

**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.

# *Functional Approach to Addiction*

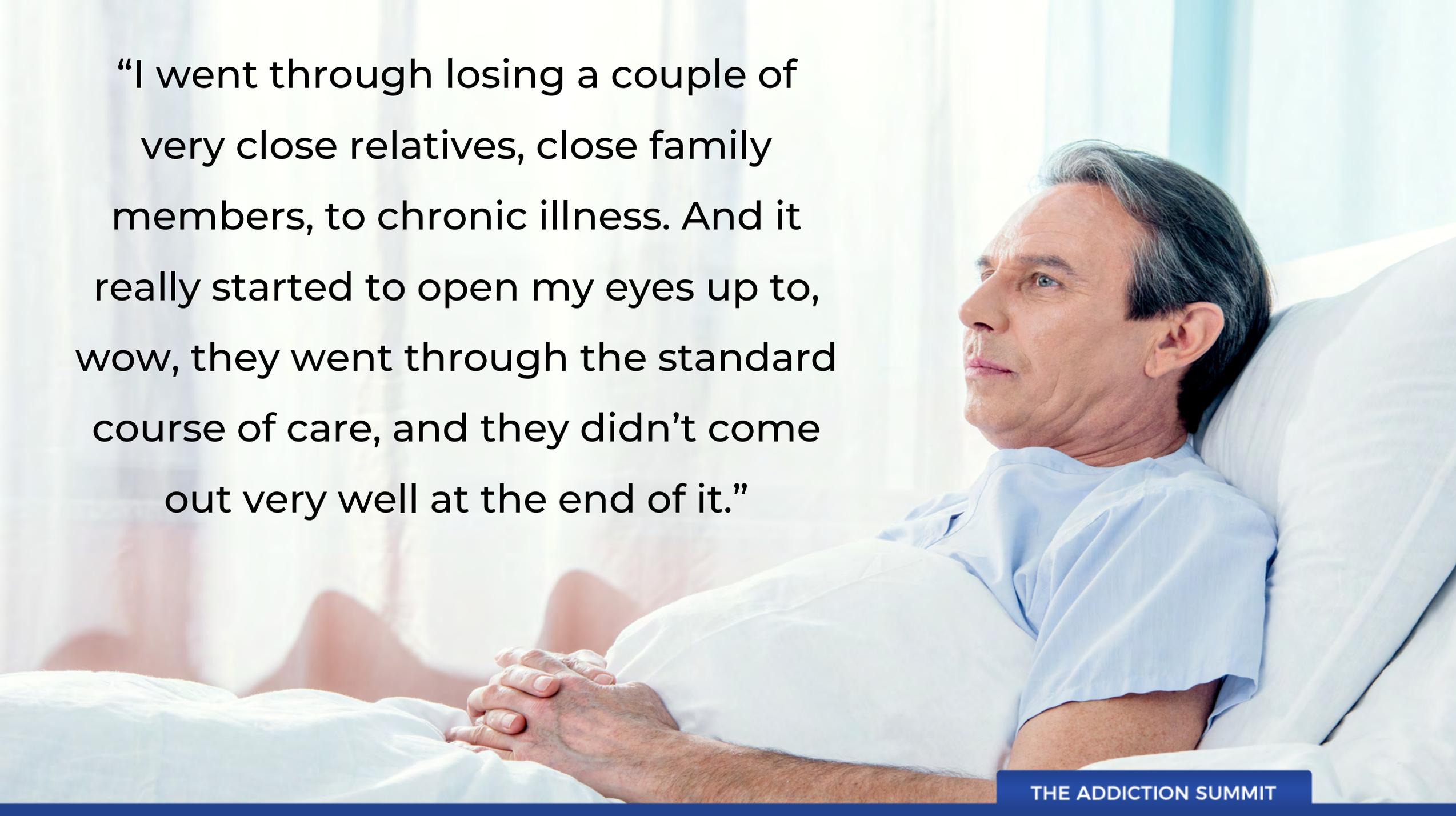


# Dr. John Dempster



- Naturopathic and functional medicine
- The Healthy Gut Institute
- The Mental Wellness Summits
- [TheDempsterClinic.com](http://TheDempsterClinic.com)

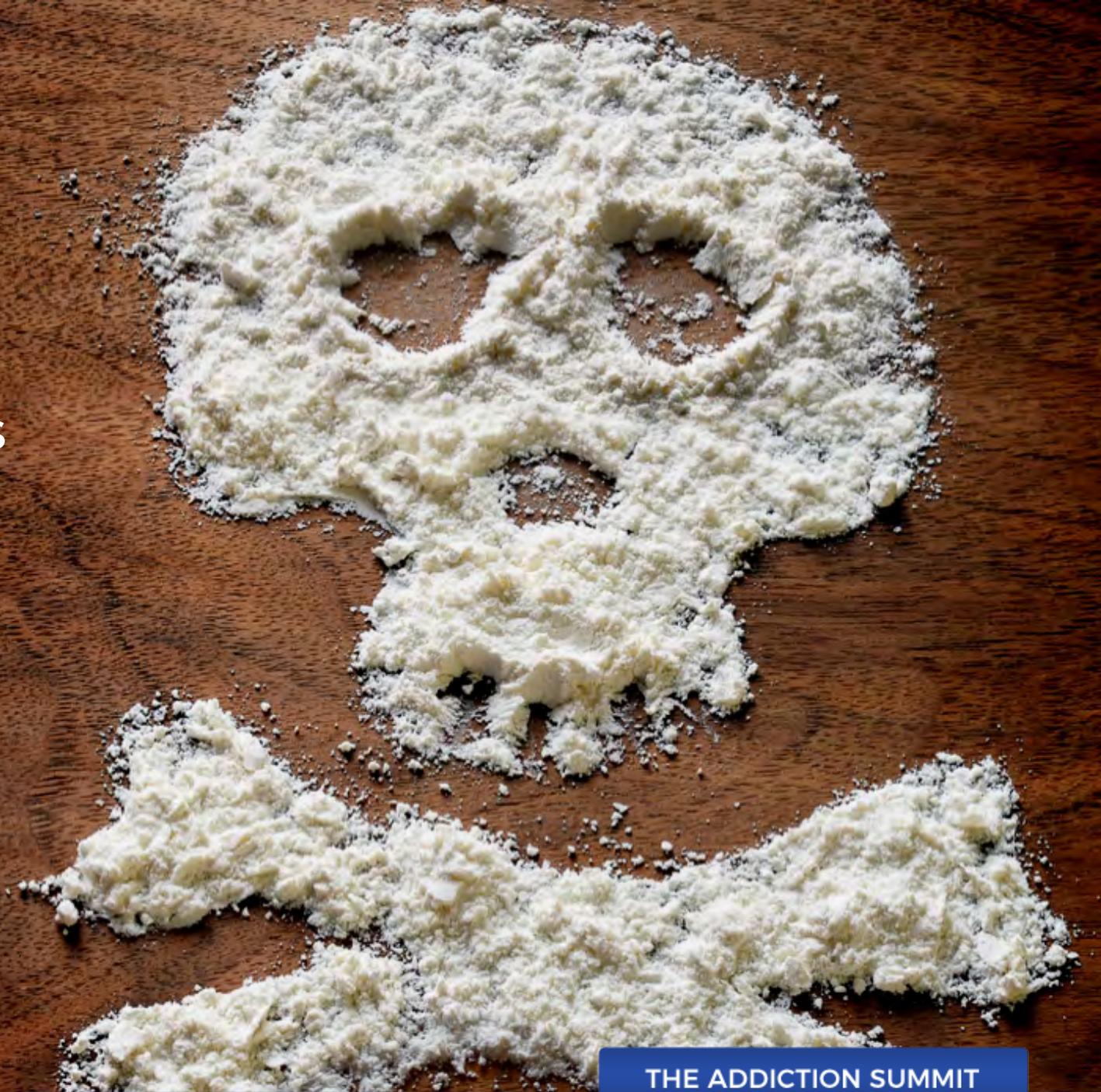
“I went through losing a couple of very close relatives, close family members, to chronic illness. And it really started to open my eyes up to, wow, they went through the standard course of care, and they didn’t come out very well at the end of it.”



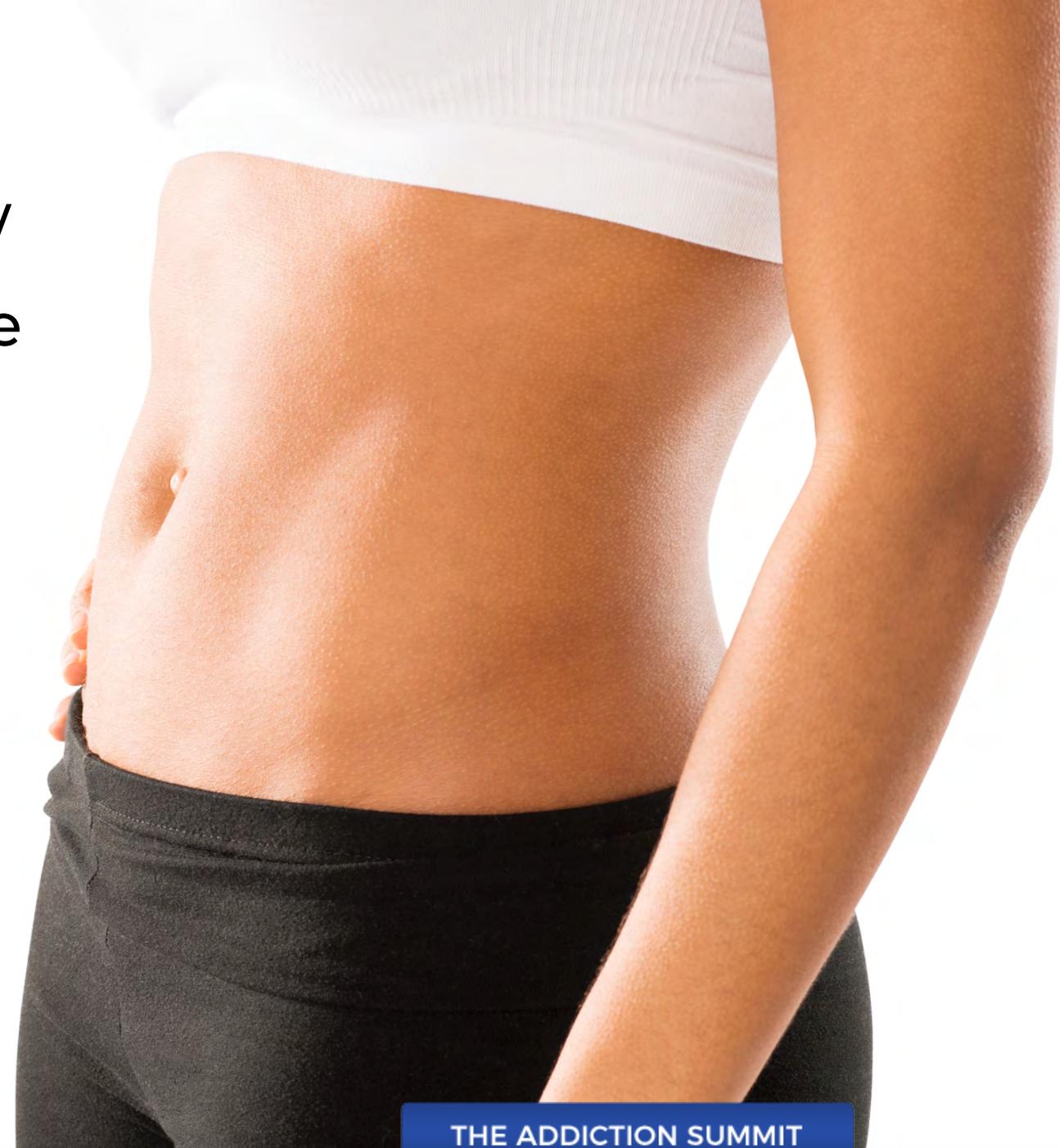
“I love helping people  
get to the root cause.”

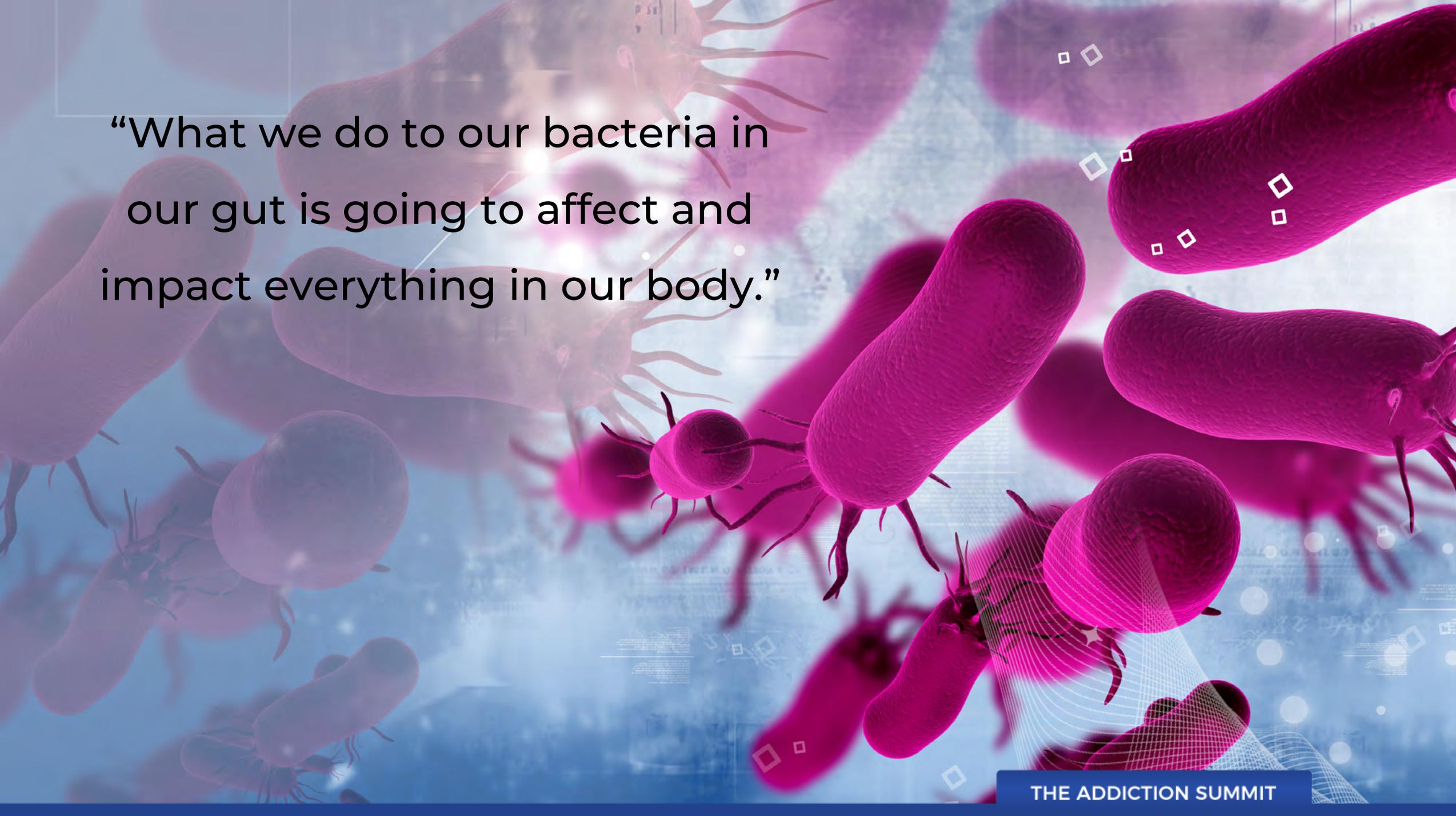


“I'm in Canada. You're in the States. There are no borders that separate addiction right now. This is something that is a crisis globally.”



“Neurotransmitters, right now we’re seeing in the studies, are between 50% and 90% produced in the gut.”





“What we do to our bacteria in our gut is going to affect and impact everything in our body.”

“If you even suspect that you have leaky gut, then I would encourage you to start treating bone broth like it’s your new tea.”



“Your gut is where you absorb key co-factors to produce these neurotransmitters.”



“Most of the patients that I work with who are dealing with addictions of any nature are not eating very well.”



“Eating breakfast, getting a nice quality meal into your system to start your day, sets your whole day up ahead.”



“We tend to see a lot of tyrosine deficiencies in those who are addicted especially to opioids.”



“Magnesium is the most commonly deficient nutrient in mankind. It is responsible for 300 biochemical reactions every single second in every cell of your body.”



“A lot of what we can  
do starts with very  
simple changes.”



“10 deep breaths every  
hour reduces the  
impact of stress on your  
body by up to 40%.”



“There are two different types of stress, and we actually need both to survive.”



“Helping your body from  
a real root level is really  
how we handle stress.”



“You want to increase your dopamine and your serotonin and create a balanced state of GABA in your body? You’ve got to get off your butt.”



“Males rather who are addicted have much lower levels of testosterone and other androgens.”



“Our adrenal glands are  
the stress glands.”

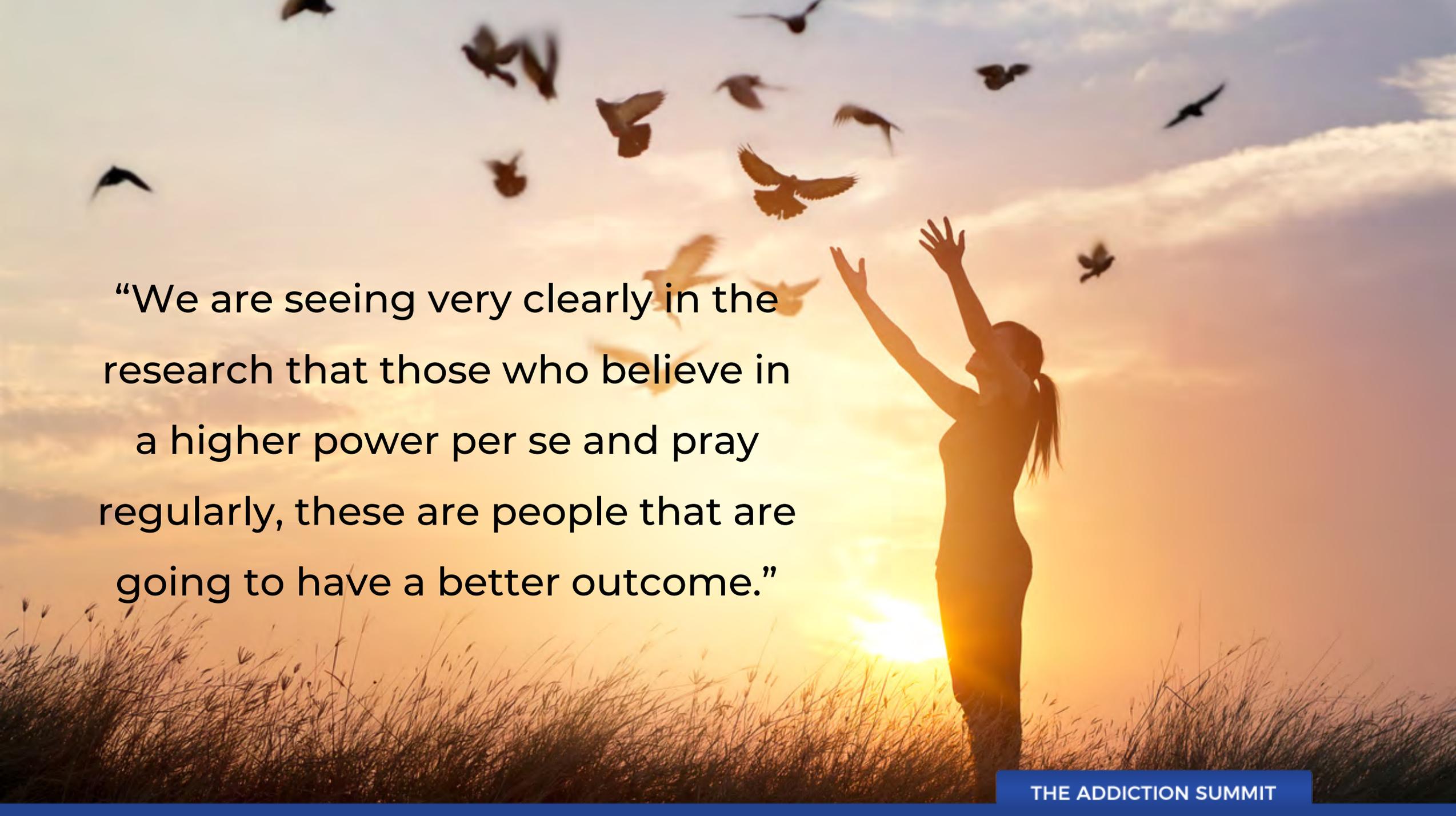


“That integrated approach  
is the medicine of the  
future.”



“The first two years of medical school, it’s all basic science, and you’re learning how diseases develop. And then you just sort of toss that out the window and start learning what to prescribe.”



A woman in silhouette stands in a field of tall grass, her arms raised towards a sky filled with many birds in flight. The sun is low on the horizon, creating a warm, golden glow. The scene is peaceful and evocative of hope or prayer.

“We are seeing very clearly in the research that those who believe in a higher power per se and pray regularly, these are people that are going to have a better outcome.”

“If we can immerse ourselves near what I call negative ions, these are molecules that literally start to recharge and revive us.”



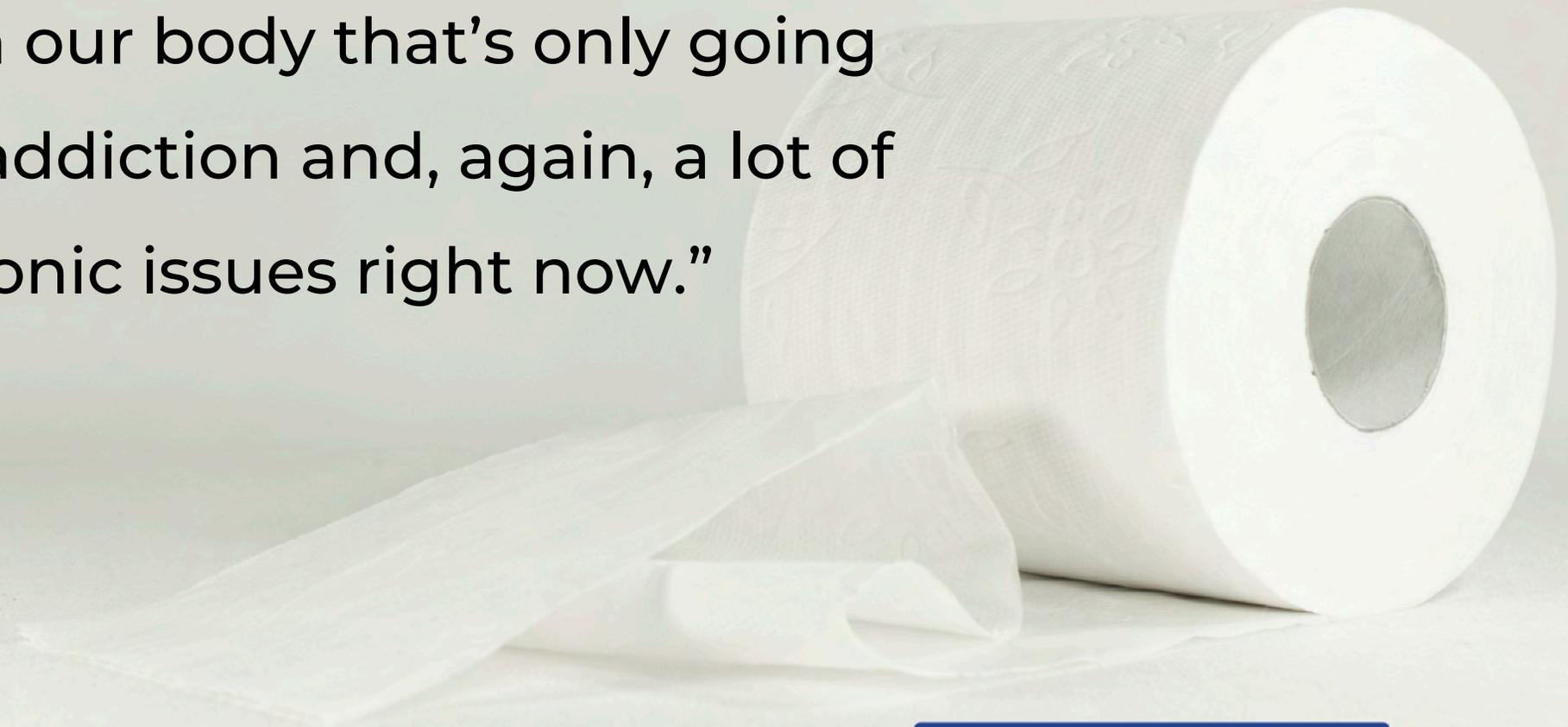
“Do what you can. It’s not about being perfect but it’s about making progress.”



“Make sure that your body is  
being fed clean, real, whole food.”



“If we’re not evacuating regular bowel movements then we are going to be holding on to toxic and inflammatory-based waste in our body that’s only going to perpetuate addiction and, again, a lot of other chronic issues right now.”



“If we can start to bring in some of the beneficial flora and stop feeding the negative flora, that’s going to do, not only amazing things from an inflammatory perspective and a bowel clearance perspective, but it actually starts to create this environment, coming all the way back to our neurotransmitters, that is going to be more optimal for those with addiction.”



“We really do want to make sure that we’re getting high quality supplements.”



“Especially the really refined flours that we’re seeing in Wonder Bread for example, that forms a gum and a paste that really slows down transit time in your bowels.”



A close-up photograph of a doctor in a white lab coat and blue stethoscope shaking hands with a patient in a blue sweater. The doctor is smiling, and the patient's hand is resting on a clipboard. The background is a blurred clinical setting.

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