

ADDICTION



SUMMIT

All rights reserved. This material may not be published, broadcast, rewritten, or redistributed in whole or part without express written permission.

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

How Stress Pushes You to Addiction



Mike Mutzel & Noah Thomas





“I really did have a cliché and classic experience with alcohol where I tasted it when I was 13 years old. And I thought it was the greatest experience of my entire life. And I can tell you very firmly that I’ve been chasing that feeling since I was 13 all the way until 31.”



“We didn’t know that back then. In the 90s and so forth, we didn’t know. Well, hydrogenated oil science started to come out. But all of the link with MSG and things like that, with food additives, we didn’t really know.”



“The only thing that
comforts my shame is my
alcohol and/or recovery.”



“These addictive behaviors are inherently selfish. Not only are you suffering and your family’s suffering, but people that you should be serving and could be serving.”



“As paradoxically as it works, as much of a lie as it is, I know it. It is a safety net that continues to drag me lower and lower. And the help it gives me gets smaller and smaller.”



“A lot of us just have emotional challenges and subclinical food addictions or other addictions that are preventing us from doing the things we want.”



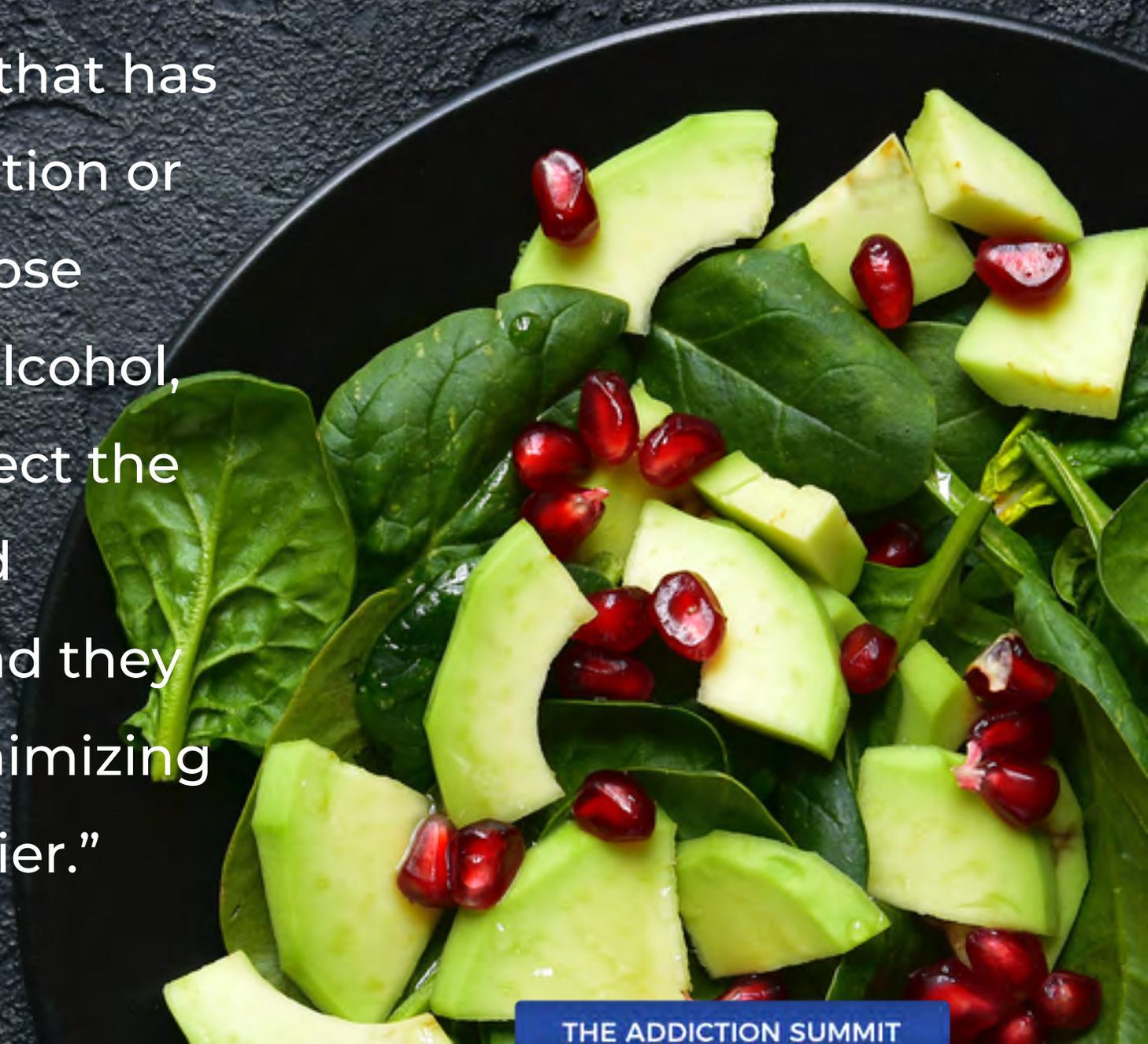
“When we compress our feeding window, when we exercise, when we reduce our dietary carbohydrates, our blood sugar drops.”



“If you’ve been in addiction and you’ve trashed your brain, you don’t have to think it’s all over because you can start healing at the cellular level starting with nutrition.”



“This is key, too, for anyone that has suffered from opiate addiction or alcoholism because those compounds, opiates and alcohol, affect the microbiome, affect the integrity of that. And phytonutrients come in and they can help with that with minimizing the damage to the barrier.”



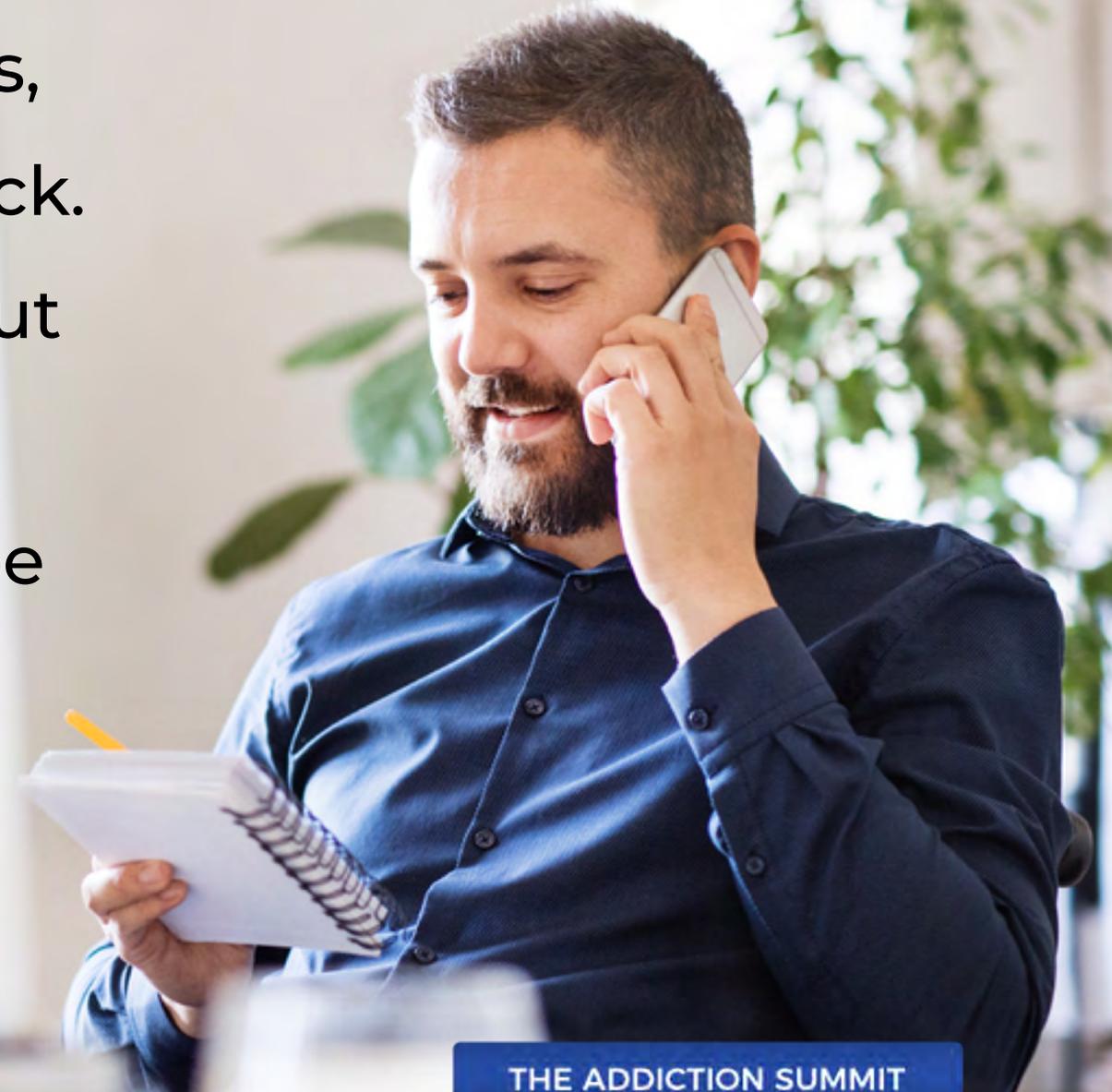
“Getting closer to our food and just the process of buying from a local farmer, buying from a farmer’s market or growing it in your backyard, you’re going to expose yourself to microorganisms that are beneficial.”



“My accountability partner was the gym. So that may not be for everyone else. You can turn to yoga. You can turn to art.”



“A lot of people that have had success in different domains, they feel this need to give back. So don’t be afraid to reach out to someone, just because they’re where you want to be and you’re not there yet.”



“We’re all in this planet to serve other people. And whatever the addiction is, it’s inherently kind of selfish. So if we ever find ourselves getting drawn into that, think of some way where we can serve others.”



ADDICTION



SUMMIT