

ADDICTION



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Adverse Childhood Experiences (ACE) and How to Heal



Niki Gratrix



- Transformational coach
- Nutritional therapist
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“There’s a really high proportion of people who end up stressed and burnt out who have early life stress.”



“These early life stressful events are a profound root cause of so much addiction behavior.”



“Trauma can happen
in adulthood as well.”



“Most trauma is relational.”



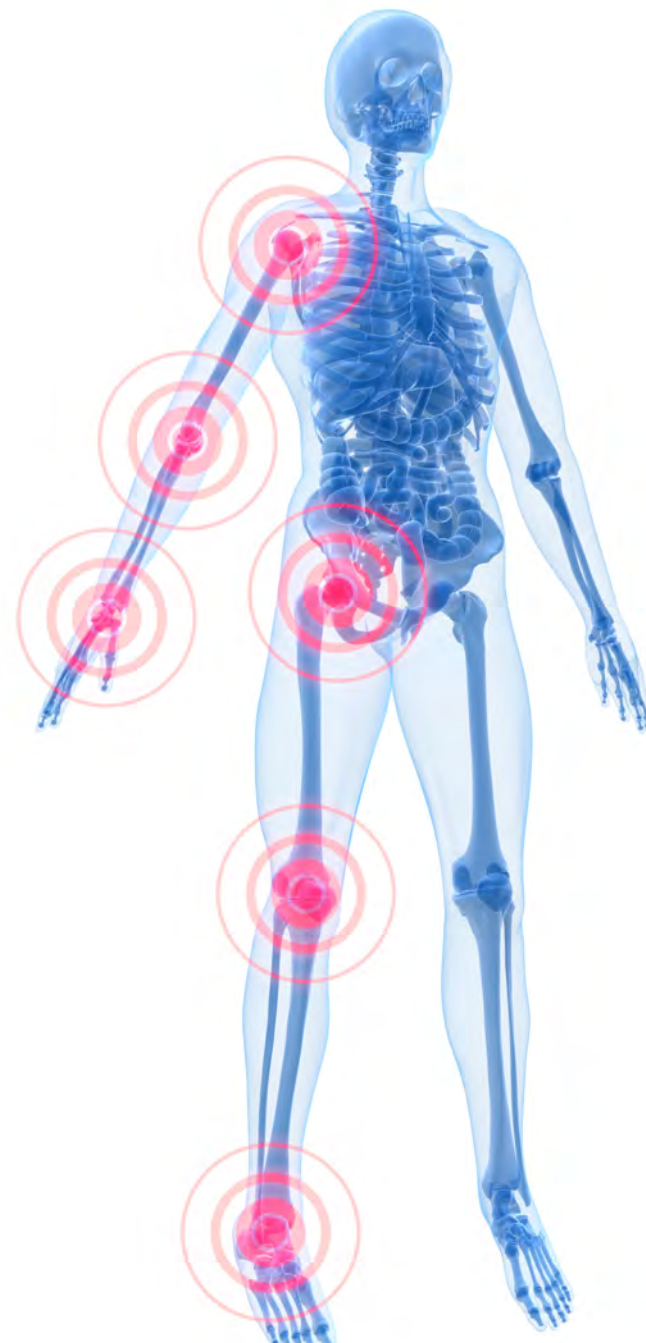
“Your body has changed
from the date the
trauma happens.”



“A lot of trauma
isn’t obvious.”



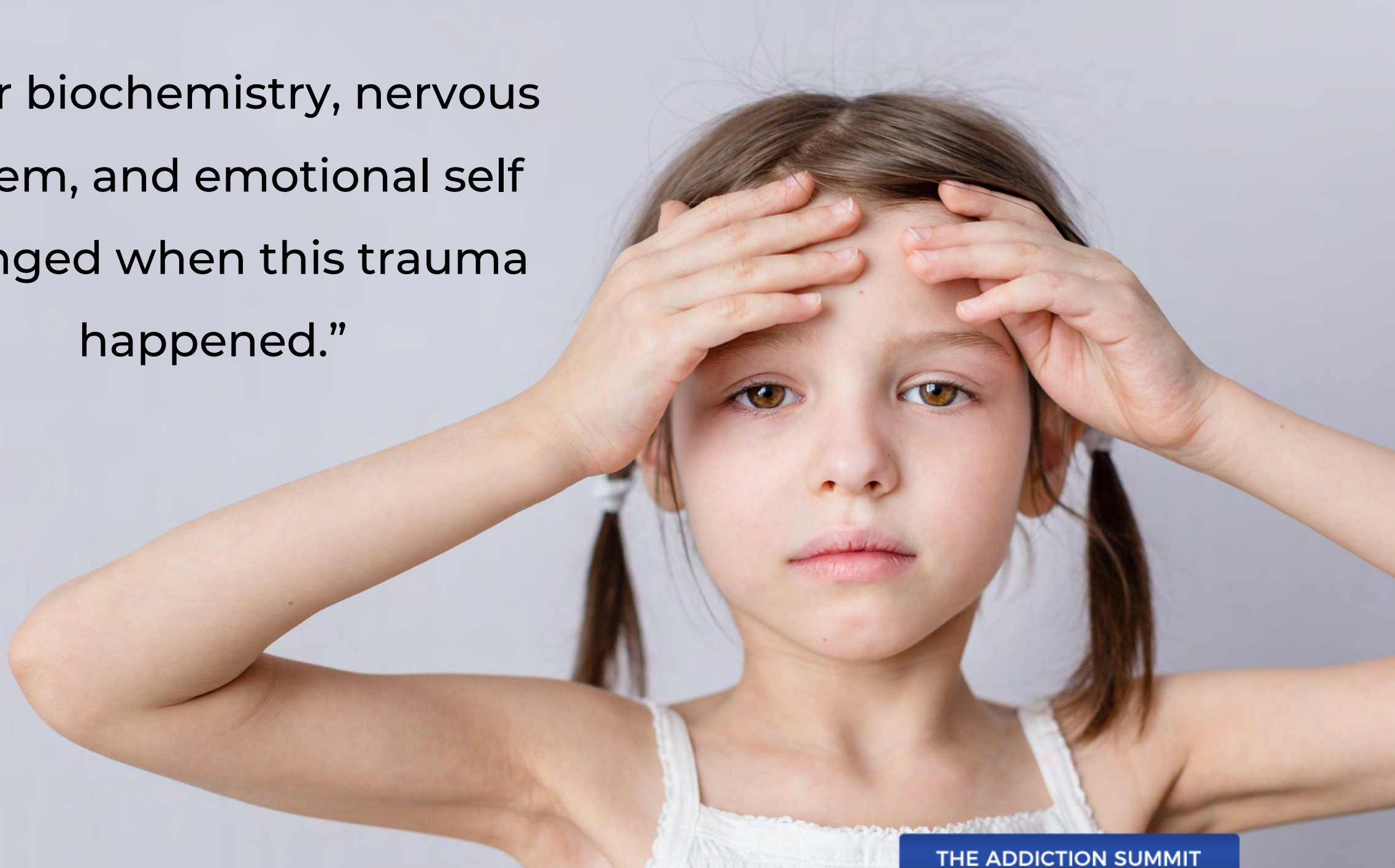
“How does trauma impact? It actually impacts the body at the biochemical level. It impacts the body at the nervous system and the brain level. And it also affects your emotional body.”



“You’ve been using the
addiction to deal with
unconscious,
unresolved trauma.”



“Your biochemistry, nervous system, and emotional self changed when this trauma happened.”



“There’s no need to be
ashamed. It’s rooted in
trauma that hasn’t been
resolved yet.”




“When you don’t do self-care, the body gets so stressed.”

“Some of that’s just cultural conditioning, by the way, because we are in a culture that doesn’t support rest, relaxation, and self care.”



“A lot of children learn that the only way to get love is to give it first. And they become the carers.”





“Just being aware of the
patterns helps start
resolving them.”

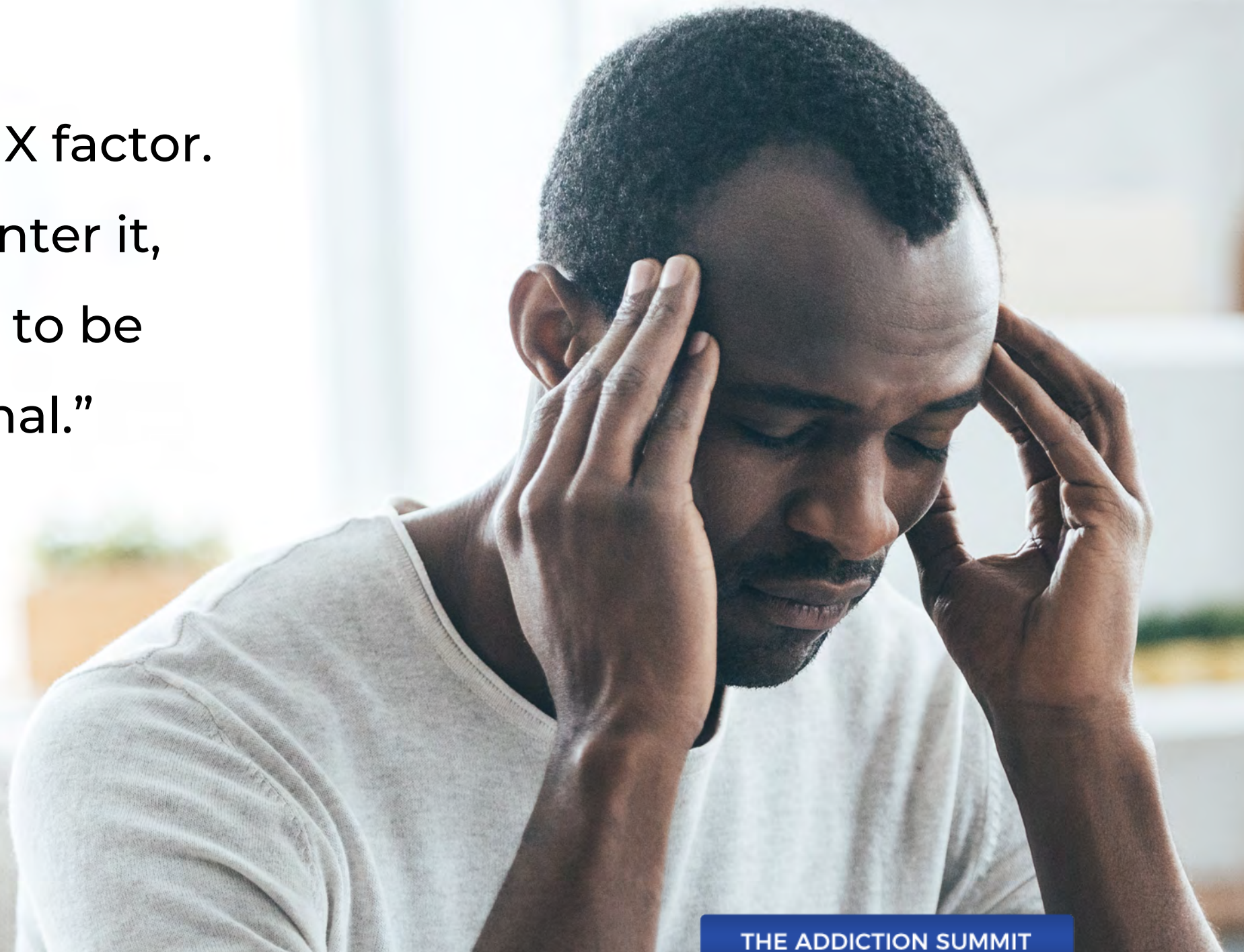
“A deep yoga exhale
breath stimulates the
entire vagus nerve.”



“The time to set the nervous system up for the day is often a little morning routine.”



“Stress is the X factor.
And to counter it,
you’ve got to be
intentional.”



“The less stressed, more comfortable you are and safe you feel in your body, you’re not going to need the numbing, reaching for whatever it is.”



“If you’ve had a good quality protein breakfast, you’ll be satiated, and it will balance your mood and your energy through the day.”



“Avocado or coconut oil,
these are healthy fats that
also will give you that
sustained energy.”



“The last type you want to be hanging around with is people who are either not supporting what you’re doing or actually doing the thing you’re trying to avoid.”



“You can start to do the healthy thing that gets the same feeling.”

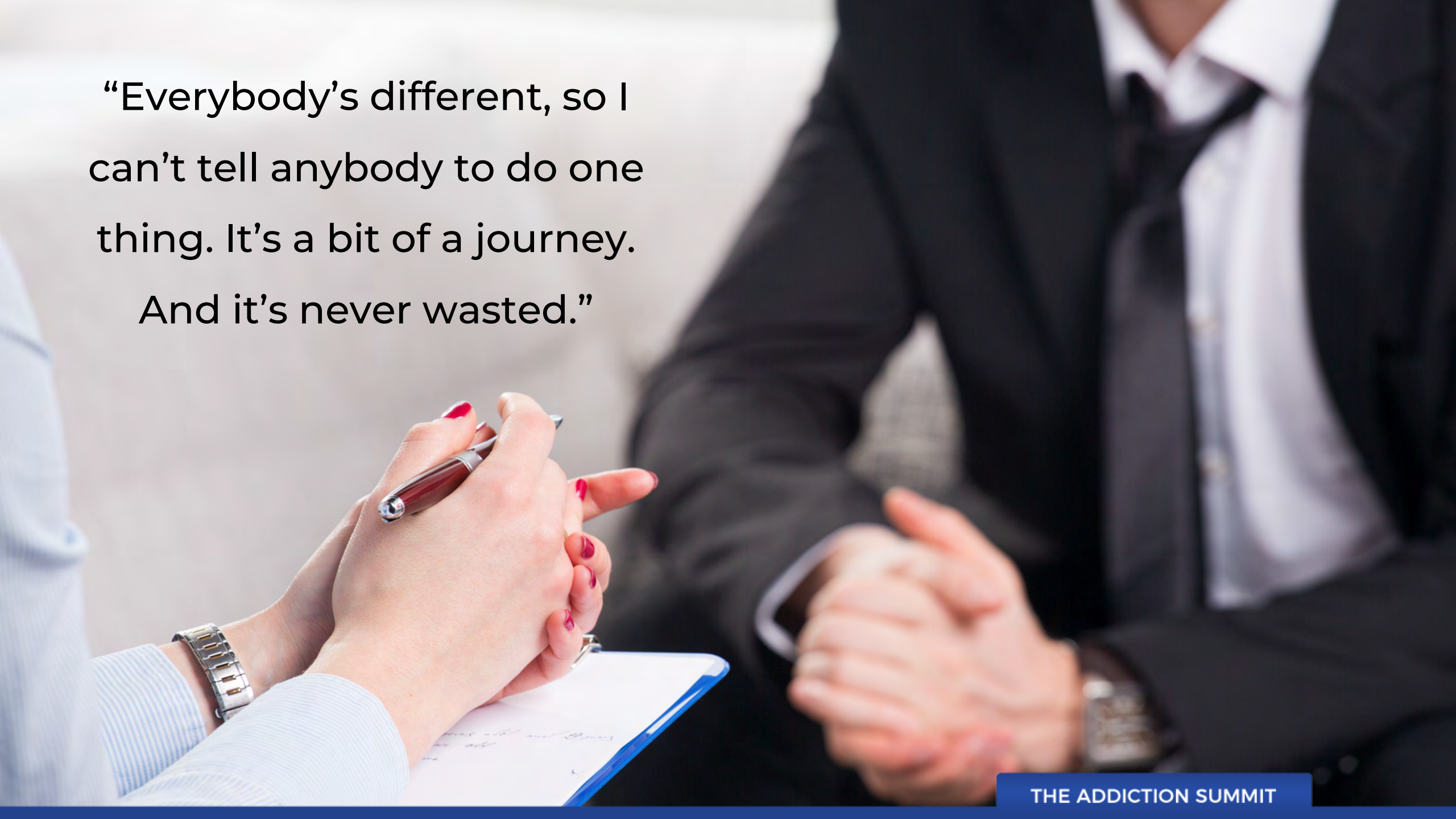


“Breathing starts
people feeling again.”



“If you can articulate a clear, coherent story of your childhood, what happened, how it affected you, you start to create the narrative.”





“Everybody’s different, so I can’t tell anybody to do one thing. It’s a bit of a journey. And it’s never wasted.”

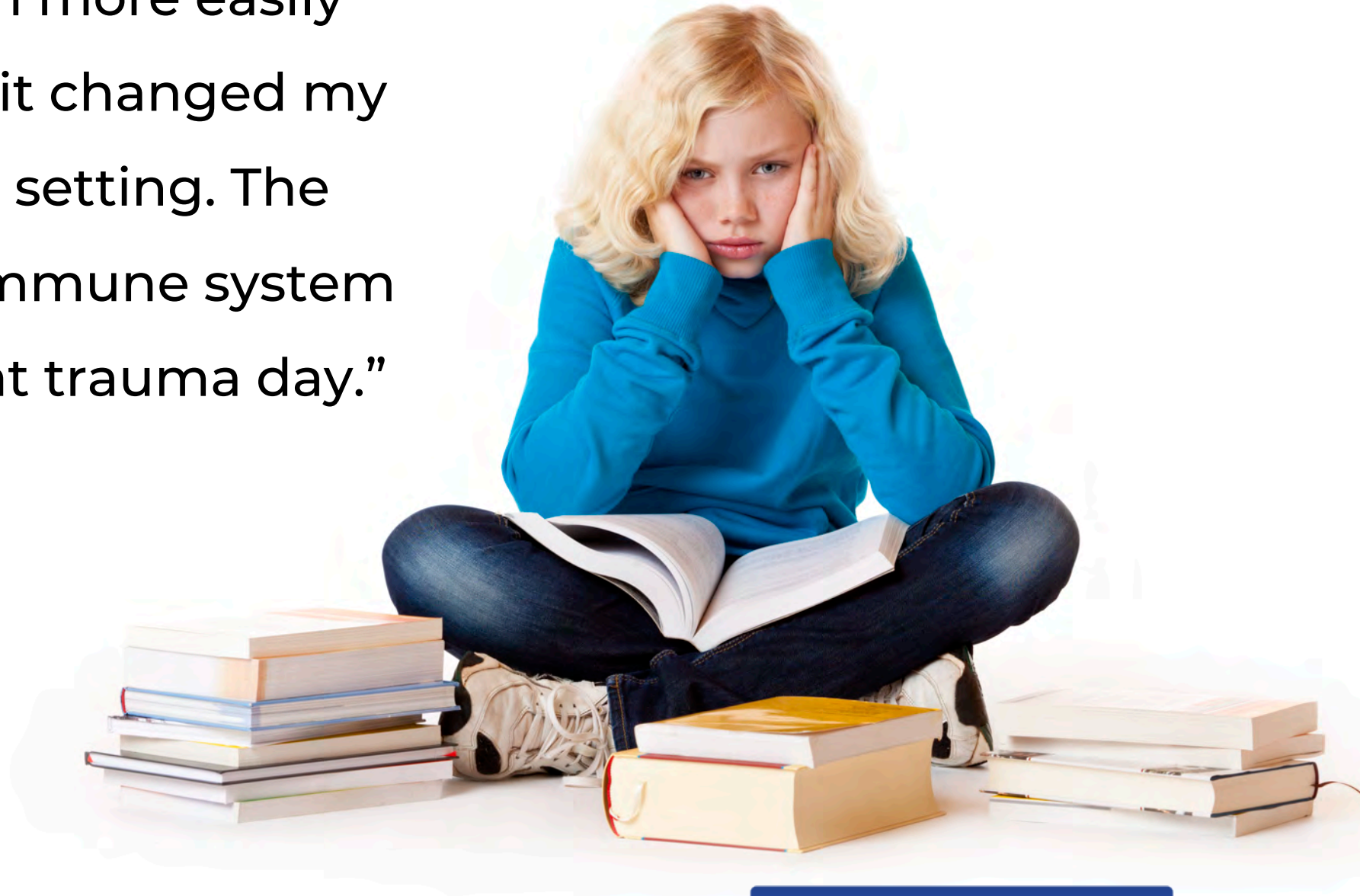
“Sometimes you have
to change your
environment.”



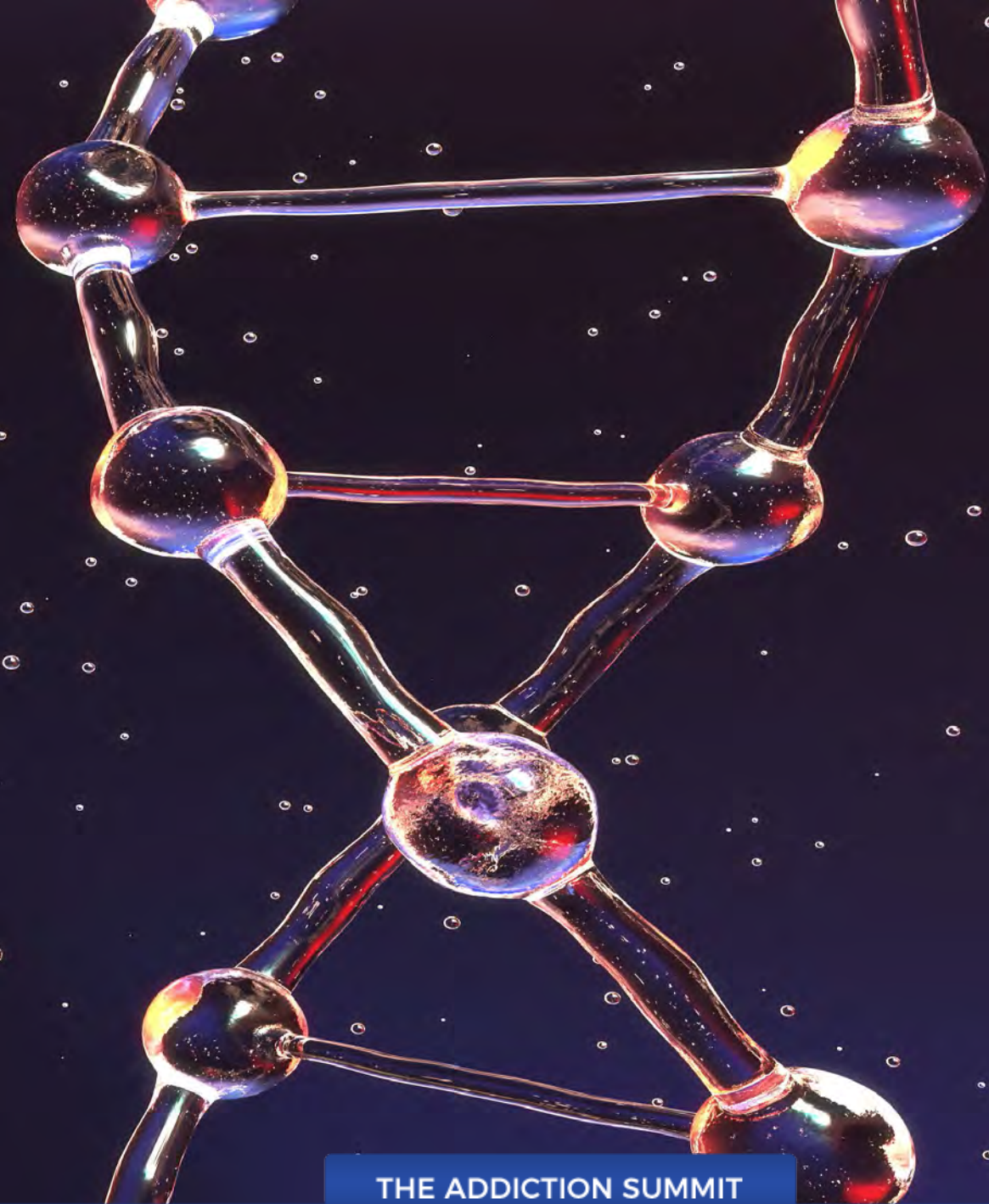
“If you’re doing something
to numb out the low
feelings, you don’t get the
up feelings either.”



“I’ve always been more easily stressed because it changed my nervous system setting. The neuroendocrine immune system changed from that trauma day.”



“There are neural pathways
and epigenetic changes that
don’t normally change with
one shot. It’s
reprogramming it.”



“You’re not going to be
the same person that
you were before.”



“Just because you’re at a plateau doesn’t mean you’re not healing. It’s cumulative.”



“There’s an essence of an unbroken you. There’s a part of you that is pure, untwisted, straight, still pure and unbroken. And it’s always available.”



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