

Hypoglycemia as a primary relapse trigger for all addictions

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In this presentation you will learn the scientific reasons as to why and how missing a meal puts all recovering addicts at risk for relapse, and how to teach your clients the healthy eating habits that allow them to access their recovery skills when confronted by their personal relapse triggers. You will further learn why many people in early abstinence switch their addiction to sugar, and how to help them avoid this common trap.

Learning Objectives:

1. What is Reactive Hypoglycemia and what are its signs and symptoms?
2. The physiological reasons reactive hypoglycemia is a danger to recovering addicts
3. Characteristics of a pro-recovery, blood sugar stabilizing diet
4. How to help your clients adopt this diet, and adapt it to their own lifestyles
5. Why reactive hypoglycemia puts premenstrual women at particular risk for relapse

Why many people in early abstinence switch addictions to sugar, often gaining significant weight very quickly, and how to prevent this common trap.

Biography

Christina Veselak, LMFT, (licensed Marriage and Family therapist) has 30 years experience in the addiction field. She specializes in nutritional approaches to recovery, and speaks nationally on these topics. She has a private practice in Denver, Colorado as a psychotherapist, addiction specialist and mental health nutritionist. She is a founding member and Executive Director of *The Alliance for Addiction Solutions*. She teaches a one year certification program on *Biochemical and Nutritional Approaches to Mental Health and Addiction Recovery* through *The Alliance*.

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