



Protocols for withdrawals

These protocols are useful for reducing discomfort of withdrawal symptoms from several addictions including sugar, caffeine, nicotine, alcohol, aspartame, and cannabis.

Symptoms will vary in intensity according to the individual constitution, the length of the addiction and the levels of intake they are habituated to; treatments can be modified accordingly.

Typical symptoms common to all the above addictions include headaches, body aches, brain fog and inability to concentrate, irritability, depression, mood swings, fatigue, lethargy, restlessness, insomnia, constipation or diarrhea, and increased cravings.

Follow these protocols in this sequence, moving gradually from one step to the other, allowing several weeks to a month for everything:

1. Improve and support nutritional status: reducing grains and carbs, increasing vegs, etc.
2. Start herbal program: aromatic teas between meals, bitters for liver support before meals, detox formulas before and between meals, alternating with bitters depending on condition, nervine tonics and calmatives as teas throughout the day especially in the evening
3. Start daily use of essential oils for aromatherapy: respiratory oils are especially helpful for nicotine and cannabis withdrawal, floral oils are especially helpful for relaxation
4. Increase exercise gradually
5. Increase relaxation time
6. Start adjunct treatments, especially massage and acupuncture
7. Gradually reduce intake of substance
8. When conditions are favorable for rest and quiet, stop
9. Increase adjunct treatments and herbal program