

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.

Keys to Living a Life Free from Addiction



Peter Osborne



- Origins Healthcare
- Doctor of chiropractic
- Functional medicine
- Gluten-Free Society
- *The Gluten-Free Health Solution*
- *Glutenology*

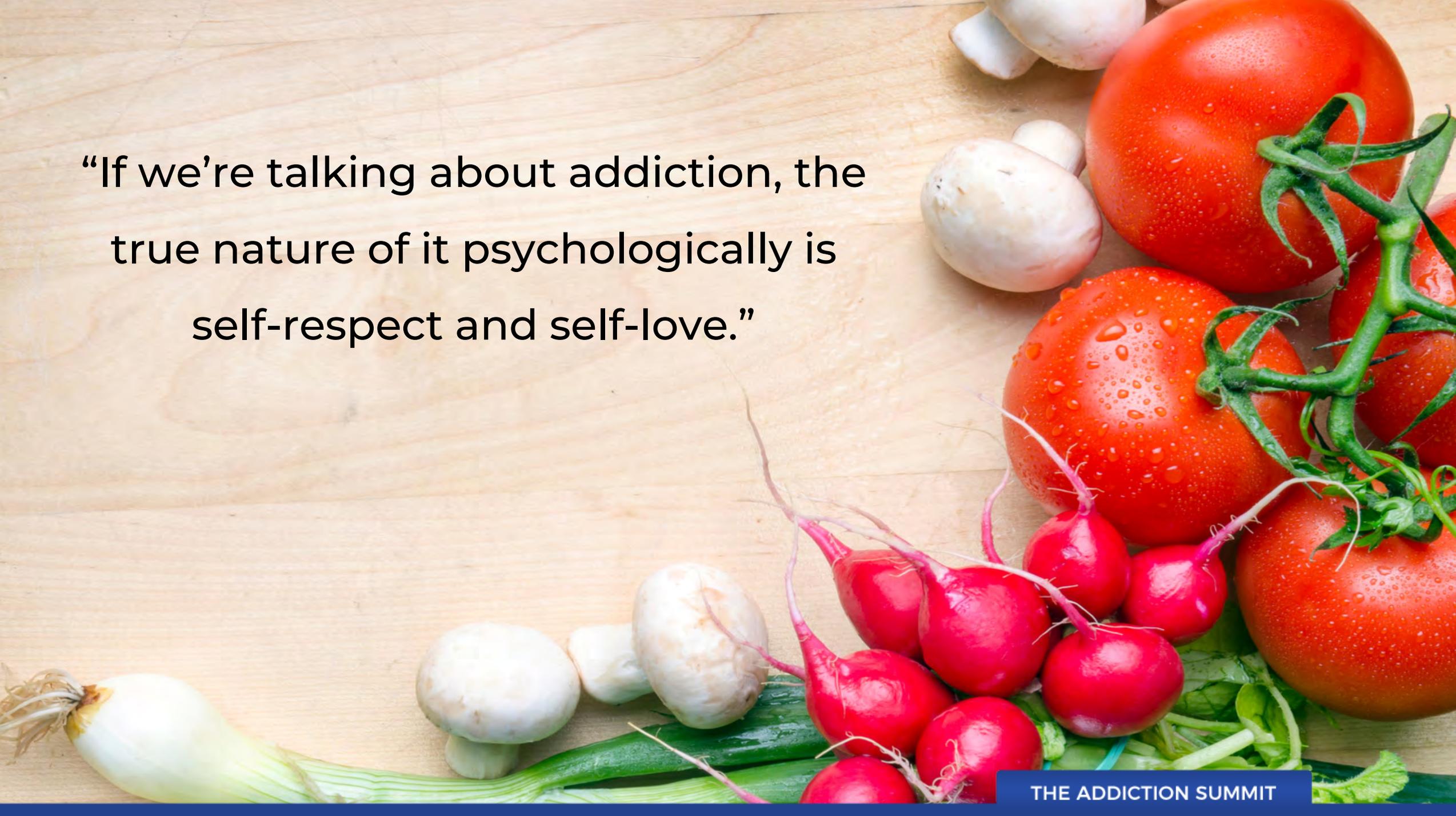
“Technically, food is a drug.
If we think about the definition of a drug, it’s any substance that you can take that can change the way that you feel, think, or act. And food definitely fits that role.”



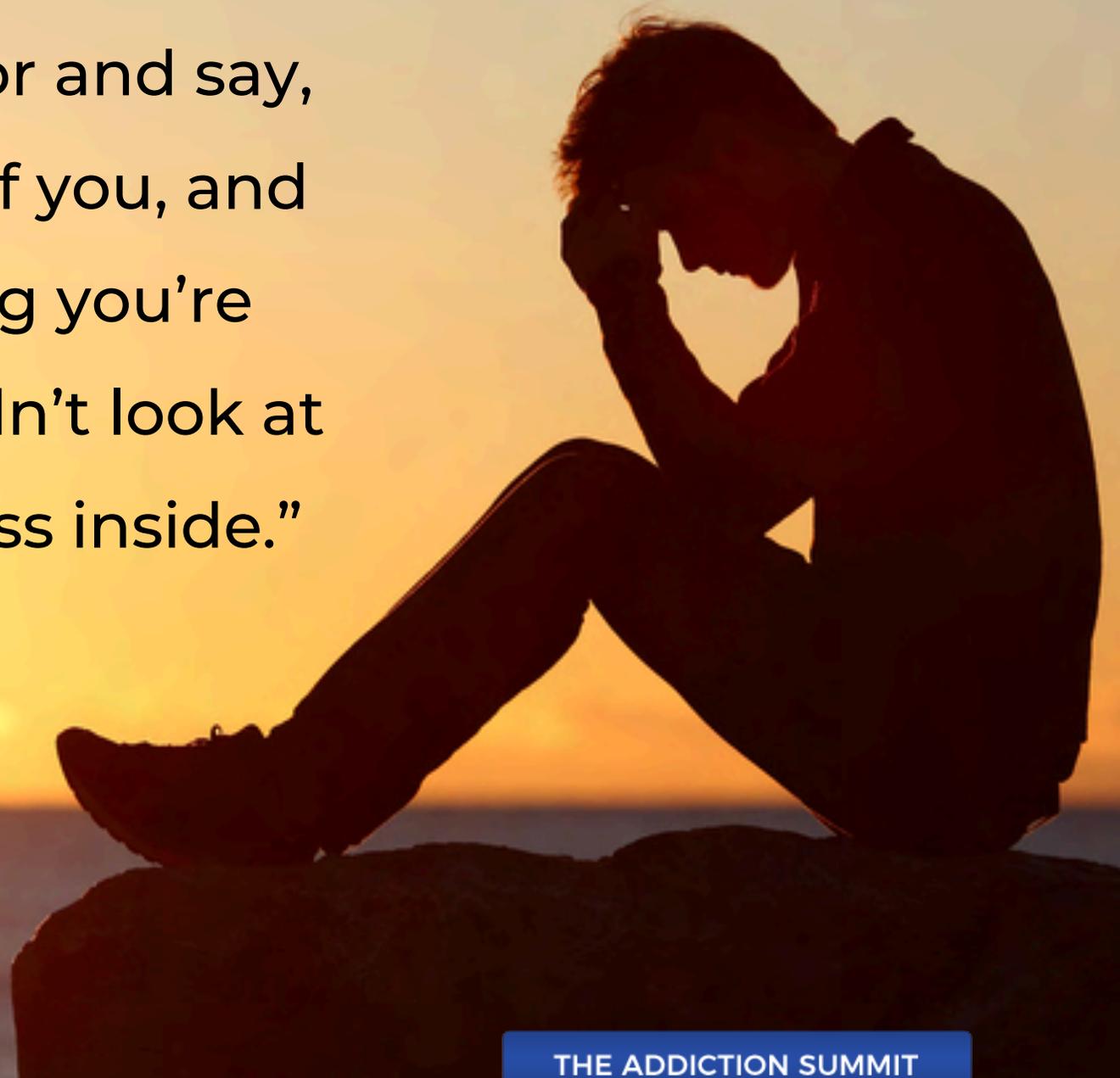
“And a lot of people who are addicted to wheat and they’re addicted to dairy as a result of these morphine compounds. And they don’t even realize they have an addiction.”



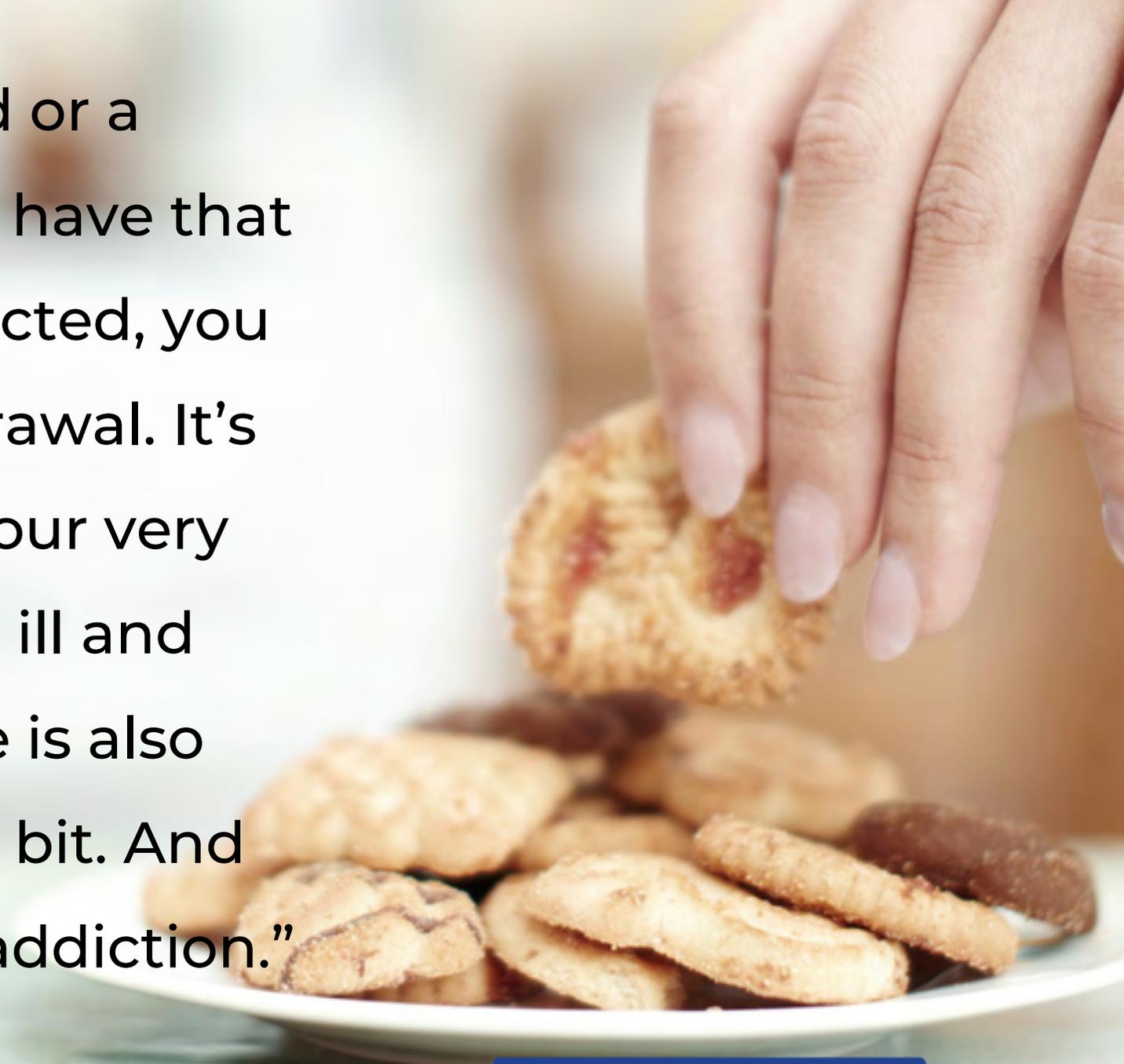
“If we’re talking about addiction, the true nature of it psychologically is self-respect and self-love.”



“I couldn’t look in the mirror and say, ‘I love you, and I’m proud of you, and I’m happy with everything you’re doing with your life.’ I couldn’t look at myself. I had that emptiness inside.”



“And whether it’s food or a substance, when you don’t have that thing to which you’re addicted, you go through a bit of withdrawal. It’s uncomfortable. And so your very substances making you ill and keeping you in bondage is also briefly helping you a little bit. And that’s that vicious cycle of addiction.”



Natural Vitamin C

- Dark cherries
- Broccoli
- Adrenal glands

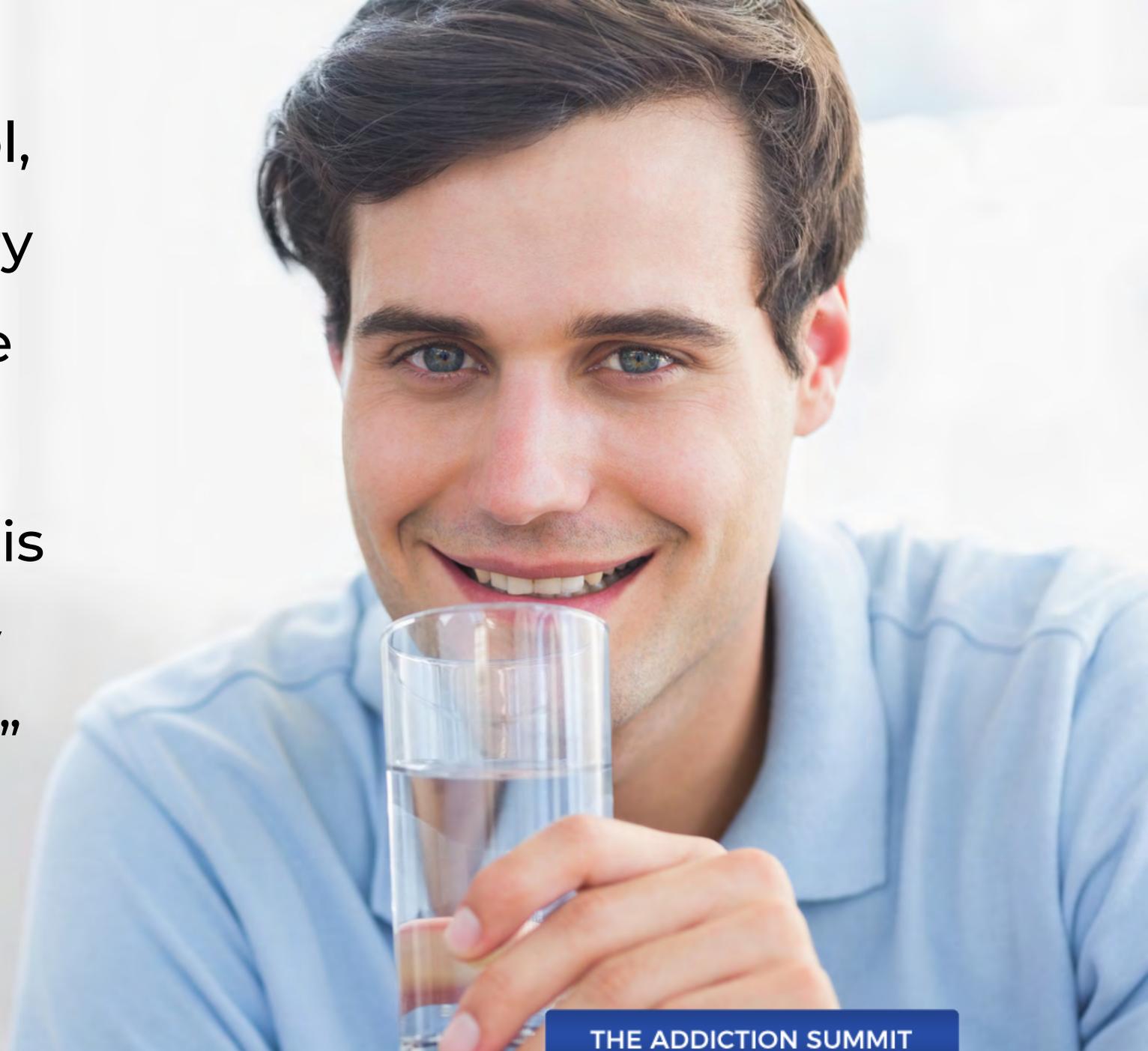


Vitamin C Flush

- Dose calibration
- Oral vs. IV
- 2 teaspoons in 6 ounces of water
- 6 grams every 15 minutes
- 4 doses to diarrhea



“If you do this protocol, if you do 6 grams every 15 minutes and you’re not having a flush within four doses, this is going to be probably pretty helpful for you.”

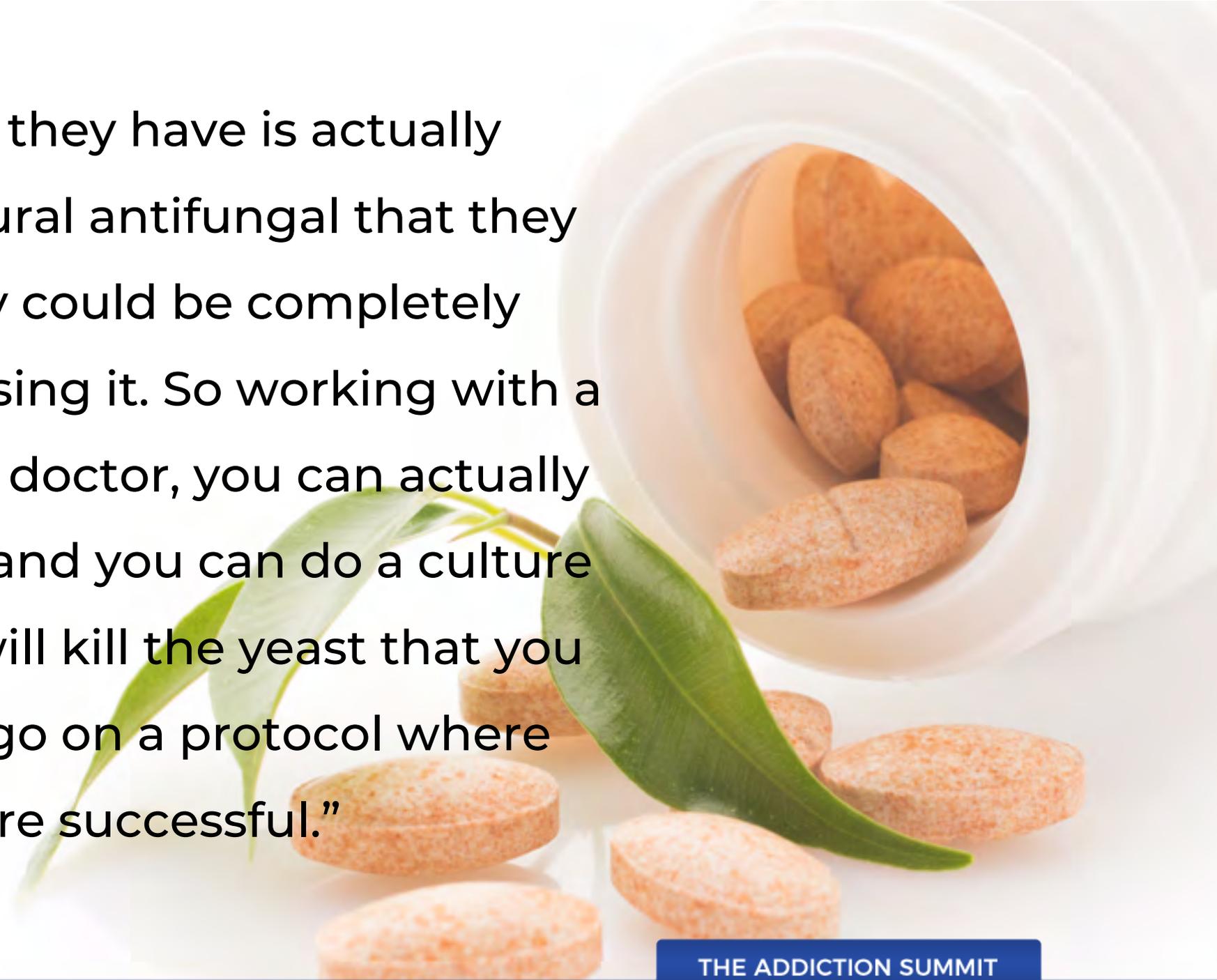


“When you eat a food that creates immunological warfare, meaning your immune system perceives the food as an inflammatory enemy, then you’re using immune system resources to battle your nutrition. And the purpose of eating is to be nourished, not to be malnourished.”



“Have your doctor check your GI tract for yeast overgrowth because a lot of times where people hit a wall and they keep going back to the alcohol and they keep staying addicted to the alcohol is because they’re making their own and they never really truly get dry.”

“If the yeast that they have is actually resistant to the natural antifungal that they choose, then they could be completely ineffective at addressing it. So working with a functional medicine doctor, you can actually identify the species and you can do a culture sensitivity of what will kill the yeast that you have and actually go on a protocol where you’re more successful.”

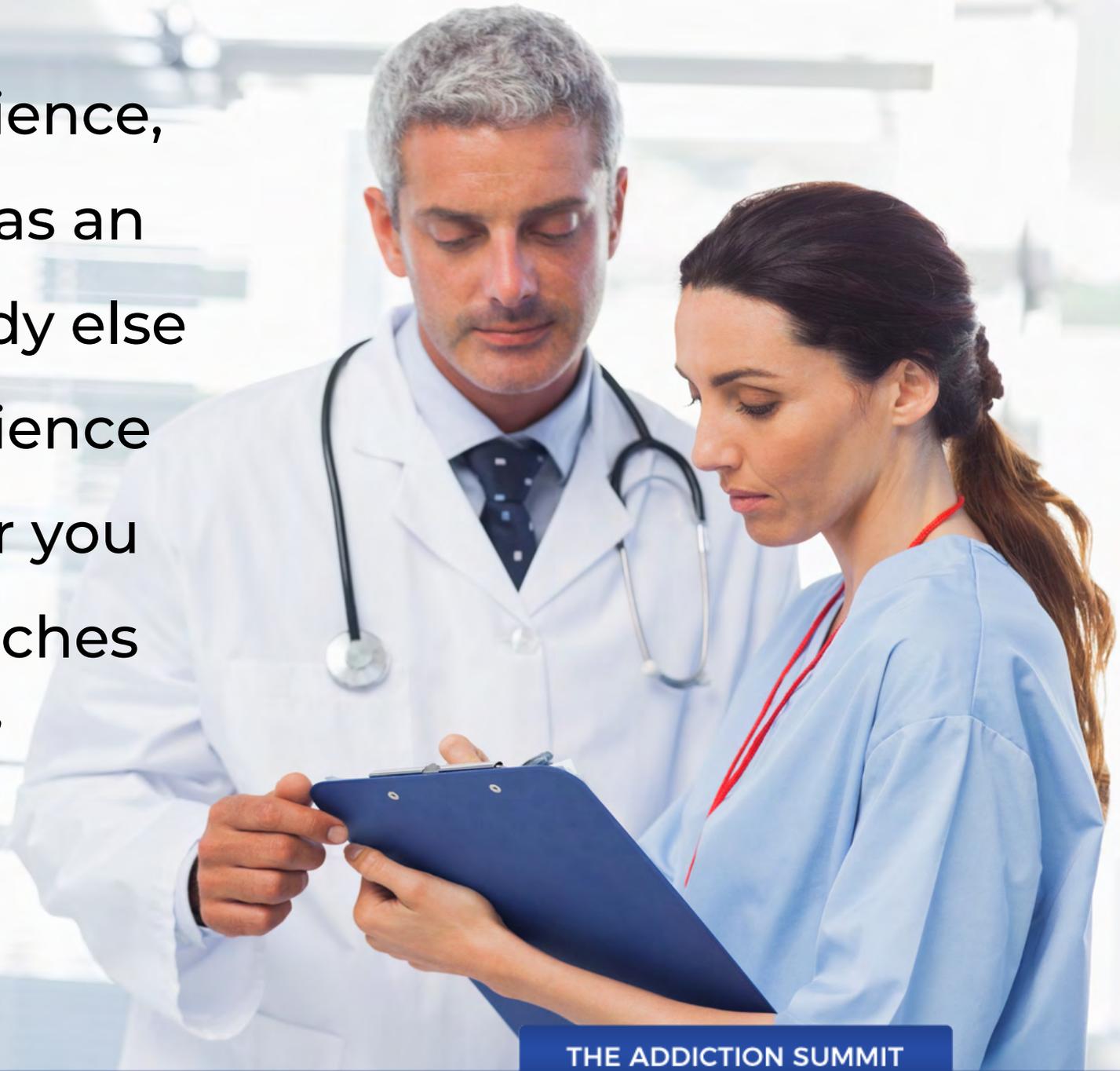


Dosing Probiotics

- A strong dose
- 200 billion+



“To get the clinical experience, you either have to work as an understudy with somebody else to get that clinical experience and teaching directly. Or you have to have in-the-trenches kind of experience.”



“When people make the bad food choices, they create a state of malnourishment. And what happens is their immune system is constantly attacking their food. So it loses the war against everything else.”



“If you have the genetic markers for gluten and you ignore them, and you continue to eat gluten, then the response to that gluten is that your body is going to produce inflammation through several different mechanisms.”



“Is there a cross-contamination issue? Did they potentially add corn oil to it or soy oil to it or some other kind of healthy food? Is it organic? Is it not organic?”



“Don’t give your power up to these companies. Take ownership of your own health. Take ownership of what you put in your body. Read the label and support people who are doing it right. Support your local farmers. Support real food.”



Very simply put, if it comes out of a box or package, read the label. If it's got anything in it you can't pronounce without a biochemical degree, don't eat it. And just keep it simple.



“This is what people do to their guts. They never quit putting stuff in, and their guts never get a vacation. They never get rest.”



“You ultimately are your doctor.
You are the doctor for you. You,
listening, you are your own
doctor. Doctor yourself.”



“That’s one of the reasons why we see so much gluten sensitivity today. It’s not that it’s more prevalent today than it was 100 years ago. It’s that people are eating so much more of it.”



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