight while reciting a prayer or mantra.

Chapter XVIII

**APPENDIX IV:
OUTLINE FOR
DESIGNING A
RECOVERY PLAN**

XVIII

APPENDIX IV: OUTLINE FOR DESIGNING A RECOVERY PLAN

- 1) **Set goals and create a timeline** – Take some time to think about your recovery goals and create a timeline of steps that you plan to take to achieve those goals.

Examples of goals:

- Detoxing
- Getting into a residential program
- Joining support groups / meetings
- Scheduling holistic treatments
- Improving nutrition and fitness
- Getting a physical
- Moving / relocating
- Finding a new job

- Going to school
- Going on a vacation or retreat
- Starting a new hobby
- Reaching out to friends / family / professionals
- Traveling
- Journaling
- Reading / writing a book

Purchase a calendar to keep track of appointments and daily tasks, as well as a notebook so that you can begin a recovery journal. In this, you can keep track of all important information, including information regarding each recovery program that you are considering, to-do lists, information about herbs and supplements (including costs and ordering information), holistic tips and tricks, keeping track of goals and timelines, support system contact info, doctor / program contact info, discussion questions from coaching programs, positive affirmations and quotes, prayers and/or mantras (if applicable), step-work (if applicable), and any other type of journal entry that you may want to make. This will become your recovery guide so that you can flip through it anytime you need a positive thought. Think of detox and recovery as a very transformational process in your life, like a Rite of Passage. It needs to be your priority and it needs to be handled with a lot of care and organization, because it has the potential to be the greatest experience of your life. Addiction feels like a suffocating wall around you, and recovery is breaking out of that prison, it's freedom. It's the butterfly emerging from the cocoon. So, examine your life in detail and identify **everything** that needs to be transformed. Then, set goals and create a timeline of steps that you will take to achieve those goals. Keep everything documented so that you can refer back to it, and make changes as needed. Once you purchase your journal, your first entry should be your list of goals and your timeline of steps.

This may change over time, but this is 'Day One' of what hopefully will be a very uplifting and transformational experience in your life.

- 2) **List and research all recovery resources available** – Once you've set your goals, you will need to evaluate all resources and options that you have available to you. For some, this may be a very limited list, but for others it may be quite broad. The basic components in recovery are the physical detox and the long-term aftercare plan. Please research any-and-all resources that could potentially aid you in any stage of the recovery process.

Examples of resources:

- Holistic or traditional treatment centers
- Aftercare centers
- Detox and recovery coaches
- Herbal products and sales reps
- Outpatient programs
- Sober living homes / halfway houses
- Counseling / psychotherapy
- Friends / family members
- Medical professionals
- Community outreach programs
- Support groups / meetings
- Churches
- Meditation / Yoga / Tai Chi classes
- Retreats
- Employment and education
- Resources for relocation

Evaluate all options, narrow it down to the final choices and make any reservations and/or arrangements that need to be made. Keep track of all of this in your journal and write down any appointments or scheduled dates on your calendar. Include all confirmation numbers and contact information. Highlight any important contacts or information in your journal so that it is easier to locate if needed.

- 3) **Research all supplements and design a protocol** – If you are planning to do a cold-turkey detox, then you will need to spend time researching all products that can be used to aid in the process. If you are unable to get into a treatment center and you have no choice but to detox at home, then you can use a variety of over-the-counter supplements that will help target and minimize the discomforts of withdrawals so that you can comfortably pass through the peak days of withdrawals. Please do not rely 100% on supplements, you will want to incorporate as many natural healing methods as possible. This can include salt baths, topical magnesium oil, essential oils, meditation, Tai Chi / Qi Gong, sun gazing, self-healing techniques, even positive affirmations and mantras. If you can integrate the medicinal properties of nature along with your own innate ability to heal, you will be able to get through the physical withdrawal period. It is recommended to speak with someone who has experience with these products so that you can make responsible decisions on how to approach this process. Please speak with a doctor before beginning any stage of detox. This is a medical process and needs to be approached with caution and preparation.

Recommended herbal products:

- Heantos 4
- Quantum Herbal Assist

- Calm Support
- Elimidrol
- Neural Balance
- Kratom
- Gui Pi Wan
- CBD
- Activated Charcoal
- Additional herbal supplements

Keep track of all products in your journal, including recommended dosages, contact information, cost, etc. Always order a 30-day supply of each product so that you have more than enough to detox with and some left over to use for maintenance. It is important to test every product before beginning detox. Please do not begin any stage of detox until you have spoken with your primary care physician or addiction specialist.

You can keep track of all products and dosages using a chart that looks something like this:

Date	Time	Product	Dosage	Notes

You will want to alternate products so that you receive around-the-clock relief from symptoms. As a product wears off, you take the next product, and slowly work your way through the peak days of withdrawal. It's important to keep a log of when and what was taken because drowsiness and confusion may occur. It's recommended to have someone there with you to keep track of the supplements you are taking, as well as prepare meals, baths, and just generally look after you and keep you company. The week of detox should be all about self-love, nourishment, and rest. This is a time of healing and

rebalancing. It isn't an easy process and it will take total commitment, but it can be done if you just stick with it and make all the necessary preparations.

Journal Entry:

Design a protocol for your peak days of withdrawals (and taper if applicable). Create a blank chart that you can either print and tape into your journal, or simply draw it with a ruler and marker, so that you can keep a detailed log of all products taken, at what time, and how much. Make sure you have at least 6 pages set aside for this chart.

Date	Time	Product	Dosage	Notes

Please write the following herbal recommendations in your journal:

- **Herbs for sleep** – Calm Support, Valerian, GABA, 5HTP, Melatonin, Passionflower, Kava Kava Root, Chamomile
- **Herbs for anxiety** – GABA, Kava Kava Root, Passionflower, Ginger, Chamomile, St. John's Wart
- **Herbs for depression** – 5HTP, St. John's Wart, Kava Kava Root
- **Herbs for restless leg** – Magnesium (also Magnesium Oil for topical use), Gotu Kola, Ashwaganda, Passionflower, Kava Kava Root, Epsom Salt (baths), Hyland's Restless Leg (purchase at any pharmacy)
- **Herbs for stomach ailments** – Ginger, Cinnamon, Dandelion
- **Herbs for Energy** – Gui Pi Wan, Maca Root, Ginseng, Eleuthero, Ashwaganda, Green or Black Tea, Yerba Mate

- **Herbs for pain** – CBD, Wild Lettuce, Eleurtho, Curcumin, Ginger Turmeric, Holy Basil, White Willow Bark, Arnica (Arnica cream for topical use), Magnesium, cherries, cranberry juice
- **Herbs for hot flashes and night sweats** – Black Cohosh, Dong Quai
- **Natural remedies for chills** – hot water with lemon and honey, cranberry juice, rub warm washcloth all over body, take hot Epsom salt or sea salt bath
- **Herbs to boost immune system** – Echinacea, Garlic, Ganoderma
- **Vitamins recommended** – C, D, B Complex, B12 Sublingual
- **Balancing the body post detox** – Endocannabinoid System Activator, Gui Pi Wan
- **Eliminating toxins** – Activated charcoal, Red Clover Blossoms, Senna tea

4) **Create a detox plan** – Once you have set your goals, selected all resources you will utilize, ordered your supplements, and designed a protocol, the next step will be making all preparations necessary for the week of detox. If you are doing a medical or Ibogaine detox, then you will need to make all travel arrangements and reservations.

The following is a list of preparations that will need to be made before beginning an at-home detox:

- Setting and location
- Testing all products
- Separating dosages
- Diet before and during detox
- Preparing the mind and body
- Intestinal cleanse
- Creating a support system

Journal Entry:

In your journal write a detailed detox plan, including where you will be detoxing, what date you plan to begin, and who will be with you. You will need to test each product before you begin detox so that you know what to expect and what dosage works best for you. The best way to test a product is to wait until you're ready for your next drug dose (on days prior to detox, where you are still actively using) and prolong that next dose. Wait until discomforts start creeping up and take a dosage of one of the supplements instead. ***Only test one product at a time, so this might take several days if you have multiple products.*** Remember, it'll take about an hour for the herbal product to kick in, so you may feel uncomfortable for a little while, and that's okay, just push yourself through it. Take a bath and relax. This is an important step in the process. After an hour or so, you will evaluate how you are feeling and if the discomforts were eliminated. You will want to keep a log of each product and the dosage that works well for you. You may also want to separate dosages of the different products and make any preparations necessary. For example, some people will use 5-10 grams of powdered Kratom each day during the peak days of an opiate detox. If you prefer to take this in capsule form, then you would want to prepare all capsules prior to beginning the detox so that you can easily grab your next dosage without having to take the time to fill and measure the capsules. Diet during and after detox will be a very important part of this process as well. A poor diet will hinder this process, so please be sure to eat a nutrient-rich, high fiber diet. It is important to drink a lot of water and to keep processed, sugary foods to a bare minimum. In your journal, make a list of all foods that you would like to have during your preparation and detox stage. Preparing the body and the mind are critical steps to take prior to detox. Another important preparation for the body is to ensure that

you are using the bathroom regularly. Opiates will cause severe impacts, so please be sure to do intestinal cleanses and begin the process of eliminating toxins. Elimination is key to detox; the longer the toxins remain in the body, the longer the withdrawals will last. Taking regular Epsom salt or sea salt baths during detox will help to draw toxins from the body. Please use as many natural methods as possible so that you can get through these days as quickly and comfortably as possible. Preparing the mind is also an important step in the preparation stage. Once you have detoxed, you will need to be mentally prepared for coping with day-to-day life in a sober mind. In your journal, make lists of coping mechanisms that you will want to start utilizing. For example, you may want to make lists of positive affirmations that you can recite during harder moments, or prayers / mantras. You may want to include titles of free YouTube videos such as guided meditations, Qi Gong instructional videos, motivational speakers, etc. You may also want to make lists of support groups that you can attend or reach out to, such as twelve step groups or SMART recovery groups. One of the main purposes of your recovery journal is to have an abundance of helpful information that you can turn to during difficult moments. For example, if you are having a stressful day and are feeling overwhelmed, you can find a quiet place to sit, light a candle, put on relaxing music, and flip through your journal, reading through lists of positive affirmations, prayers (if applicable), goals, recovery quotes, etc. Oftentimes, you can redirect that feeling of being overwhelmed, take several deep cleansing breaths, and continue on with your day. It will take some time to acclimate to this new way of coping with life, and eventually you may not need to refer to your journal, but in the beginning stages of recovery it can be incredibly helpful to have all of these positive reminders combined in one place. Finally, you will want to take some time to design a support network. The following is a list of examples of people who you may want to include in your support network:

- Family members
- Sober friends
- Local groups (meditation groups, church groups, etc)
- 12 step friends and sponsors
- Religious teachers or spiritual guides
- Physicians
- Counselors
- Social workers
- Recovery coaches / support specialists
- Online friends / support groups
- Pen pals
- Neighbors
- Co-workers
- Classmates
- Teachers / professionals

Once you have created a list of people that you would like to include in your support network, in your journal you will want to write down all of their contact information, including home phone, cell phone, email address, etc. It is recommended to reach out to everyone in your support network to let them know you are about to begin your recovery plan and that you have them listed in your support network. This will let them know that you may be reaching out to them for support in the days, weeks, or months ahead. The more people who are supporting you through this process, the better. This is a time in your life where you want to reach out and make healthy connections in the world around you.

5) **Create an aftercare plan** – Once the details of your detox plan are set in place, you will want to spend time making your aftercare plans. For some, this will include staying with friends, going into a residential or halfway house program, or it may mean continuing to stay where you currently live and incorporating recovery work into your new daily routine. Everyone's situation is unique, so you will need to design an aftercare plan that works best for *your* needs and situation. You will want all preparations made ahead of time so that as your week/s of detox come to an end, you will want to transition right into your aftercare plan, remaining in a safe, sober environment at all times.

Examples of aftercare plans are as follows:

- Inpatient programs
- Intensive outpatient recovery programs
- Halfway house / sober living environments
- Psychotherapy (in-person or online)
- Recovery groups / meetings
- Online recovery / support groups
- Spiritual / religious retreats
- Ibogaine therapy
- Ayahuasca or Kambo treatments
- Creating new daily habits
- Nutrition and fitness
- Religion and spirituality
- School or training programs
- Seeking employment / career change
- Staying with friends or family members
- Local groups and classes (meditation, Yoga, Tai Chi, churches, spiritual centers, etc.)
- Journaling

- Starting a hobby or sport
- Community service
- Creative endeavors
- Travel
- Relocation

When designing your aftercare plan, spend some time contemplating what an 'ideal new life' would look like to you, and take every necessary step to manifest that in your daily life. If this means spending thirty days in a treatment center so that you can regain balance and clear mindedness, then so be it. Utilize every resource available to you and design the most transformational recovery plan that you can imagine!

Journal Entry

Create a detailed aftercare plan that will outline the next chapter of your life. If you will be going into a treatment center then your aftercare plan may want to include all information regarding the treatment center, followed by where you will go once you are done with treatment, and what types of recovery work you will be incorporating into your daily life. Or, if you will be staying home for your aftercare plan, then design a detailed plan for each day. For example: start your day with a healthy breakfast and an herbal supplement / vitamin regimen, meditate for 15 minutes, do a 15-minute Qi Gong video, go to a 12-step meeting or log onto SMART online recovery groups, work / school / job search, recite positive affirmations 3x a day, go for an evening jog, write in your journal, bedtime meditation. Other than the cost of the vitamins and supplements in that example, that's a completely free recovery plan. If you could commit to that for thirty days, your life could very well transform. But, you *must* do the

work, you **must** be 110% committed to doing **whatever it takes to stay clean.**

6) **Design a long-term maintenance protocol** – Whether you are doing a medical detox, Ibogaine detox, or cold-turkey detox, it is recommended to have a regimen of herbal supplements and vitamins for at least thirty days while you are re-balancing your unbalanced body. Chemical dependency causes a lot of lingering side effects that can be managed with natural products. Please do plenty of research on how to design an herbal and vitamin regimen to help re-balance the body and eliminate the discomforts of PAWS (Post-Acute Withdrawal Syndrome).

7) **Make all final preparations** – Now that you have come this far - you've ordered herbal products and designed protocols, you've set goals, created a timeline of steps, you've designed a detox and aftercare plan, created a support network, and have documented lots and lots of great positive information – it is finally time to make final preparations and move forward with this process. Final preparations may include the following:

- Confirm all appointments
- Thoroughly clean your home and space of **all** drugs, paraphernalia, and reminders of drug use
- Delete drug contacts from your phone, email, and social media
- If you will be going into a treatment center or somewhere other than home to detox, pack your bags and make all travel arrangements
- If you will be detoxing at home, go grocery shopping for at least a week and get your bedroom cleaned up and cozy for a week of resting and recuperating

- Make sure you have tied up as many loose ends as possible so that you can have as calm and quiet a week as possible

8) Time to begin! – Finally, the time has come to put all of this hard work to use and begin your detox and recovery plan! If you have any questions or need advice about designing a recovery plan, please send me an email at Heantos.jen@gmail.com, I'd love to try to help!

Chapter XIX

**APPENDIX V:
INTERVIEW WITH
DR. KAMLET

'THE TRUTH ABOUT
ADDICTION'**

XIX

**APPENDIX V:
INTERVIEW WITH DR.
KAMLET**

**‘THE TRUTH ABOUT
ADDICTION’**

CONDUCTED BY: JENNIFER ROSE OGLESBY

April 18, 2018

Over the past five decades, Ibogaine has transitioned through several stages here in the West. Currently, the Ibogaine community is in disarray, mainly due to disorganization, misinformation, and improper training. I recently interviewed Dr. Jeffrey Kamlet who was named the ‘World Safety Expert on Ibogaine’. In this

discussion, Dr. Kamlet shed light on a wide range of recovery topics, including Ibogaine, pharmaceutical maintenance drugs, twelve step programs, and more.



***Jennifer:** You are a leading expert in the field of recovery worldwide, and you have treated and helped thousands of lives. You are a unique practitioner because you work with recovery modalities from all ends of the spectrum, ranging anywhere from Suboxone to Ibogaine. Could you please tell me about your history in the field of recovery and what led you to the discovery and use of Ibogaine as a method of addiction treatment?*

Dr. Kamlet: I became interested in addiction medicine in approximately 1997. A friend of mine who was an addiction doctor said, “Jeff, why don’t you join the American Society of Addiction Medicine?”, so I went to one of their conferences. They were running a detox center on Mount Sinai and I began helping. We had, in my opinion, one of the best detox programs in the country. We were using liquid opiates every four hours around the clock for detox. We were using opiates to get patients off other opiates, which is still the current U.S. model of treatment. We were very successful because people were also going to 90-day residential program and NA meetings following detox. Back in those days there were very few treatment centers. That’s when I was introduced to Dr. Deborah Mash who told me, “I have a drug that can treat opiate withdrawals in 24 hours”. I had read about Ibogaine, but I was skeptical of articles written by PHD’s who have to ‘Publish or Perish’. I saw addiction medicine to be a new and exciting field where a person like myself could

actually rise in the ranks quickly and make a difference. I saw a lot of room for improvement in the opiate detox models that were being used in the United States at that time.

At that time, Dr. Mash, Ph.D., had just started working with Ibogaine. She had treated a couple patients with Howard Lotsoff in Panama, but they didn't really know what they were doing. She then received permission to do a clinical trial in St. Kitts. Even though it was a legitimate study, the patients were going to have to pay ten to fourteen thousand dollars to spend ten to fourteen days there. When you do a clinical trial in the U.S., you aren't allowed to charge anybody money, but since nobody was funding this study, the patients had to pay. I was excited and honored to work with Dr. Mash whose reputation on brain chemistry and addiction had been widely published.

For the next approximately seven years we went to St. Kitts once a month. We'd treat anywhere from ten to fourteen patients per trip, we would treat four a day, and we started to learn. We learned how to pre-screen, stabilize the patients, stabilize them on opiates prior to their flood dose, how to administer Ibogaine, how to use the music, and how to care for them post treatment.

We also noticed the possible dangers associated with flood dosing. This is when I noticed the QT prolongation, hypotension, bradycardia, and bizarre t-wave changes on EKG. Back then nobody was looking at QTc prolongation. Most of what was learned about the drug originated from my observations in association with Dr. Mash who was a PHD, not an MD. Information on how to administer this drug safely primarily came from my observations, and much of the theory of how Ibogaine was working on the brain came from Dr. Mash's work, and others. I was a previous E.R. director who was board certified in addiction medicine and also had an interest in entheogenic drugs. So, the meeting of Dr. Mash and myself was truly serendipitous.

Jennifer: The most important element needed to bring credibility to Ibogaine is the science to back the claims. Can you tell me about the work you did with Dr. Deborah Mash? What was the goal of this work and did any positive changes result from it?

Dr. Kamlet: The whole idea back then was that we were going to collect enough data and then Dr. Mash and I were going to go in front of the FDA, show them this data, and it was going to be so good that they couldn't ignore it. Dr. Mash and I had co-lectured at several major addiction conferences, but we had little proof except for our word and patient testimonials.

Seven years and three hundred and something patients later, we had a massive amount of legitimate, super-scientific, ethical data.; provable data that was so good I thought it would hardly be believed. I was quoted as saying, "In my opinion, Ibogaine is the most important discovery of addiction medicine". What it takes to do in ninety days in a U.S. model, I could do in *one day* with Ibogaine. Not only can I detox you, but I can get you past post-acute withdrawal, and have a patient who is ready for change.

This is the example I was using, "If you got busted, were thrown in the jail cell for ninety days and went into a cold-turkey withdrawal, the day after Ibogaine you would be where you were ninety days into a cold turkey detox". Essentially, it's throwing you ninety days ahead of the curve.

Ibogaine is not a cure for addiction. Many people were relapsing and coming back. The ones who went to rehab and/or NA meetings seemed to have a much greater sustainable recovery rate. It's an interesting thing because most of them said that they had already been to treatment and they've been going to meetings, "I've been detoxed twenty times before and those meetings don't work for me". But after Ibogaine, most of them decided to go to rehab and to meetings. Many of them went

to a rehab called C & G Holistic, which was in Miami. One of the owners would come down on every round with us, his name was John Giordano. He ran a good aftercare program; a lot of the patients would go back with him and we had a whole Post-Ibogaine recovery community in Miami. This was very encouraging for us because post-Ibogaine patients became teachable.

So, we finished the study. Six months went by and I start asking about the data. More time went by, but for some reason that I still don't understand, the data never came out. I believe that if that data would have been released in the early 2000's as promised, that Ibogaine would be available in the United States today.

Dr. Mash, myself, and a team of many other competent professionals with credentials started this study with the intention that we were going to give this data away as our gift to the world, but the data was never released by Dr. Mash.

Then, there was an explosion of unregulated Ibogaine clinics opening outside the U.S., and as quoted in the medical literature, the 'Vast Uncontrolled Experiment' began.

I have a joke that I tell, "What happens when you give a heroin-addicted sociopath Ibogaine? He gets clean and opens up an Ibogaine clinic!" That's not to say all clinics are bad, but many were and continue to be.

Ever since day one, all I ever wanted to do was to make Ibogaine affordable, safe and available to anyone that needs it in the United States. So, let's say this is done as a one-day procedure at a hospital, I would think the cost could be approximately two-to-three thousand dollars, administered safely with cardiac monitoring, doctor at the bedside, etc. A trained physician could treat twenty patients at a time per day. That was all I ever wanted to see and it's what I hope to see while I'm still on this planet.

Unfortunately, I just don't see that happening. We live in a capitalistic society where we don't have a health-care system, we have a *sick-care* system, run by Big Pharma whose motives are to turn profits for their shareholders as opposed to finding cures for illnesses.

When the Ibogaine clinics started opening, at first, I kept all the information I knew to myself. I really believed we were going to go before the FDA with the data and I didn't want to give this information to bad providers. When I realized that wasn't going to happen, I started going around to all the Ibogaine conferences telling them everything that I knew, "This is what I know about Ibogaine, this is how you give it safely, you need constant cardiac monitoring, you need fluids, magnesium, you need to monitor QT prolongation, don't take a patient who's liver enzymes are two and a half times normal, don't take a patient who's QTC is 480 or above, etc. etc." In addition to prescreening, psycho-social history, physical exam, complete lab tests, safe treatments, and effective aftercare. If clinics were going to treat patients with Ibogaine anyway, let me at least help them understand a safe, effective model of treatment and possibly even scare those away who were incapable of providing proper safety during treatment.

I started to explain how to get people off Methadone and Suboxone by calculating half-lives, something so simple that a third grader could understand it. Patients on very long-acting opiates could not go directly to Ibogaine flood dosing because there should not be any opiate in the patients' system to compete with Ibogaine metabolites for the opiate receptor sites. The half-life of Methadone and Suboxone is twenty-four hours. Let's say the person is taking 8mg of Suboxone, tomorrow you have 4mg left in your system (and maybe you need a little bit of Oxycodone), the next day you have 2mg left, the next day you have 1mg, the next day you have a half milligram, the next day a quarter milligram, the next day you have an eighth, and the next day you can be treated. After hearing this at various lectures I gave, clinics were telling people that they need to get back on short-acting opiates for thirty days

before they could be treated because the lay providers could not understand the pharmacokinetics of long-acting opiates. I got many calls from patients asking how they could get a thirty-day supply of short-acting opiates. I would ask them what the clinics were telling them about where they could get short-acting opiates, and they were telling patients to go buy heroin or the Oxy that they bought on the street as they did before! How absurd!

This is the value of someone like myself. I can legally do your switchover from long-acting to short-acting opiates in the United States, and then you would arrive at the clinic outside the U.S. ready to be treated.

Very few clinics in Mexico are licensed as an actual addiction clinic and can legally supply large amounts of morphine to stabilize patients pre-flood dose. I don't know how the other clinics are getting their opiates. I've had people tell me that they went to clinics who were driving around bad neighborhoods in Tijuana trying to buy Oxycodone, et. al., because they were going into withdrawals...crazy stuff!

They say there's been nineteen Ibogaine deaths, but that's not true. In my opinion, there have been many more Ibogaine deaths, possibly even into the hundreds, because deaths in foreign countries and deaths through the Ibogaine underground are not reported.

I have a folder of complaints about Ibogaine providers and clinics that I've been keeping for the last ten years, claiming sexual molestations, abuses, financial rip-offs, ineffective treatments, patients going home in withdrawals and clinics not answering the telephone. There was even one place claiming that they had the 'Triple Guarantee', but when you got home and were in withdrawals or relapsed, they would never answer their phone again. One clinic was selling Ibogaine followed by Ayahuasca seven days later, until they had a patient die while on Ayahuasca. In my model, I think that is insane.

I had a patient once tell me that a clinic was explaining how to get back on short-acting opiates, so he asked if he could use Benzodiazepines (Valium) and they told him to use all the Benzos you want! He showed up and was taking 100mg of Valium a day! I said, “WHY?!” he said because the person who answered the phone for the clinic told him it was okay. Now that patient was opiate-free but had a Benzodiazepine habit which Ibogaine would not be able to help with.

I know I got a little off track here, but that is how I got involved with Ibogaine. Once I realized the data wasn't going to be released, I decided to meet all the providers and go to all the Ibogaine conferences. Dana Beal started small conferences in New York, then we grew to GITA (The Global Ibogaine Therapy Alliance), and then we started working on ethics and scientific planning. So, there were a lot of good people with good intentions, but they still didn't really understand the addiction side of this. I am giving Ibogaine to people who want to treat their addiction, I am not giving Ibogaine to people who want to have a spiritual experience, nor am I treating PTSD or depression, I am strictly treating addiction. Yet sometimes with Ibogaine you do get a bonus, the visionary component can be like receiving years of good therapy done in one day.

What makes Ibogaine so special, as compared to every other plant teacher out there? **Ibogaine is the only substance on the planet that will ameliorate opiate withdrawal in less than twenty-four hours.** That makes it the most important discovery right now in addiction medicine as we face an opiate usage and death tsunami across the United States and the world. We have 75,000 opiate deaths per year in the United States at present. Could you imagine the outcry if 75,000 people died from the Zika Virus? This is a ‘miracle drug’ that shouldn't even go through clinical trials, it should just be brought out tomorrow on an emergent basis because everybody knows it works. Unfortunately, that will not happen in the near future because the pharmaceutical lobby and others don't want to see this drug come out.

Jennifer: Harm Reduction seems to be an oftentimes overlooked element in recovery, but in my advocacy work it seems clear that recovery is oftentimes a slow process with many small goals and improvements. What Harm Reduction tools do you implement in your practice?

Dr. Kamlet: I am a full 100% believer in Harm Reduction. The great majority of people cannot afford Ibogaine and will never be able to afford proper Ibogaine treatments. So, if you're in the streets, robbing people for heroin and sticking needles in your arm, guess what...going on Suboxone is a tremendous improvement on your life. I have patients on Suboxone who go to work every day, nobody knows they are on anything, they act 'normal', the drug doesn't tell you to take more of the drug, and you can't possibly die from it unless you mix it with other drugs (especially Benzodiazepines). This, in my opinion, is Harm Reduction. Getting pain patients on lower doses of pain medication is also Harm Reduction.

Methadone can be Harm Reduction, but I think Suboxone is better than Methadone. There is no such thing as a blocking-dose of Methadone. I've been involved with Methadone since 1984, I sat on the board of the National Association of Methadone Advocates, and there is no such thing as a blocking dose of Methadone. People are always wanting to take larger doses of Methadone, and I don't care if you are taking one thousand milligrams a day, you can still shoot dope while you're taking it. Methadone is difficult to get off of, but it's a hell of a lot better than going to jail or being in the streets and dying.

I tell people all the time, even if you're still using, go to an NA meeting. There's no rule that says you have to be clean to go to a meeting, they say "If you used a drug today then please don't raise your hand to share because we want to hear from you,

not the drug". Where else are you going to find hope? You aren't going to find hope on a Methadone line, or in the Suboxone doctor's office.

Every month I have three to four Suboxone patients who have detoxed to zero, because I have a protocol, a way of cutting the films where I can taper a Suboxone patient. If you're on 16mg of Suboxone it may take up to eighteen months to do this if you need to do it comfortably, but it can be done. While you are tapering you need to go to meetings. Otherwise, you're never going to have the fortitude to get through this long, difficult process.

In the United States, where we do pharmaceutically assisted detox, this is where a lot of people make a mistake. Let's say you're taking 4mg of Suboxone. The detox protocol says that every day we are going to bring you down 1mg, or every week or every month. When you go from 4mg to 3mg, I just cut you back by 25%. And then you go from 3mg to 2mg, it's the same 1mg, but I just cut you back by 33% of your total dose. Now you go from 2mg to 1mg, you're getting sicker and sicker, and you don't understand it because it's the same 1mg, but it's 50% of your total dose. So, anytime a detox or a rehab gives you a standard dose to go down every day or every few days, the patient is eventually going to get sicker and sicker. When we originally started doing detox, I came up with the concept of reducing the percentage of the total dose, so if someone is doing a detox, we are going to reduce their dose 5% at a time. You can't do this when you're taking solid pills, but when you're using liquid medication like Dihydromorphone or Morphine, or even Dihydrocodone, I can literally pour you 1.18mg, or whatever it might be. This way you can keep your reductions calculated by percentage. Remember, if you take 16mg of Suboxone today and you take 16mg tomorrow, on that second day you really have 24mg in your system, because you have the 16mg that you took plus 8mg left over from day one. On the third day, you have the 16mg that you took, 8mg left over from day two and 4mg left over from day one. So, by the time you get up to day ten, you might be taking only 16mg a day, but you have about 30mg in your system. I noticed that if I

cut people back on their dose no quicker than every ten to fourteen days and keep the cut back less than 20% of their total dose, they don't go into major withdrawal because they have so much back-up drug on board.

When Suboxone first came out it only came in a tablet form and only in two dosages of 2mg and 8mg. That made tapering very difficult. If the intention of the drug company was for people to detox off this drug, should there not have been a 1, 2, 3, 4, 5, 6, 7, and 8mg dosage? However, when they came out with Suboxone film, I could take a piece of film and fold it into eight perfect little squares. I take an 8mg film and I fold it in half, and then fold it in half again, and I open it up and I've got four pieces of 2mg. Then I fold it on the horizontal and I have eight squares of 1mg each. Now I can tell the patient to take a scissor and cut 1mg or a half milligram off that film, and that's their cut back.

I do clinical trials in my office. Drug companies hire me and my clinical team to help bring out new drugs, such as asthma drugs, antibiotics, last year we did a clinical trial on the flu vaccine, this sort of thing. I know a lot about doing clinical trials. I was involved in some of the original clinical trials on Suboxone and other like products to be used for Medicated Assisted Treatment (MAT). Before these drugs ever came out, I saw how they worked. One of the makers of a Suboxone product used to pay me to speak, because I was one of their Scientific Board Members. When that company first came out with their drug, I was given one of the first MAT DEA licenses in the United States. I was sent around the country to teach other doctors how to use Suboxone and then Vivitrol, another drug used to prevent alcohol and opiate relapse in patients who have already been detoxed.

The drug companies were telling everyone, the government included, that patients would be off opiates in thirty days because we were going to use Suboxone to detox them. That was said to get the drug approved by the FD and the DEA. Now what

they are selling is, “Stay on Suboxone forever!”. Why? Because they want to make a fortune.

I have patients coming into my office tell me that they are getting Suboxone from doctor so-and-so, right down the road. Then why are you coming to me? Because they went back for a follow-up visit and told that doctor, “I only needed 4mg of Suboxone to feel okay, but you told me I needed 16mg, and on 16mg I was too sedated. I only need 4mg.”, and the doctor would actually yell at them for not taking 16mg, stating, “You’re going to relapse!” I hear this all the time.

Many doctors don’t care, they just want the patient to come back every month; here’s my \$200, here’s your prescription. Many others are just not experts. The training to prescribe Suboxone is very minimal in an attempt to make this drug available to as many people as possible. I only know of one other doctor that asks the patient, “Are you here to get off this drug or are you here to stay on it?” Recently in the U.S., nurse practitioners can receive permission to prescribe MAT. The government and the drug manufacturers’ reasoning for this was to make the drug more accessible in areas that access to physicians was limited. However, I ask the question, “Are these practitioners who are not consummately trained in addiction medicine really able to prescribe this drug properly?”

I’ve had patients that were sixty years old and have been taking opiates for forty years that want to stay on MAT forever, and since they’re old and sick, that’s okay! If that works for you, that’s fine. But when a twenty-one-year-old kid comes to me and says he would like to stay on Suboxone forever, that’s absurd! I tell them, “Let’s do a slow taper”. Sometimes it takes twelve months, sometimes it takes sixteen months, sometimes it takes eighteen months, but we do taper them. And those who go to meetings and therapy while they are tapering, do better. Under U.S. law, there *must* be a therapeutic component to medicated assisted treatment for opiate dependents using products like Suboxone. However, that is infrequently the case.

It's interesting, Narcotics Anonymous at their next world convention is actually voting on a law to be more accepting of Suboxone and Methadone patients. In other words, the rooms didn't know what to do with Suboxone patients; are you considered to be in recovery using Suboxone, or are you considered to be still using? That paradigm is shifting now to welcome Suboxone patients into the meetings, which in my opinion is a huge step forward.

I've been telling people on Suboxone for years to go to meetings and make connections with people in recovery. How can I tell my patients to work a program based on rigorous honesty and then tell them to lie about being on Suboxone? This is why I tell drug users not to go to AA meetings, because you are stating that you're an alcoholic, and you are not. In NA, it states, "Let there be no mistake about this, alcohol is a drug."

Find a sponsor who is open minded enough to say, 'I will sponsor you as long as you are cutting back on your Suboxone dosage'. Unfortunately, not all people will do that, some people won't sponsor you because you're on Suboxone. The most important thing is to just be honest with your sponsor.

So, this is a very successful model that I have, because most patients can't afford Ibogaine or anything like it. Especially the way I do Ibogaine, it becomes very expensive. I see you for a week or two and do the physical and psychological work that must be done before a flood dose, including labs and cardiology clearance. Then I stay with you twenty-four hours around the clock during and after your treatment. Then, ongoing contact for as long as the client wishes for post-Ibogaine aftercare treatment. It isn't a money maker for me because the days that I'm there are days that I'm not in my office. I still have a staff in the office, still paying rent, still paying salary, and I'm not seeing the patients that pay my bills. So, the figure that I came up with is one that breaks it even, that way I'm not paying out of pocket. That's what

I did back with Dr. Mash as well, I didn't want to get paid for being there, but I did need to cover my expenses.

Jennifer: When people come into your office addicted to opiates, what is your preferred method of treatment, Suboxone or Ibogaine? And why?

Dr. Kamlet: We have no choice. In other words, in the United States model there is only one thing a doctor can do on an out-patient basis for a patient addicted to opiates, and that's MAT.

I am also certified in pain management. I see a lot of patients with cancer and terrible diseases. Some were addicts but we managed their pain in a way that they don't go off to the races. But when somebody comes in and says, "I have a problem with opiates, I'm an addict", in the United States model I cannot by law give an opiate to an opiate addict to detox them on an out-patient basis. That's against the law. You also cannot give Methadone to an opiate addict unless it's in a Federally Licensed Methadone Clinic that is highly overseen by the DEA. There are two Methadone treatment programs in all of Miami. How many millions of people live in Miami, and there are two Methadone clinics, and they make a fortune, at \$12/day per patient.

The only thing I can do is offer everybody MAT, but I tell everybody about Ibogaine. The great majority of my patients live off an \$800 disability check a month, so taking Ibogaine is out of the question. Nor would I recommend anybody, in good conscience, reach out to the Ibogaine underground, or buy Ibogaine from a website; it's just too risky.

When a patient asks me about Ibogaine and can't afford proper safe treatment, I tell them to go to a Narcotics Anonymous meeting. Almost everybody is there for opiates and at the end of the meeting they will say, "If you have a year or more, raise your hand". This is to show the new-comer that this program really works. All these people raise their hands, and none of them took Ibogaine, so there's a lot of ways to get clean.

You can't pick a treatment modality for a client until you meet the client. What's the level of motivation? What's the support system? Are they dual diagnosis? It has to be custom-tailored. However, I am limited to what I can put on my menu, here in the United States, it's only Subutex or Suboxone or other similar Buprenorphine products.

Jennifer: What is the difference between Suboxone and Subutex, and which do you prefer working with? Also, are shots like Vivitrol safe to use, and will the patient go into withdrawals if they abruptly stop using it?

Dr. Kamlet: Subutex, or Buprenorphine, is a synthetic opiate which is a mixed opiate-agonist and antagonist. That means if an addict took it with other opiates, it would throw them into withdrawal. Thus, patients starting medicated assisted treatment must first be in withdrawal to start Buprenorphine containing products. Subutex is pure Buprenorphine and it has the potential for injection. Suboxone is Buprenorphine mixed with Naltrexone. Thus, if it was injected it would throw the patient into narcotic withdrawal. Suboxone and similar drugs are preferred to pure Buprenorphine to prevent anybody from injecting it. Subutex and Suboxone are both given sublingually, and it is absorbed by the veins under the tongue. According

to the DEA and the FDA, Buprenorphine containing Naltrexone is always the preferred treatment due to the fact that its less abusable.

In my personal practice, when I am transferring a patient from heroin to medicated assisted treatment, I give them Subutex for the first seven days and then switch them over to Suboxone. 98% of the Naltrexone in Suboxone is deactivated sublingually, but even that 2% can make the transition from heroin or Oxycodone more difficult. So, to ensure a smoother transition to a safer drug, Subutex is typically used for induction only.

Vivitrol is a completely different type of product. Vivitrol is long-acting Naltrexone given as a once a month shot. It was first approved by the DEA for alcoholics who were sober to prevent alcohol relapse. Many years later, it received FDA approval to be given to opiate addicts who were opiate-detoxed to prevent relapse. Caution needs to be taken here because if a patient still has opiates in their system when they receive their first Vivitrol shot, they will be thrown into long-term intractable opiate withdrawals which could last anywhere from days to weeks. Thus, in my practice, all patients must show they have no opiates in their urine drug screen before receiving their first shot of Vivitrol.

I helped do the clinical trials for Vivitrol and I personally was very skeptical at first. The use of a pure opioid-antagonist to prevent opiate relapse was counter intuitive to me. Yet, after many years of observing patients who received Vivitrol, regardless whether they go to treatment, NA, or do nothing, the Vivitrol group does better in each instance. However, this may be placebo effect.

It is my opinion that patients who do a flood dose of Ibogaine should not take a shot of Vivitrol post Ibogaine for at least sixty to ninety days after the flood dose. You may ask why...If the bi-product of Ibogaine, whether its Nor-Ibogaine or 18MC, is working as a pseudo irreversible agonist of Mu and Kappa opioid receptors, and Vivitrol is given, they both may be competing for the same receptor sites. My

experience has been that people who take Vivitrol immediately after Ibogaine lose that sixty to ninety-day post Ibogaine “window of opportunity” and cessation of post-acute withdrawal syndrome (PAWS).

***Jennifer:** The Ibogaine community made its introduction in the 60’s when Howard Lotsoff accidentally discovered its ability to combat opiate withdrawals. Since then, it seems to have gone through several stages, including the underground communities in the early 2000’s and now the global outbreak of unregulated clinics. Currently, myself and many others are seeing the flaws in the community as a whole and our goal is to improve the credibility and efficacy of the Ibogaine industry. Do you believe it is possible to transform this controversial community into a well-respected alternative medical community?*

Dr. Kamlet: Honestly? No, because we have no authority to force anybody to do anything. And you can’t teach somebody ethics.

There are some people out there who are really good, ethical people, who have really good Ibogaine clinics. They pick and choose clients, and they turn away those who aren’t a good candidate. They’re very loving and try to do their best. When they have a problem, they call me, they ask me if they should take this patient. This may be about half of the Ibogaine community. And *still* in the best-case scenario, people can die at their clinics.

Some say, “Well, I treat addicts that would have died anyway”, but to me that’s not an answer. I’ve done Ibogaine treatments for twenty-two years and I’ve never killed anybody. I’ve never had a single patient even go through an E.R.

This can be done in a way that is 100% safe. Nobody needs to ever die from an Ibogaine flood dose if done in a proper medical model by trained licensed medical professionals. This could be done properly in the U.S., under a strict medical-psycho-social protocol. I don't see that happening in the U.S. anytime soon, nor are we going to be able to stop bad clinics from opening up.

I ask this question, "What is a successful Ibogaine treatment?" Is 'success' when a patient goes home and they aren't in opiate withdrawal? Shouldn't success be that the patient was clean for six, twelve, eighteen, twenty-four months? That's success to me.

Everybody selling Ibogaine as a 'cure for opiate addiction' is lying. Ibogaine is not the 'cure' for anything. It's a way to facilitate detox and a way to get through post-acute withdrawals with a lot less suffering. But please don't think that you can *just* take Ibogaine and never use again.

Some people are going to say, "I know a guy that did Ibogaine and never did any recovery work and stayed clean!". Well yeah, every once in a while I meet a young man, someone who is twenty, thirty, or thirty-five years old, just got caught up in the Oxy fad, not *really* an addict, just more or less got caught up by mistake. These guys are going to take Ibogaine and they aren't going to use again because they aren't really addicts.

But when you're talking about people who have relapsed six, seven, eight times before, who may be IV users that may also smoke crack, and when it comes to usable drugs for them, "One is too many and one-thousand is never enough". So, to say Ibogaine is going to 'cure your addiction' is a lie. The last patient I had return from an Ibogaine clinic for treatment was seen by me in my office today and had twenty-two days opiate free. He has not made it to an NA meeting yet but the physical transformation that took place is remarkable. This patient had been to fourteen prior detox and long-term rehabs in the U.S. before taking Ibogaine for the first time

twenty-two days ago. He looked like a walking skeleton before taking Ibogaine and now looks like the poster child for good health. The key question to ask is, “Will this person achieve sustainable recovery?” Ibogaine post-flood dose provides a window of opportunity for change. It is *critical* in the treatment process that the provider comes to an agreement with the patient as to what the post-flood dose aftercare plan will be to ensure that change takes place during that window of opportunity.

Jennifer: You are currently practicing in the state of Florida which recently approved the use of medical Marijuana. Do you feel that this particular plant medicine is beneficial in addiction treatment, or do you feel that it’s recreational use can be counter-productive to a person in recovery?

Dr. Kamlet: I don’t personally use marijuana, but I was the head of Scientific Planning to get this drug legalized in Florida. I did the television commercial free of charge to get it legalized, and I took a lot of heat for this because there were a lot of people in Florida that didn’t want to see this get approved.

I have one of the first Florida Cannabis Prescribing Licenses and I have several patients in my practice who are being treated for legitimate pain. They suffer from severely painful diseases, and they have been able to get off their pain medication using medical Cannabis. So, this does work.

Can Cannabis help somebody who is in recovery? I’ve been asking myself this since 1995. If you are a real serious heroin or crack addict, and in recovery you decide, “It’s ok, I can have a drink”, even though you were never an alcoholic, or, “I can smoke pot because pot keeps me calm”, it has been my experience that true addicts who

think they can socially have a drink or smoke pot eventually go back to using their drug of choice. Sometimes quickly, sometimes slowly. In my opinion, once a true addict decides it's okay to change their consciousness and use any drug, its like jumping off a twenty-story building and passing by the fifteenth floor and saying, "So far, so good".

In my opinion, however, this does not hold true for entheogenic drugs i.e. plant teachers. When those drugs are given in the appropriate setting with the safety and respect that they demand, it is very rare that they become abusable and never cause dependency. However, there are those who will abuse these drugs too. In my opinion, it's the person's job to take the knowledge that they attained from these plant teachers and incorporate that information into their everyday life. However, I too frequently see something that I have called 'Instant Shaman Syndrome'. For example, a patient takes Ibogaine, has a life changing experience, and now feels it's their mission in life to give Ibogaine to everybody they meet and will personally use Ibogaine on a frequent basis themselves. In my opinion, daily intake of even small amounts of Ibogaine for no diagnostic purpose is abuse of the drug.

Now that there is medical Cannabis I can prescribe extremely high CBD and very low THC for those people who don't like the psychoactive part. There is a way it can really benefit them. Looking at people who get clean off opiates, even the ones that attend NA but still smoke pot, I've been keeping a mental note of the statistics of how many times those people relapse. For some reason, I don't know why, the people who smoke pot or drink eventually relapse with their drug of choice, sometimes quickly, sometimes slowly.

I've been really curious about this, and I've been asking myself two questions: Why do 12 steps work; why is nothing as successful as this? And why does an opiate addict in recovery that smokes pot or drinks eventually relapse?

I think when you're working a program and you commit to being free from all mind-altering chemicals, and then when you make the decision that, 'Its ok for me to change my consciousness' by the use of the substance, you've already set yourself up for relapsing. I've noticed that over the last twenty-two years, it may take six months, it may take twelve months, but sooner or later they relapse.

I am not saying that NA is the only way to stay clean, but it is free, available everywhere, and it works. It is available in ninety-six countries and the literature is published in eighty-six languages. No theology that is not organized, as NA has no leaders or structure, has ever spread this quickly. How could it be if it didn't work? Twelve step critics may quote statistics that the success rate of twelve step programs is only 3-6%, I counter that with 3-6% is much better than 0%. "Twelve steps and harm reduction models work because relapse has a 100% failure rate for dead people."

Once you're in recovery, I suggest to people the following, "Alcohol is a drug, Cannabis is a drug; how about you stay free from all drugs."

Additionally, other entheogenic drugs should not be used for at least six months post-Ibogaine, nor should any patient be given a second flood dose within ninety days after their initial flood dose.

Jennifer: Overall, there seems to be a lot of deficiencies in the recovery community as a whole, and the reason I say this is because of the growing addiction rates and the revolving doors that most programs seem to be. What do you think the biggest challenge is in this field and what needs to happen to start seeing a decline in drug use worldwide?

Dr. Kamlet: As rehabs got to be very profitable, the rehab business became just as crooked as the pharmaceutical industry, and as crooked as illicit Ibogaine clinics. There are some really great rehabs, and there are some that are not.

We had a problem here in Florida, everybody started opening rehabs with their own drug-testing labs, and as soon as the insurance ran out, they would take the patient out, get them high, say “Oh, this patient relapsed”, and re-admit them. People would come to Florida from all over the country, and say, “Wow, I’m in South Florida, great!”. But now their ninety days is up, and the insurance says, “Go home”, and they don’t want to go home. So, they go out and relapse, three days later they show up at another rehab, and they get another ninety days. Well, the insurance companies got hip to this.

Right now, there’s no medical insurance policy sold in the state of Florida that includes addiction benefits. Every patient that’s coming for rehab is coming from out of state. Rehabs were actually incentivizing patients to come; giving them free housing, free plane tickets, even paying for patient’s medical insurance. The rehab business has become just as crooked as every other business. That’s not to say there aren’t good rehab clinics out there. There are some tremendously good residential treatment centers, there are some tremendously good Ibogaine clinics, and there are some tremendously good doctors out there. Unfortunately, they are not the majority.

It’s really tough for the mother, father, sister or brother to help the patient try to figure out their way through this maze of recovery websites and advertisements. Oftentimes, the people with the best websites don’t necessarily have the best clinics.

I visited many, many rehabs over the last twenty-two years doing site visits. When I recommend a place to a patient it’s because I know it’s a good fit for that patient; it’s not ‘one size fits all’. One patient may do well at one place and another patient may do well at another place. It depends on many factors, such as age, motivation,

etc. But again, it's become a monster. Everything good eventually becomes corrupted. Ibogaine was an amazing thing, but it got corrupted. Rehab was an amazing thing, but it got corrupted.

We talk about the opiate epidemic now. I watched a segment on television of President Trump blaming prescription drugs for the opiate epidemic. Well, that was true in 2002. President Bush was president, his brother was governor of the state of Florida, and Perdue came out with a new pharmaceutical called Oxycontin.

There was actually a 180mg dose of oxycontin.

Prior to this, the strongest pain-pill available was Percocet, 5mg of Oxycodone combined with 325mg of Tylenol. Suddenly, there's a pill that has thirty-two Percocets in one pill, and you can crush it, snort it, shoot it, or smoke it.

The 180mg was rapidly taken off the market because many patients were dying, immediately, but the 80mg Oxycontin stuck around for a year and everybody started buying them. Florida didn't have a prescription data bank, so a patient could go to ten different doctors and get ten different prescriptions. All of these upper-class people who would never think of going to the ghetto to buy heroin, and wouldn't even know where to buy it, were now snorting, shooting and smoking Oxys.

This is when it really went into high gear.

Oxycontin was already out for many years. Eventually, it lost its patent. Sixty Oxycontin pills costed \$800 at the pharmacy because it was a brand name. Generic Oxycontin came out and it was only like \$400, half the price.

Then, President Bush Jr. gave Perdue Pharmaceutical an Exclusive Second Patent and said that nobody can make the generic.

Normally, Exclusive Second Patents are only for miracle drugs, like if a company discovered the cure for cancer, and it cost them so much money to develop it that

they couldn't make their money back in eight years; that's the only reason a company ever gets an Exclusive Second Patent.

What did the Bushes have to do with Perdue pharmaceutical? Perdue is the most powerful lobby in Washington, period. The president of the U.S. and the governor of Florida were both Bushes at the same time, and suddenly Florida became the 'Pill Mill State'.

Perdue got fined \$880 million dollars in the federal court for telling their drug reps to lie to the doctors that this was a less addicting pain pill, claiming that since it's long-acting, it's less addictive. They were in the doctors' offices every day, giving free lunches and pens and pads.

It was *proven* that Perdue told their drug sales people to lie to the doctors and make up their own statistics. So, they were fined \$880 million dollars in a federal court. They had made \$8 billion dollars profit. The judge's last statement was, "I can't believe that nobody's going to jail for murder here." Then, rival drug companies decided to come out with the 30mg generic Oxycodones, and they were *really* cheap.

Suddenly, pill mills start popping up all over the state of Florida. Ninety percent of all of the opiate prescriptions being written in the United States were coming from the state of Florida. There were more store-front pill clinics in Florida than there were McDonalds.

There were doctors with degrees from Harvard that had essentially sold their souls to the devil. An eighteen-year-old patient would walk in and say, "I have a back ache", they'd go get an MRI, and no matter what the MRI would show, they would walk out of the clinic with two-hundred-and-forty 30mg Oxycodones. The pills were being dispensed by the doctors in the same office, so the money wasn't being made by seeing the patients, the money was being made by dispensing the pills. They'd

usually also get ninety Xanax along with that, and on the news every day you would see people outside of store-front pill mills shooting up in the cars.

I testified in a couple of legal cases where the doctor was writing eighty prescriptions a day, which means he'd have to be seeing a patient every sixteen seconds, you know, this kind of stuff. *And* we had no state data bank, so a patient could see ten doctors in a day and end up with two-thousand-four-hundred Oxycodones *in a day*.

People from all over the country started coming to Florida to go to the pill mills to get their Oxys. This is how the opiate epidemic spread to Vermont, New Hampshire, places that never saw heroin or opiates ever before were now being affected by opiates, because of the state of Florida.

This went on for many more years. Mothers were on the steps of Tallahassee every day saying, "You're killing our children!", and none of the politicians would do a thing about it.

Finally, the US government got fed up with Florida. Other states like Georgia, South Carolina, and North Carolina were telling the government, "You have to do something about Florida, they're killing everybody!" So, the Oxy clinics were shut down and a state data bank was made.

So, I said, "Wait a minute! You've got 300,000 plus Oxy addicts in the United States and now you're taking away the Oxy?! What are you going to do? You are creating the perfect business model for the drug cartels to flood the United States with super pure heroin and get everybody addicted to heroin!".

And that's exactly what happened.

Now Oxy was no longer around. Oxy became 3% of the problem, and heroin became 97% of the problem.

And then it gets even worse...now the heroin is no longer heroin! Its fentanyl! Fentanyl is ten times more potent than Morphine, Car Fentanyl is one-hundred times more potent than Morphine, and to date over one-hundred-and-eighteen other analogs of Fentanyl have been found in so-called bags of heroin in the streets of Miami. Lately, there is no heroin at all in the heroin, it's all Fentanyl. Thus, the name 'Opiate Epidemic' in my opinion needs to be changed to the 'Fentanyl Overdose Epidemic' if we are truly going to save lives. Aside from the increase in heroin usage, born out of the Oxycodone enigma, the true reason for the massive increase in opiate deaths in the last three years is illicit use of Fentanyl coming from China or being manufactured in Mexico. One eighteen-wheel cargo container filled with Fentanyl is enough to kill every person alive today in the United States. It's the Fentanyl, not the heroin or the Oxycodone, that's killing our children. With a pandemic of opiate dependents and an explosion of opiate deaths, should not Ibogaine be given emergency drug approval instantly? It would *if* our intention was to truly help, as opposed to make profit.

And this is the current problem.

My question is, why did the state of Florida allow this to happen? When I came to Florida in 1988 there were eight heroin overdose deaths a year, and now it is estimated that there are approximately eight opiate overdose deaths a day, mostly due to Fentanyl contaminated heroin.

I ended up speaking to many politicians telling them, "If you do this, if you shut down all of these clinics, and you start this data bank which is something you should have done fifteen years ago, you need to make Suboxone free for everybody! There should be a federal grant!". I told them they had just created the perfect business model for the drug cartels. I asked them what they were going to do with the myriad of Oxycodone addicts that could no longer get Oxycodone? They *can't* just stop!

This is not cocaine, this is not methamphetamines, these people are going to be deathly sick.

I used a quote from Alan Ginsberg's book, "I saw the best minds of my generation running naked through the ghetto looking for a fix". I said that in front of Senators and Congressmen in Florida. Nobody cared. They were all making a ton of money. You couldn't even get elected without the pharmaceutical companies backing you.

There are four-thousand permanent pharmaceutical lobbyists in Washington. In a capitalistic society, how will we ever have a solution to a problem like this, because it's not about saving lives, it's about making money.

The pharmaceutical companies might be interested if we could find a way that people could take Ibogaine every day, and yes, I do believe that people can safely take a little bit of Ibogaine every day. I believe Ibogaine can be given as a shot as relapse prevention every month. I also believe that Ibogaine can be used to help detox people without flood dosing them. All of this is possible with the proper studies.

But, why would they want to get people off a drug that they are making money on? The drug company motto is, "No drug is a good drug unless you have to take it forever".

I have a whole lecture that I give to patients regarding Ibogaine. I tell them yes, we are treating addiction, but I also don't want them to forget that what they are taking is a sacrament. At scientific conferences I'll ask, "What is the most potent hallucinogen on the planet?", everyone always says DMT, 2CB, LSD, etc. I say, "No, you're all wrong, its oxygen", and everyone looks at me like I'm crazy. I say, "What if I took your oxygen away? This hallucination of womb-to-tomb will disappear." We are in a paradigm where we are limited by our five senses, but there is energy right out there. Dolphins navigate by sonar, bats can see infrared, birds can detect

electromagnetic fields; and we can't. Under the use of these sacraments, it is allowing us to tap into other places that are very real; just as real as this. These are sacred places, and the entities that exist there are very benevolent.

Jennifer: I'd like to thank you for taking the time to speak with me today. I have always respected your presence in the Ibogaine community because you have always been a voice of reason amongst the chaos and corruption. Thank you for sharing your expansive knowledge with us and please keep us informed as you continue with this pioneering work. It is people like yourself that have the ability to give Ibogaine the credibility it needs and deserves, and we are grateful that you are continuing to do the great work that you do.

Dr. Kamlet's Contact Information:

Email: jeffrey@kamletmd.com

Website: www.kamletmd.com

Dr. Kamlet is available to do private Ibogaine consultations in his office in Miami or via secure internet medical protocol. Please remember, Ibogaine is still a Class I drug in the U.S., which means it has a 'high potential for abuse and no medical benefit'. Thus, all treatments must be done outside of the U.S., in countries where usage of Ibogaine is legal.

"Caveat emptor", meaning, "Let the buyer beware". Please do your homework before choosing your pathway to recovery.

Chapter XX

**APPENDIX VI: SOWS
AND OOWS SCORES**

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APPENDIX VI: SOWS AND OOWS SCORES

I recommend using these score sheets when undergoing an opiate detox. They can be helpful when determining the level of withdrawals that a person is feeling. It is not required to do this, but some people like to keep very detailed logs of the experience so they can review it at a later date to determine which days were the smoothest and which dosing regimens seemed to work best. When using these score sheets, I recommend doing it before taking a detox aid and then approximately an hour to an hour and a half after taking the detox aid, so that you can determine the level of relief that was experienced. This can be quite helpful if you decide to detox someone else, or if you need to detox yourself again later down the road.

Subjective Opiate Withdrawal Scale (SOWS)

This questionnaire should be filled out by the person who is detoxing, based on their personal evaluation of the symptoms that are being experienced.

Name:

Date:

Time:

Notes:

Instructions: Answer the following statements as accurately as you can. Circle the answer that best fits the way you feel now.

0=not at all

1=a little

2=moderately

3=quite a bit

4=extremely

1) I feel anxious. 0 1 2 3 4

2) I feel like yawning. 0 1 2 3 4

3) I'm perspiring. 0 1 2 3 4

4) My eyes are tearing. 0 1 2 3 4

5) My nose is running. 0 1 2 3 4

6) I have goose flesh (bumps). 0 1 2 3 4

7) I am shaking. 0 1 2 3 4

8) I have hot flashes. 0 1 2 3 4

9) I have cold flashes. 0 1 2 3 4

10) My bones and muscles ache. 0 1 2 3 4

11) I feel restless. 0 1 2 3 4

12) I feel nauseous. 0 1 2 3 4

13) I feel like vomiting. 0 1 2 3 4

14) My muscles twitch. 0 1 2 3 4

15) I have cramps in my stomach. 0 1 2 3 4

16) I feel like shooting up now. 0 1 2 3 4

The Subjective Opiate Withdrawal Scale (SOWS) consist of 16 symptoms rated in intensity by clients on a 5-point scale of intensity as follows: 0=not at all, 1=a little, 2=moderately, 3=quite a bit, 4=extremely. The total score is a sum of item ratings, and ranges from 0 to 64.

Mild Withdrawal is considered to be a score of 1 - 10.

Moderate withdrawal is considered to be a score of 11 - 20

Severe withdrawal is considered to be 21 - 64.

Objective Opiate Withdrawal Scale (OOWS)

This questionnaire should be filled out by the person who is observing the detox, based on their personal evaluation of the symptoms that the client is experiencing.

Name:

Date:

Time:

Notes:

Scores: Absent – 0 Present – 1

Yawning - one or more during observations

Rhinorrhoea - runny nose - greater than three 'sniffs' during observation

Piloerection – gooseflesh/goosebumps – observe patient's arm

Lacrimation - tears

Mydriasis - dilated pupils

Tremors - hands

Hot and cold flashes - shivering or huddling for warmth

Restlessness - frequent shifts in position

Purging - vomiting

Muscle convulsion - twitching muscles

Abdominal cramps - holding stomach

Anxiety:

Mild - scores one

Moderate - scores two

Severe - scores three

TOTAL SCORE (maximum 14)

0 - 3 Mild

4 - 9 Moderate

10 - 14 Severe

Chapter XXI

**APPENDIX VII:
DOSAGE CHART**

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**APPENDIX VII:
DOSAGE CHART**

Please use these next few pages to keep track of everything you take during your detox. If you will be using this book to detox multiple people, then it is recommended to make photo copies of this chart. Good luck and many blessings on your journey of recovery!

Date	Time	Product	Dosage	Current Symptoms

Date	Time	Product	Dosage	Current Symptoms

Thank you very much for allowing me to be a part of this transformational journey!

If you have any questions, please send me an email at

Heantos.jen@gmail.com



ABOUT THE AUTHOR



Jennifer Rose is a pioneer in the holistic recovery field, utilizing unique organic protocols for all stages of drug recovery. She is the founder of ‘Design Your Detox’, a grassroots recovery project designed to spread awareness and information regarding holistic addiction recovery methods. She is a mother, a teacher, and a facilitator of several platforms involving traditional rites of passage with a focus on addiction. She received her Bachelor of Science in Human Services and has been an advocate for foster children and people in recovery for more than a decade. For the past 24 years, she has studied a wide range of holistic healing techniques and integrates them into her social work practice. Her mission is to positively influence the stigmas and stereotypes associated with addiction in western culture. She strongly believes that addiction recovery is a unique journey of self-transformation and discovery. She devotes her time to executive management of the ‘Design Your Detox’ project and advocating for people in recovery worldwide.

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