

21 Insights to Solve Addiction

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1. Addiction is an obsession and compulsion characterized by attachment to an object that is life-damaging and intended to compensate for mental, physical and spiritual imbalances in a person's life.
2. Since the only solution is to correct the imbalances themselves, any attempt to avoid this by even temporary escapes into addiction only worsens the imbalances.
3. Spiritual practices designed to correct the spiritual imbalances have been available for thousands of years. Psychological techniques designed to correct psychological imbalances have been available for hundreds of years. Biochemical techniques to correct physical imbalances have only been available for decades.
4. Since the physical world is constructed of molecules, the correction of the physical imbalances entails corrections of the molecular imbalances that underlie all life.
5. From the standpoint of life, there are only two types of molecules in the universe — those that support life, called nutrients, and non-nutrients that do not support (and potentially injure) life, called toxins.
6. If the toxin molecules are too high and/or the nutrient molecules are too high or too low, a physical imbalance occurs.
7. Correcting molecular imbalances ultimately entails eliminating toxin molecules from the body that are too high and bringing the nutrient molecules into optimal ranges (neither too low nor too high).
8. At the physical level, addiction is a process of compulsive, life-damaging attachment to an object that is intended to compensate for the physical imbalance (see Insight #1).
9. At the physical level, since the only solution to a physical imbalance is to remove toxins and/or balance the nutrient molecules, any attempt to avoid this by temporary escapes into addictions only worsens or complicates the imbalances (see Insight #2).
10. Stress hormones, neurotransmitters, and intracellular chemistry are molecules that are constructed from nutrient molecules and often injured by toxins.
11. Stress hormones and neurotransmitters are released to modify pain and stress (for coping) and to enhance joy and pleasure (for bonding).

12. Psycho-spiritual stress has the physical consequence of using up stress hormones (and the nutrient molecules they are made of) faster, and adding to the body's toxic load by increasing the amount of metabolic molecules the body must excrete.
13. There are two types of toxin molecules, the psychotropic and the non-psychotropic. These are distinguished by their abilities to enhance or worsen mood, respectively.
14. Plants make psychotropic toxins to manipulate the neurotransmitters and stress hormones of predators in order to protect themselves.
15. Psychotropic toxins temporarily enhance mood, and some even briefly enhance thinking and behavioral activities as well, because they artificially manipulate stress hormones, neurotransmitters, and intracellular chemistry.
16. Since any living physiological system will always seek to achieve molecular balance (homeostasis) despite the trauma imposed on it, manipulation of stress hormones and neurotransmitters with psychotropic toxins ultimately causes a counter-reaction in an opposite direction from that caused by the psychotropic toxin.
17. As stress hormones, neurotransmitters, and intracellular chemistry become increasingly unbalanced to compensate for regular use of the psychotropic toxin(s), the psychological, social, and behavioral symptoms associated with addiction become more evident.
18. Those most genetically vulnerable to the distortions of stress hormones, neurotransmitters, and intracellular chemistry caused by psychotropic toxins are more likely to develop the symptoms of addiction earlier in life and the symptoms are more likely to be severe.
19. Correcting molecular imbalances (see Insights #6 & 7) causes the stress hormones, neurotransmitters and intracellular chemistry to return to a balanced state. This in turn causes most psychological, social and behavioral symptoms that are associated with addiction to vanish.
20. When physical imbalances and addiction symptoms are resolved, mental and spiritual imbalances are easier to deal with and correct.
21. Those most genetically vulnerable to psychotropic toxins may always need nutritional supplements to maintain a balanced physical state, even when they no longer use psychotropic toxins.