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The National Institute For Holistic Addiction Studies (NIFHAS), USA

Comprehensive holistic approaches in addiction medicine

We are cognizant that addictive behaviors including alcohol and drugs present a rather high rate of relapse following treatment. To enhance treatment outcomes we developed a very comprehensive evidence-based neuroscience approach using many holistic modalities. These include but are not limited to nutrient induced reward circuitry rebalancing leading to dopaminergic homeostasis. Our program, also includes cognitive behavioral therapy, mild hyperbaric oxygen therapy (HBOT), heavy metal toxicity monitoring, trauma release therapy, NLP, acupuncture, hypnotherapy, drumming, yoga, diet, exercise, music therapy, guided imagery, urine analysis monitoring, encouragement of 12 step program, fellowship attendance, family therapy and a strong aftercare program. Unlike other chemical treatment centers the neuro-adaptagen supplements are treated like other medications and compliance monitoring is a key. One example of our continued interest in clinical outcome measures involved comparing patient demographics and relapse rates in our chemical dependence track. Increased risk for relapse and lower academic achievement were found to have a significant association in recent outcome data from a holistic treatment center (HTC) located in North Miami Beach, FL. Relapse outcomes from the Drug Addiction Treatment Outcome Study (DATOS) (n =1738) and HTC (n =224) were compared for a 12-month period. Post-discharge relapse was reported by 26% of HTC patients and 58% of patients in DATOS. Also found was a correlation between relapse and education level where the lower the academic performers showed the highest relapse rates. Our results implicate the use of vitamin and mineral supplements coupled with a well-researched natural dopamine agonist nutrient therapy; both have been shown to improve cognition and behavior, and thus academic achievement.

Biography

John J Giordano (Doctor of Human Letters, CCJS, MAC, CAP) is an expert in the treatment of addiction and mental health and the founder of The National Institute For Holistic Addiction Studies (NIFHAS). He has nearly thirty years of recovery and twenty-eight years of addiction and mental health treatment. Giordano is the author of "Proven Holistic Treatment For Addiction & Chronic Relapse," "How to Beat Your Addictions And live A Quality Life" and co-author of "Molecular Neurobiology of Addiction Recovery-The 12 Steps Program and Fellowship". He has contributed to over sixty-five research papers published in peer-reviewed medical and scientific journals.

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