

Asparic Acid: Important for metabolic control of the brain and nervous system; also enhances liver function

Cysteine: Protects the body from damage induced by alcohol (and smoking); may prevent liver and brain damage. Recognized as a powerful antioxidant.

Glutamic Acid: Converted to Glutamine, reduces craving for alcohol and sugar; helps repair tissue in the liver, kidneys and intestine; gives rise to GABA, a calming agent; useful in depression.

Glycine: Helps detoxify the liver.

Lysine: Helps enhance concentration; a deficiency in this amino acid may lead to fatigue.

Methionine: One of the body's most powerful detoxifiers. A precursor to the important amino acids cysteine and cystine. Protective against alcohol, detoxifying the liver and preventing fatty build up.

Orthonine: A precursor to other amino acids, including glutamic acid. Enhances liver function.

Phenylalanine: a number of other important amino acids derive from henylalanine, including Tryrosine. Helps control appetite and promotes greater alertness, increased sexual desire, is a memory enhancement and provides pain management.

Taurine: Influences blood sugar, is said to improve IQ levels in some populations.

Threonine: A deficiency in this amino acid is thought to result in irritability.

Tryptophan: Extremely important, as it is ultimately converted to the critical neurotransmitter serotonin. A shortage of serotonin may lead to a number of emotional and behavior problems including depression, anxiety, PMS, insomnia and aggression.

Tyrosine: a precursor for dopamine, the brain's "feel good" chemical. Particularly important to those who consume stimulants like coffee or chocolate and who find alcohol stimulating (not sedative).

Valine: Helps with weight control. Many individuals report increased hunger during the first week of the MWO program (but usually lose weight on the program overall.)

Amino Complete is best if taken after a meal. Our proprietary blend also includes 13 mg. of Vitamin B-6 to help aid absorption.

10) GABA

GABA (gamma amino butyric acid) is our body's natural sedative. This neurotransmitter, along with norepinephrine, serotonin and dopamine, is closely tied to addiction behavior. In a 15-year project, researchers identified several sections on chromosome 4 that may contain genes related to alcohol metabolism and GABA receptors, which they believe may be responsible for a genetic predisposition to alcohol dependence. Current theories suggest that people who suffer alcohol addiction have a deficiency of GABA (as well as glutamine) which results in constant craving and/or stress. In addition, chronic exposure to alcohol reduces the level of GABA neuroreceptors. It is closely tied to the brain's reward system. For some alcoholics, drinking activates the GABA "stop switch" but only for a short-term escape. So ultimately, this activity uses up stores of the feel good chemicals in the brain, which perpetuates the continued desire for alcohol. GABA supplementation can help restore brain chemistry, decrease stress and reduce addictive cravings.

We recommend 750 mg. per day of GABA, ideally taken with another MWO supplement containing B-6 (either the ALL ONE or B-50 tablet). Magnesium also enhances the effect of GABA, so it's best to coordinate the dosing.

Dr. Billie Jay Sahley, author of "Control Alcoholism with Amino Acids and Nutrients" recommends dissolving 750 mg. of GABA into eight ounces of water daily to treat acute alcohol withdrawal.



Updated Recommendations for the My Way Out Nutritional Program

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Overview

WE HAVE MADE OUR FIRST OFFICIAL RECOMMENDATIONS TO MODIFY THE MY WAY OUT NUTRITIONAL PROGRAM since first publishing the book in March of 2005. As you may know, this therapy is highly customizable and allows a great degree of individual modification. We learn, through many of our patients and MWO members, what works best and how others may adopt similar practices. We follow a tremendous amount of research, including a number of ground-breaking studies in addiction medicine. And we work closely with highly regarded specialists; they include physicians, researchers, nutritionists, herbalists and others who help ensure our program is safe, effective, and cutting edge.

We consider our original schedule to be extremely effective. It works very well for most individuals, so you may simply choose to follow the recommendations in the book. However, we propose several potential modifications based on data and observations over the past year. They are presented below in order of importance:

- 1) Increase Kudzu dosage to 900-3,000 mg per day (was 450 mg).
- 2) Consider adding L-Glutamine to your program: 1,000 – 3,000 mg per day
- 3) Consider supplementing your program with an amino acid blend if you do not take ALL ONE's Original Formula or want a more intensive amino acid therapy
- 4) Consider adding GABA if you find your cravings are not reduced in the first two weeks or you feel anxious
- 5) Take 300-600 mg milk thistle; the higher dose if you are not abstinent (was 525 mg)
- 6) Magnesium dosing has been reduced from 500 mg to 200 mg (and changed to magnesium citrate which is better absorbed)

The revised supplement schedule is on the other side of this sheet. If you wish, you may use it in place of the one printed in the My Way Out softcover book or PDF.

Be sure to work closely with a qualified health care provider as you begin this program.

Good luck and good health!

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Comparison of Original and Updated MWO Dosing Schedule

Original Supplements	Breakfast/After	Mid-Morning	Lunch/After	Dinner/After	Bedtime	Total Dosage
ALL ONE	Heaping Tbs					Heaping Tbs
B-50		1 capsule				750 mg. combined
Kudzu		150 mg	150 mg	150 mg.		450 mg
Milk Thistle		175/180	175/180	175/180		525/540 mg
Magnesium			250 mg	250 mg		500 mg
EPO		1300 mg	1300 mg			2,600 mg
Calmes Forte		Take 2	Take 2	Take 1	Take 1	6 tablets

Supplements in gray areas denote dosing changes in updated program

UPDATED RECOMMENDED SUPPLEMENTATION SCHEDULE:

Updated Supplements	Breakfast/ After	Mid-Morning	Lunch/ After	Dinner/ After	Bedtime	Total Dosage
ALL ONE	Heaping Tbs					Heaping Tbs
B-50				1 capsule		750 mg combined
Kudzu	300-900 mg		300-1,200 mg	300-900 mg		900-3,000 mg
Milk Thistle *		300 mg				300-600
Magnesium **			200 mg			200 mg
EPO	1300 mg			1300 mg		2,600 mg
Calmes Forte		Take 1	Take 1	Take 1	Take 2 - 3	5 - 6 tablets
New Supps <i>OPTIONAL</i>	Breakfast/After	Mid-Morning	Lunch/After	Dinner/After	Bedtime	
L-Glutamine ***	1,000 mg					1,000-3,000 mg
GABA	750 mg					750 mg
Amino Complete			3,400 mg			3,400 mg

* Take a second capsule each day if you do not adopt a program of abstinence

** Move to dinner or eliminate completely if you experience GI distress (gas, bloating, diarrhea)

*** If desired, you may also take an L-Glutamine capsule one to three times daily

Additional Supplements to Consider:

8) L-GLUTAMINE

ALL ONE's Original Formula contains 1,400 mg of glutamic acid, which is converted to glutamine by an enzyme activity in the liver. This "brain food" is utilized as an energy source and also helps control sugar cravings (alcohol is biochemically nearly identical to sugar). Excessive alcohol consumption inhibits the synthesis and absorption of glutamine, which serves many critical functions. It's very important as part of an alcohol recovery program because this amino acid can quickly halt cravings. It also helps reduce the very aggressive sugar and carbohydrate craving many individuals experience during the early withdrawal period.

Research has shown that 2,000 mg of L-Glutamine, divided daily, decreases the craving for alcohol. Many recovery clinics use higher doses—up to three or four times as much—when treating clients. Numerous clinical trials in humans demonstrate that even at high doses, glutamine has no side effects and is well tolerated.

We have incorporated L-Glutamine into our program for those who don't mind taking an extra supplement, and we consider it one of the most important modifications we've made. This amino acid can be used on a daily basis, or simply kept on hand for a "craving emergency", in which the powder from half a 1,000 mg. capsule is poured directly under the tongue.

We recommend 1,000-3,000 mg of L-Glutamine per day, and suggest it be administered in the morning and mid morning (when drinking ALL ONE and taking the B-50 supplement) because the B-6 contained in each will aid in its absorption.

9) AMINO COMPLETE

Soon after the MWO program was publicly launched we began to observe that many individuals enjoyed customizing the program for their own needs—something we have always encouraged. In fact, we ourselves suggested that people select the most appropriate powdered ALL ONE formula. For instance, those who don't wish to take iron supplementation may want to purchase an alternative formula. However, some of the ALL ONE formulas do not contain equivalent amounts of the 19 amino acids contained in the original one. We feel the amino acids are critical to an alcohol recovery program. As a matter of fact, we've received feedback from a number of people who say they could tell the difference in their craving level when they substituted a non-original formula.

For that reason, we have made available a product called Amino Complete that provides all amino acids available in the ALL ONE Original Formula. (We consulted Nutritech, ALL ONE's manufacturer before in doing so and they agreed it would provide an ideal complement.)

Some individuals have begun purchasing Amino Complete because they're taking an alternative ALL ONE's formula. Some simply want to take a higher level because of research linking amino acid therapy to craving reduction. Still others are simply experimenting with the program to learn what works best for them. In any case, we felt it was important to provide this important balanced nutritional blend. It includes 18 amino acids. Those specific to to this program include the following:

Original Supplements and Dosing

- **Nutritech All One Powder: (Original, Fruit Antioxidant or Active Seniors Formula):** One heaping tablespoon [Unchanged recommendations]
- **Kudzu:** 900-3,000 mg. [Updated as per 2005 clinical research]
- **Milk Thistle/Silymarin:** 300 mg. [Update recommendation: allows higher single dosage, so need only take it once or twice a day instead of three times; this depends on whether or not you continue to drink.]
- **Magnesium:** 200 mg [Reduced to prevent potential gastrointestinal discomfort; we now also recommend Magnesium Citrate which is better absorbed.]
- **B-50 Formula:** [Unchanged]. Blended complex of eight B-Vitamins, including the B-2 co-enzyme
- **Evening Primrose Oil:** [Unchanged] 1,300 mg twice daily
- **Calms Forte:** Same number of tablets per day as original program, but distributed differently; refrain from taking them during the day if you feel they make you sleepy

Additional Supplements and Dosing

- **L-Glutamine:** one to three capsules (1,000- 3,000 mg.) taken between meals.
- **GABA:** one capsule (750 mg.) taken between meals, ideally with B-6 and magnesium
- **Amino Complete:** one capsule (3,400 mg.) taken between meals

Background:

1) Nutritech ALL ONE Powder:

- ALL ONE provides a high quality alternative to taking dozens of supplements each day. It contains a blend of high potency vitamins and minerals critical to alcohol recovery. The full spectrum amino acid profile also supports the nutritional program. It is delivered in a powdered formula that is gluten, yeast and sugar free. Some of the most important vitamins and minerals for the MWO program include:

- **Vitamin A:** Drinkers are usually deficient in Vitamin A because alcohol metabolism excretes it in bile. Vitamin A plays an important part in helping to grow new cells, fight infection and, because of its important role in the retina, to see at night. One study found that half the alcoholics who have severe liver disease also have night blindness. ALL ONE contains 8,000 IU.

- **Vitamin B Complex:** Eleven different B vitamins contribute to nerve, liver and brain function and alcoholics are almost always deficient in one or more of these vitamins. Vitamin B-3 (Niacin) plays an extremely important role in craving reduction. Vitamin B-6 (Pyridoxine HCl) is considered the “master vitamin” for processing and controlling neurotransmitters like serotonin and dopamine. Vitamin B9 (Folic Acid) helps produce and maintain new cells. A deficiency can result in a number of symptoms, including irritability, heart palpitations, forgetfulness, and behavioral disorders. ALL ONE contains B-1, B-2, B-3, B-6, B-9 and B-12.

- **Vitamin C:** This popular vitamin is important for the detoxification process, particularly in drug and alcohol dependent individuals. Vitamin C can help reduce craving and lessen withdrawal symptoms, especially when used in conjunction with calcium, magnesium and thiamine. ALL ONE contains 1,000 mg.

- **Vitamin E:** Alcohol inhibits absorption of Vitamin E, an important anti-oxidant. It has also been shown to play a role in immune function, DNA repair, and other metabolic processes. ALL ONE contains 400 IU.

- **Magnesium:** This mineral is responsible for over 350 enzymatic actions and is important to every cell in the body. Unfortunately, nearly all alcoholics are very deficient in magnesium. It's the most important mineral of any in combating stress and anxiety and is also critical for detoxification and withdrawal. ALL ONE contains 200 mg.

- **Selenium:** Selenium depletion is often associated with excessive alcohol intake. It is an important part of antioxidant enzyme systems that protect the liver and the other organs from free radical damage. ALL ONE contains 50 mcg.

- **Zinc:** Alcohol flushes zinc from the liver. Zinc is involved in numerous body functions and plays an important role in many enzyme systems. It also helps the liver detoxify alcohol. ALL ONE contains 15 mg.

In addition to those described above, ALL ONE contains over three dozen other vitamins, minerals and amino acids.

2) Milk Thistle/Silymarin

Also known as silybum marinum, milk thistle is an herb long recognized for its beneficial effects on the liver, which is primarily responsible for ridding the body of alcohol. Its active ingredient reduces damaging free radical activity and liver enzymes associated with excessive alcohol intake.

3) B-50 Formula

See information under ALL ONE regarding B-Vitamins. This additional supplement should contain up to eight B-Vitamins to enhance those found in the nutritional powder. Alcohol dependent individuals require enhanced support, especially early in the program.

4) Evening Primrose Oil

Evening primrose oil is rich in essential fatty acids, it makes up the “good” polyunsaturated fats that are just as essential as vitamins and minerals for maintenance of optimum health. Evening Primrose oil contains GLA (gamma linolenic acid), an increasingly important supplement given today's diet. GLA may help lessen cravings for alcohol and prevent liver damage. It is also considered important in assisting with withdrawal.

5) Magnesium Citrate

See information under ALL ONE regarding magnesium. This mineral should be delivered in a 200 mg. dose. Magnesium Citrate is more easily digested and better absorbed than some other forms of magnesium.

6) Calms Forte

With proper intervention, many of the effects of alcohol withdrawal can be somewhat mitigated, although late stage drinkers may require more aggressive support. This can be done in conjunction with the MWO

program. We find most individuals are able to address withdrawal symptoms with a comprehensive nutritional supplement program, including Calms Forte, a very popular homeopathic agent. The company that developed Calms Forte was founded by a group of physicians. The supplement has also been used for cocaine and antidepressant withdrawal. Alcohol withdrawal symptoms may include nervousness, shakiness, irritability, fatigue, insomnia, mood change and disturbing dreams. Calms Forte contains a blend of all natural ingredients to help ease this transition.

7) KUDZU

The question about kudzu dosing has probably generated the most confusion, and with good reason, as we've significantly increased the original recommendations—conditionally, anyway. Kudzu is one of the most important nutritional recommendations in our program. It has long been respected for its ability to curb the craving to drink and has been embraced by Chinese herbalists for hundreds of years for this purpose. Kudzu also provides a number of other health benefits not related to alcohol recovery.

Our earliest recommendation of 450 mg per day assumed individuals would take the herb in conjunction with an anti-craving medication. However, we now recognize that some people opt out of taking the prescription medicine and/or may desire a higher kudzu dose. In addition, we've been following a successful 2005 clinical trial which tested the efficacy of kudzu in drinkers. Participants were issued three daily doses totally 3,000 mg and noted a significant reduction in craving. It's important to keep in mind that this was an extremely short study, taking place over the course of only one week.

We have since increased our original recommendation to higher levels: 1,000 mg. to 3,000 mg. (actually 900 mg to 3,000 mg per day when using MWO's proprietary Kudzu Rescue, as each capsule contains 300 mg. of kudzu extract.) Again, you need to consider your individual needs. The variability in dose reflects the fact that we have not been able to find any long-term studies in patients with endometriosis, reproductive cancers, diabetes, or in women who are pregnant or breast feeding, or people with diabetes, and this herb may be contraindicated in those populations. Almost every reliable source we've identified says kudzu is completely safe, and we understand that practitioners of Traditional Chinese Medicine have used the herb safely for hundreds of years. Again, we wish to err on the conservative side when adopting administration of long term supplementation. Many individuals continue to take a daily dose of kudzu after the initial six-week supplementation period and say they derive great benefit from it.

The isoflavonoids in kudzu belong to a chemical group called phytoestrogens, which are believed to contain the active anti-craving ingredient. These phytoestrogens may exhibit weak effects similar to the female hormone estrogen (an advantage for menopausal women, who may benefit from reduced hot flashes and other symptoms, according to one study. These phytoestrogens may also prevent bone loss, improve memory and reduce cholesterol within this same population, but additional research is needed.) In other studies, kudzu was shown to reduce blood sugar levels, so individuals with diabetes need to use the herb with caution and monitor blood levels closely.

Many of today's kudzu products available online or through local health food stores do not contain biologically effective isoflavane concentrations, so the bottle's "per milligram" dosing information is relatively useless. It's one of the reasons we felt compelled to develop our own brand in which we could control the specific levels of three important isoflavonoids: puerarin, daidzin (4%) and daidzein (2%). This standard follows exactly those used in the 2005 clinical study. Many kudzu products in the US do not contain all three chemicals—or do so at much lower concentrations.



History
By Roberta Jewell

WHEN I DEVELOPED THE NUTRITIONAL COMPONENT OF THIS PROGRAM ONE OF MY PRIORITIES was to put together a therapy I knew I'd stick with. And based on my earlier experience, I was pretty confident I'd fail if it required taking dozens of pills a day—handfuls every few hours. I'd tried this before and simply didn't have the stamina to adhere to it. I also wasn't terribly motivated to continue, as the anti-craving response wasn't as intense as I'd hoped.

After much research, I identified seven supplements—a combination of vitamins, minerals, herbs and amino acids—that I felt were most critical to a personal alcohol recovery program. They are taken over the course of six weeks in up to four doses per day. Some of them (namely ALL ONE, kudzu and L-Glutamine) are often used for continued long-term maintenance. These supplements addressed the three most important issues for me: withdrawal, restoration, and craving reduction. I knew from what I'd uncovered that many other supplements—namely herbs and amino acids—had been reported helpful in curbing the desire for alcohol, as well. But I prioritized the supplements I felt were most helpful in an attempt to balance efficacy with compliance.

It's also one of the reasons I was excited about adopting Nutritech's Original ALL ONE Formula, as it contains a combination of 50 vitamins, minerals and amino acids. In addition, its B-Complex is high potency.

Since that time, thousands of individuals have become involved in the MWO program. They include people who opt out of taking medication or otherwise customize the program. We've always encouraged individuals to do *what works* and will never dictate a regimen to anyone, but rather suggest what we believe is the most effective approach based on research and input from those who have undergone the program.

Over the past year, we've had significant feedback from individuals who feel their program has benefited by adding additional supplementation, such as L-Glutamine, GABA, green tea, and amino acids. (Others don't care to incorporate different products, as they prefer to take a smaller number of pills.) We've also made a couple of dosing adjustments to the original recommendations. *The system first proposed remains valid and thousands of people are enjoying success with it, so the original recommendations are solid.* But just like any researchers, we continue to investigate, test and consider the feedback of those who are involved in the program, so we can share this knowledge with others. For that reason, we have begun recommending additional supplementation to individuals for whom it is appropriate (e.g. those who are not taking anti-craving medication; don't use ALL ONE's Original Formula; or simply seek additional support in overcoming craving.)

What follows are details regarding our new recommendations as of March, 2006, with associated background information. Once we're able to publish a revised edition of "My Way Out", we'll modify the printed information, as well.