

## Message from Dr. Ron Hoffman

The gap is closing between complementary and conventional health care as wellness models are increasingly embraced in conventional settings. There remains, however, a fundamental departure regarding diagnosis: conventional thinking still relies more on diagnosis or naming the disease while complementary and alternative health care concerns itself more with the biochemical and environmental causes that underlie the problem.

Looking at it this way, it is easy to see how one therapeutic diet will be beneficial in any number of situations *even though the disease names are entirely different*.

Suppers for Sobriety reaches out to the "health relatives" of alcoholics, namely, to people from families with any combination of alcoholism, diabetes, obesity, anxiety, depression, and attention deficits. The recommendations work because the diet and lifestyle changes required are virtually the same. There is a strong overlap in the incidence of these issues within individuals and in blood kin. This makes sense because these problems often share two metabolically compelling causes that both produce a lot of uncomfortable symptoms: one): blood sugar destabilization, which goes hand in hand with two): disruptions of the neurotransmitters of good mood (<http://www.suppersforsobriety.org/counselors.htm>)

Disruptions in blood sugar and the neurotransmitters of pleasure and well being are the big causers of symptoms: craving, anxiety, depression, fatigue, fuzzy thinking, irritability, insomnia. The list goes on and on. When the brain does not get its basic needs met for a steady fuel supply (glucose) and the building blocks of normal mood (essential fatty acids like fish oils and amino acids from protein-rich foods), it protests. The key symptoms of the brains' protestations – craving, fatigue, fuzzy thinking – are tickets to relapse for the newly recovering alcoholic.

While the biochemical explanations are long and complicated, the practical solution is simple: Alcoholics, diabetics and people with anxiety, etc. share a mutual need to eat closer to nature. They need to reduce their consumption of refined foods, increase the consumption of high fiber fruits and vegetables, eat protein and high quality fats at regular intervals, take in adequate amounts of water (half your weight in ounces while detoxifying) and avoid drug-like foods like coffee, sugar and white flour, notorious saboteurs of sobriety. Of course, there are large individual variations, but "closer to nature" is a good rule of thumb.

I offer the Salmon and Salad Diet as a sound, practical approach to reducing the discomforts of early sobriety. When these diet and lifestyle changes are not sufficient to make sobriety manageable, people may require the assistance of a medical nutrition professional, medication, and/or targeted nutritional therapies.

<http://www.drhoffman.com/page.cfm/58>