

**ADDICTION**



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The purpose of this presentation is to convey information. It is not intended to diagnose, treat, or cure your condition.

# *Why We Have an Addiction Crisis!*



# Dr. Chris Meletis



- Educator and physician
- Author of 16 books, 200+ articles
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“I’ve seen young, old, conservative, non-conservative, religious, non-religious. Everybody is suffering from some level of addiction, anxiety, depression.”



“We’re eating stuff that wasn’t designed for human beings. Our ancestors never ate them.”



“We’re not barefoot. We’re  
not touching the earth.  
We’re completely  
connected to cell phones.”



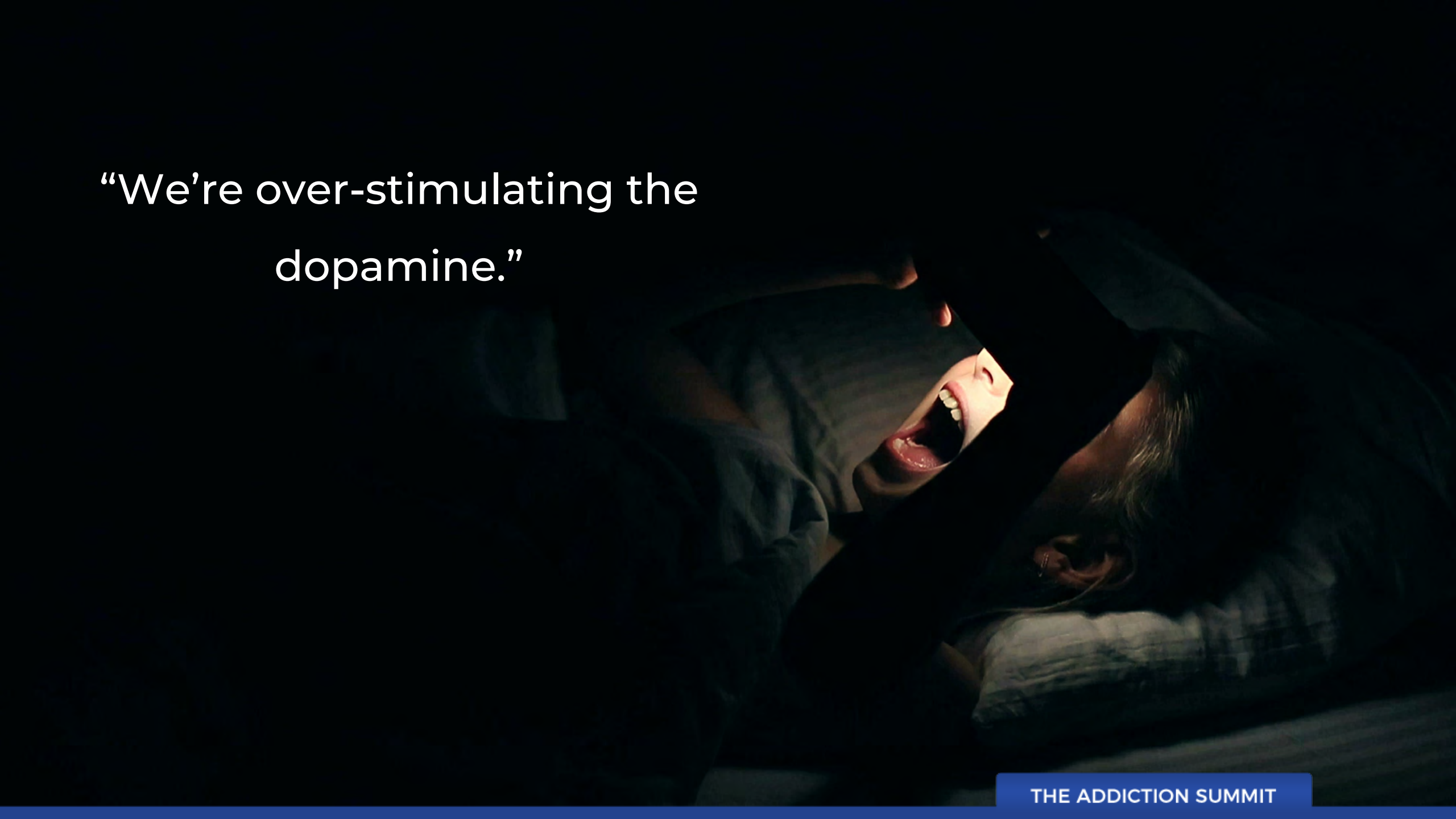
“We’re connected but  
disconnected from our fellow  
human beings.”



“The videos now that kids are doing, the gaming, all these are desensitizing and blowing brain chemistry.”



“We’re over-stimulating the  
dopamine.”



“Gluten and dairy—casein particularly, a protein in dairy—cross-reacts.”



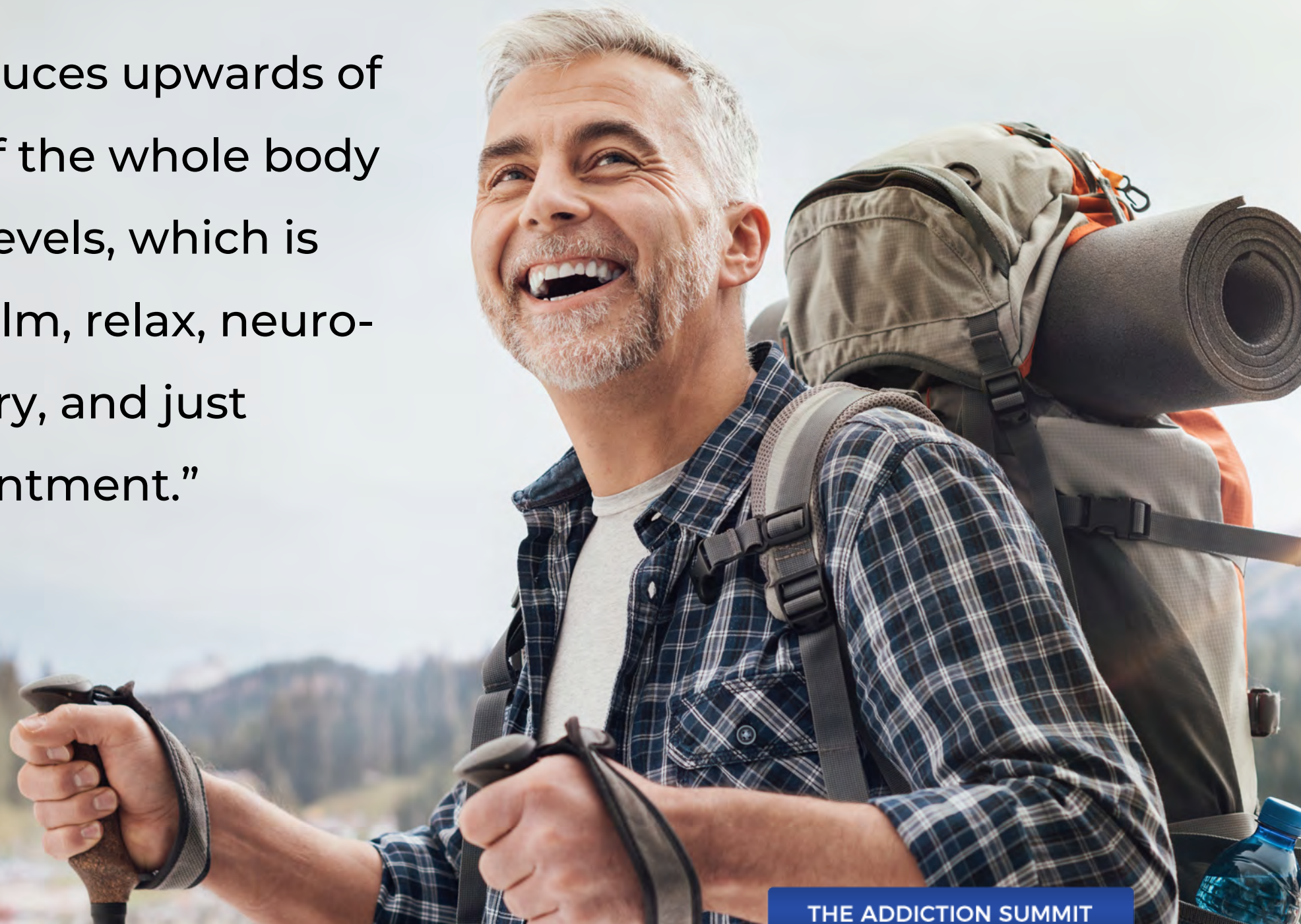
“It’s not a bargain when  
we pay for our health.”



“If we write a prescription for an antibiotic, we’re actually going to see that it’s going to disturb the GI tract.”

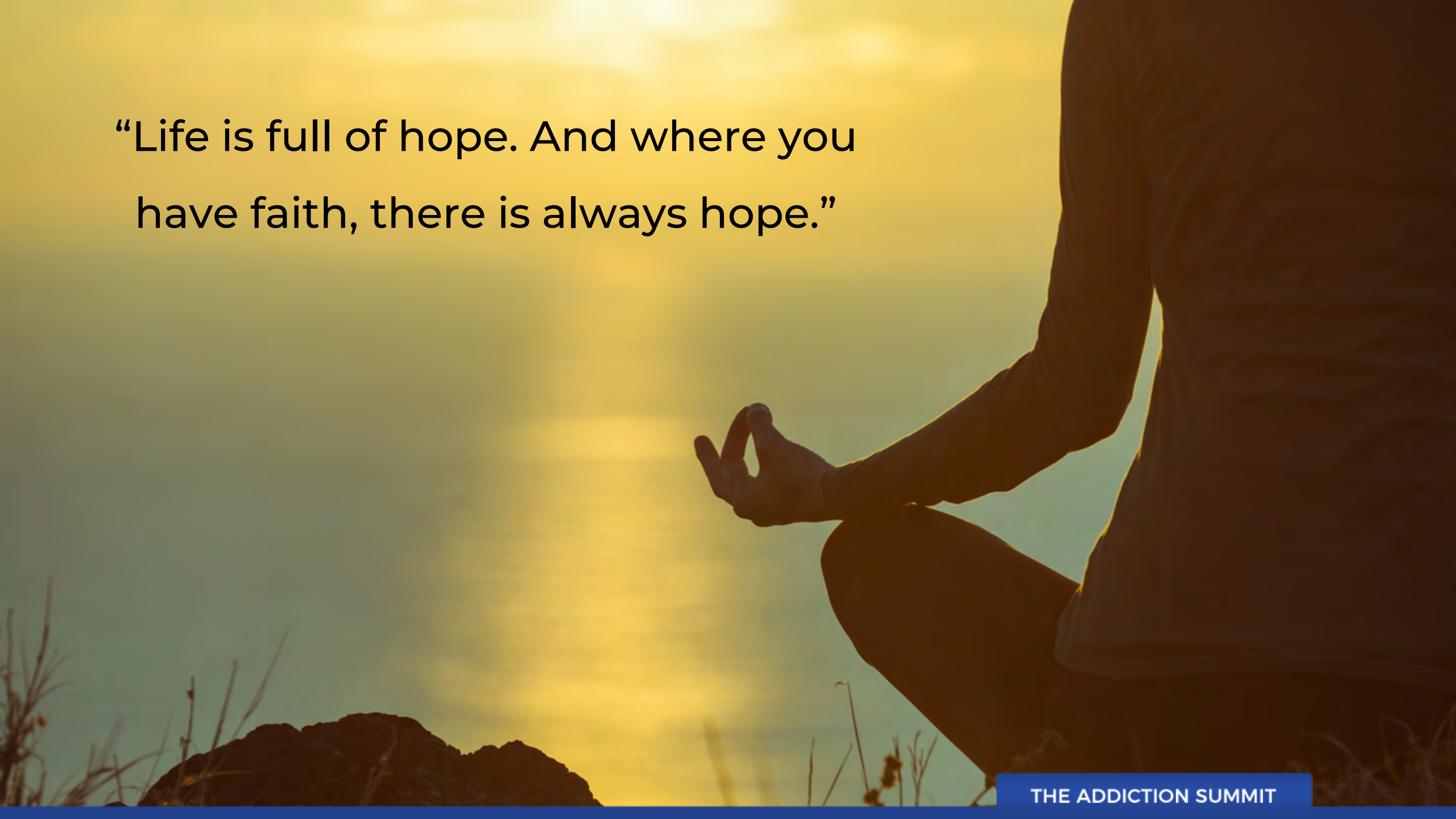


“The gut produces upwards of 70% to 80% of the whole body serotonin levels, which is happiness, calm, relax, neuro-inhibitory, and just contentment.”



“Genetics loads the gun. Diet and lifestyle pull the trigger.”



A person is shown in silhouette, sitting in a meditative lotus position. The background is a bright, golden sunset sky with the sun low on the horizon. The person's hands are in a mudra, with fingers interlaced. The overall mood is peaceful and contemplative.


“Life is full of hope. And where you have faith, there is always hope.”

“You create your future by  
being around positive, loving,  
caring people.”



“A good probiotic is more than just GI health. It’s brain health.”



A man with a beard is lying on his back in a bed, wearing a dark blue t-shirt. He has his arms raised and hands behind his head, and his eyes are closed, suggesting he is asleep. The bed has white linens and a white pillow. The background is a soft, out-of-focus white.

“Dreaming is a way which we process—not to sound too Freudian—our stuff.”

“A nice multivitamin is  
great. It’s a foundation.”



“Identify your problems.”



“I’ve found most of those addicts, if you’re addicted to something, you’re probably very bright.”



“We need to stop  
expending so much energy  
being on all the time.”

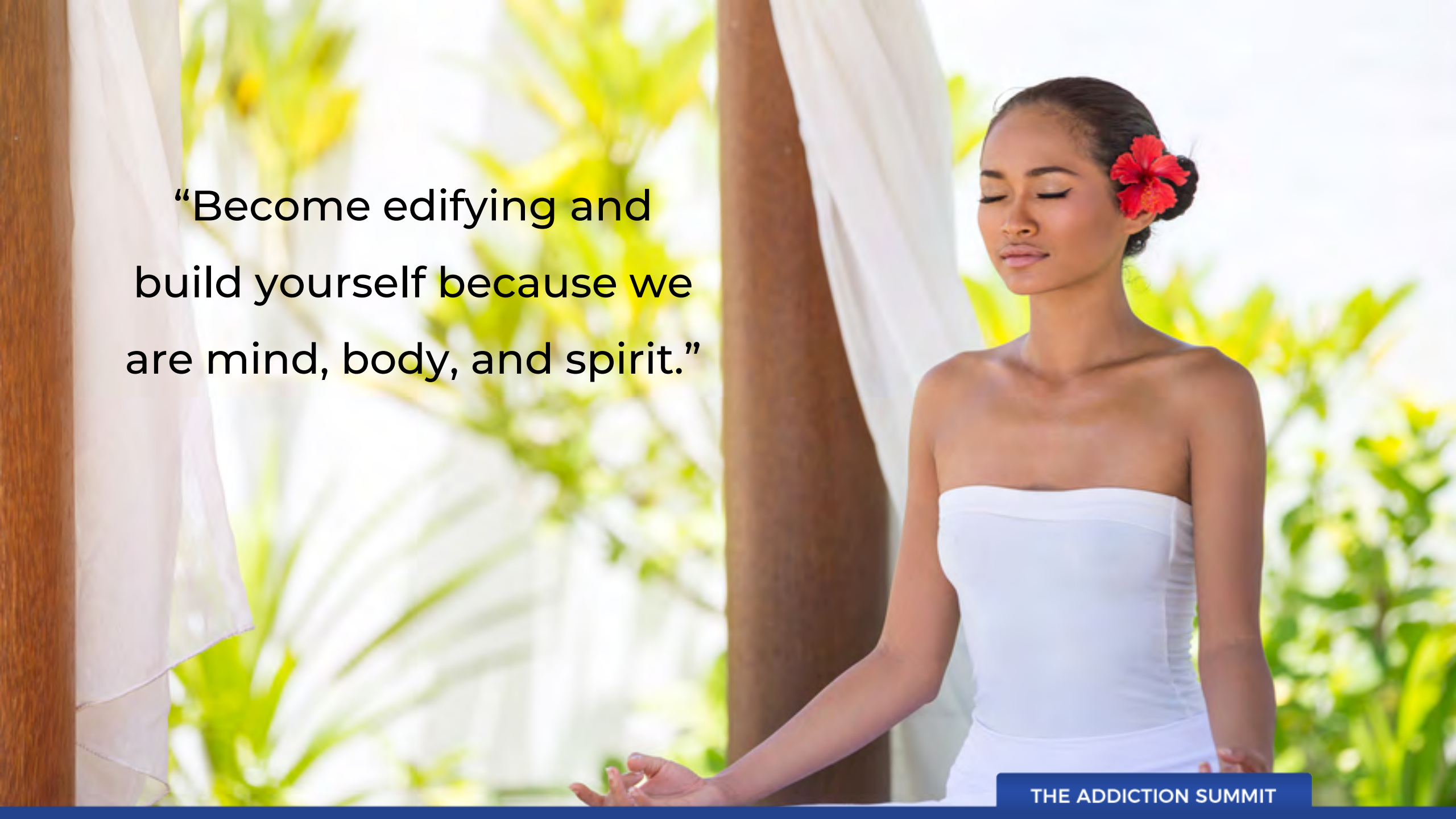


“You can do, for those people who are really on a tight budget, elimination challenge. Go on a really miniscule diet: rice, chicken, fish.”



“This very moment, as we’re talking, the next step for each of us is a bold, new step. What we do for the rest of the day is full of opportunity.”





“Become edifying and  
build yourself because we  
are mind, body, and spirit.”

“As long as you’re doing your best, your legitimate best, on a daily basis, that’s all you can do.”



“If you’re dealing with heavy addiction, don’t get depressed about it because tomorrow’s a new day. You can make things better.”



“Avoid processed foods.  
Avoid sugar.”




“Stress, sugar, processed foods are taking away our serotonin, which helps us feel calm and in a happy place and driving us into feeling stressed out.”



“Dead food for dying  
people, live food for  
living people.”





“A big part of our environment is the people we put around us, the stresses that are just in our everyday living, and I don’t think we think about it.”

“You can’t replace the  
body. A body is for a  
lifetime.”



“Alcohol causes B1 deficiency.”



“Too much THC out of  
balance with the CBD  
is a big issue.”



“An addiction might make  
us feel better in the  
moment. But there’s a  
price to pay.”



“Is life living me,  
or am I living life?”



“Be kind to yourself.  
Show yourself grace.”



“Create the environment  
where you can flourish.”



“I’m going to work  
until I am going to be  
victorious.”



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