How to Control Your Drinking and Learn to Drink in Moderation
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INTRODUCTION

There are a “gazillion” books and methods out there for learning how to stop drinking or drink in moderation. The reasons we drink and the characteristics of our drinking problems are just as vast. Some of us slipped into problem drinking after drinking socially at one time in our lives. Others—like me—may never have known what drinking socially was like; we were never able to drink just one drink.

As stated by Dr. Scott Miller and Insoo Berg in The Miracle Method, A Radically New Approach to Problem Drinking, no one method of treatment works for everyone. But some method works for almost anyone—if willing and motivated to make the necessary changes. Just as individual as people’s appearance, personalities and fingerprints, so too will be your recovery.

HOW TO USE THIS HANDBOOK.

If you are anything like I was, the last thing you need is a bunch of words and theory to muddle through while your brain is glazed over by a hangover-induced fog. Rather than give you an enormous amount to read, instead you will find exercises and strategies for beginning to make changes immediately and design your plan of ACTION.

This book is divided into four parts:

- **Part I** is designed to change the way you may be thinking about alcoholism and to give you some “food for thought” when creating your own plan.
- **Part II** gives you the guidelines for creating your own plan.
- **Part III** gives you specific tools and strategies from which you will pull to create your plan.
- **Part IV** provides direction for maintenance.

For best results, skim through the strategies and see which ones resonate the most with you. Begin working on those exercises first. At the beginning of each strategy or exercise, you will see a checklist or “take-away” information. Even if you don’t have the time or desire to thoroughly read that section, at least be familiar with the take-away information.

Also, it is recommended that you make a copy of the take-away list for **Part II—How to Create Your Own Plan** and keep it some place for easy reference. This should be part of your daily routine. You’ll read more about this in “Creating Your Mantra” on page 9.

You will begin to experience small changes and progress immediately. It may take from several months to a year to get completely where you want to be, but you will get there if you continue to use these tools.
Part I
Change the Way You Think About Alcoholism
AN AWAKENING.

Right now, from this moment on, I want to change the way you think about drinking and especially the myths you may have believed for years and which may have actually kept you trapped, believing you had a permanent problem that couldn’t be overcome. I hope you will experience an “awakening,” so to speak, about the realities of alcohol addiction and gain awareness that you really do have the ability to conquer and take control.

MYTH

Alcoholism is a progressive disease and once someone drinks uncontrollably they can never again drink socially.

FACT

The physical tolerance and ultimately physical and emotional addiction progresses over time, but it IS REVERSIBLE. Habits CAN be changed. Physical dependence can be eliminated; it just takes the willingness, self-awareness, tools and effort.²³

MYTH

Alcohol addiction is genetic. Because my grandparents were drunks and my parents were drunks, I am doomed. My only hope is complete abstinence.

FACT

There is no scientific evidence indicating a gene for alcoholism. While genetics does dictate metabolism and personality to a certain extent, what we have inherited from our parents and family is more LEARNED behaviors, including abusing alcohol, how we handle our emotions and so on.¹

YOU DO HAVE THE ABILITY TO CONTROL.

So what we must begin to do is change the way we think about drinking! The concept isn’t new. William James, a famous psychologist from the 1800s, said, “The greatest discovery of my generation is that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.” Essentially, if you believe you have no control over something—in this case, drinking—then you won’t have control. Just think about what a great cop-out that can be—“It’s genetic. I have no ability to control how much I drink. My father was an alcoholic, my grandfather was an alcoholic and so I am an alcoholic. I HAVE TO drink this 12-pack of beer!”

Don’t misunderstand me. I do believe there is some sort of genetic link with alcoholism, whether it’s our personalities, our brain biochemistry or our learned behavior. But I don’t think we can use our genetics as an excuse.

FOCUS ON THE SOLUTION.

Rather than thinking of how bad you feel about yourself and drinking, think about the “YOU” that you want to be without a drinking problem. You’ll have a chance to work on this in “Getting Motivated.” You’ll “see” who you want to be and focus on being that person versus focusing on the “drinking problem.”

LIGHTEN UP!

Why do we drink? We drink to get happy, get away from the serious and negative issues, or even to get away from our own critical self-talk. So go ahead and lighten up without alcohol! Start having some alcohol-free fun and stop beating yourself up about your past. You may as well just go ahead and face the facts. We do stupid things when we’re wasted! So what? Get over it and start living your life the way you want to, NOW!

ULTIMATELY IT’S ABOUT CHOICES!!

If you learn nothing else from this handbook, begin asking yourself, “Why do I want to drink and what are the consequences?” every time you start to drink.
Every day, hour and moment, we have choices and decisions to make that steer the course of our life. We choose to get out of bed or not, to eat a nutritious or unhealthy breakfast or no breakfast at all, to go to work or do the laundry. Every decision we make impacts our life.

The same goes for addictions and drinking. We can eat that box of doughnuts and undermine our fitness program or not eat it and stay on our goal of being fit and thin. We can buy $100 worth of lottery tickets and risk losing the money or not buy the tickets and use the money for food, saving for a car, etc. We choose to take the first drink, then to take the next one. We choose to get behind the wheel of a car and drive after we’ve had too much to drink. And so it is our decisions that are responsible for the potential consequences—feeling like crap the next day, getting a DUI or worse, potentially killing yourself or someone else.

I’m sure this isn’t the first time you’ve heard this. In fact, it’s a widely touted philosophy. However, at some point it will resonate in your core as the absolute foundation driving your journey towards controlled drinking.

If you’re among those who’ve bought into the philosophy that you are “unique,” that the soul of an addict is different and you have a disease that prevents you from controlling alcohol, then you DON’T have a choice. Your only option for living a healthy and productive life is to abstain from alcohol—or your addiction of choice—because “you are powerless.”

However, for those of you who feel down deep in your gut this philosophy doesn’t apply to you, let me give you some food for thought—and hopefully some tools for making better choices.

By nature, I believe humans tend to choose the most pleasant or rewarding choice for what is going on in their lives at the moment. It’s the immediate gratification that drives too many of us, however, and so we need to develop the tools and practice the techniques that will begin to steer our “recovery,” or perhaps a better way to put it, our “ability to control substances.”

In Parts II and III of this handbook, you’ll begin to shift the balance of your life and out-of-control drinking by the daily choices you make. The choices you make should be based on the following:

- **Personal goals and values.** What is your life like right now? Are you content with your situation or do you feel trapped? In *Drinking Control Strategy No. 1—Getting Motivated* on pages 12-15, you’ll have the opportunity to create personal goals and discover your dreams and passions. Having a positive reason not to drink will help drive your decisions. For example, if you’ve decided you’re going to begin training for a triathlon, you aren’t as likely to drink, or you’ll drink less when you know the next morning you want to feel energetic and perform at your best so you can run six miles or swim a mile. Or, if you’ve decided to write and publish a cookbook, you know you need to have your head clear so you can put coherent thoughts down.
on paper. (OK, I know a few of you are saying “Yeah, but I’m more creative and come up with better dishes when I’m drinking!” Believe me, I understand how you feel. But at some point you need to get those recipes down on paper and pitch a publisher and that requires having a clear head.) So if you’re stuck in a situation that’s not motivating—a bad job, bad relationship, etc.—it’s time to start making changes in your life towards getting a better job, working on your relationship (if that’s an option), etc.

• **Creating your drinking plan.** Creating a drinking plan ahead of time is important because you will have already done the “thinking” when you are in the right frame of mind, so when you do start drinking you can follow the plan without trying to make decisions while in an altered state. Know ahead of time what you’ll do if you’ve drunk your planned amount and still want more. Know what your diversion will be and do it. The drive to have another drink will go away and you will have gained the confidence of knowing you DO have the power to control your alcohol consumption. See Drinking Control Strategy No. 4—Developing a Drinking Plan on pages 22-23 for more information.

• **Thinking through the drink.** Before you pour that first glass of wine or drink that first beer, margarita, etc., *think through the drink.* How many drinks are you going to drink? Have you taken MODER8® or another brain-modulating dietary supplement first? If you drink just one, what are you going to do afterwards? If you’re going to drink two drinks, how fast do you plan to drink them? Let’s say you’ve slammed two drinks down in about an hour and now you’re thinking about a third. You have a choice. You can drink another and feel foggy and shaky the next morning—preventing you from performing as well at whatever tasks or goals you may be working on—or you can stop at two drinks. You can get up from where you are and change the direction of your focus. Go make a pot of decaf coffee, switch to drinking water, get online and shop, go read a book or take a walk. The next day, you’ll wake up clear-headed and motivated to hit the ground running towards your goals.

**Note:** The problem with drinking past two or three drinks (depending on the time frame and your body weight) is what happens to your decision-making abilities. Once your blood alcohol concentration (BAC) reaches a certain level, the ability to make rational decisions is impaired and the “what-the-heck-live-for-the-moment” mentality kicks in. For more information about BAC levels and charts, go to http://www.moderation.org/bac/index.shtml.

• **Know WHY you’re drinking before you take the first sip.** If it’s because you’re angry, lonely, bored, tired, hungry, thirsty, depressed—or any reason other than because you’d like to sip on a nice wine, a flavorful cocktail, etc.—then DON’T DRINK! If you are drinking to escape or deal with your feelings, it’s more difficult to control the amount you drink and can lead to drinking more than you planned. You’ll get a chance to work on this in Drinking Control Strategies No. 5—Dealing with Triggers, No. 6—Learning to Control Your Emotions, No. 7—Removing Stimuli/Changing Habits and No. 8—Get Out of the Rut and Dump the Baggage.

• **If choosing abstinence, make the decision from a position of power, not from being powerless.** The truth is, abstinence is easier. Trying to learn to drink in moderation takes effort—remembering to take MODER8®, working on a program, dealing with triggers and baggage, etc., all take work. But if you take into consideration that alcohol is a toxin, then it becomes even less attractive to keep alcohol in your life. If you’ve decided alcohol just doesn’t fit into your life and that’s the choice you are making, then I commend you and admire your decision. Make sure you fill the void that alcohol used to fill with healthy and positive activities and habits.

Ultimately, it’s all about choices. If you get in the habit of thinking through your options and selecting choices that support your goals and values, your life will begin to take a different course and you’ll find yourself in control, with greater confidence and more content.
Part II
How to Create Your Own Recovery Plan
TAKE AWAY CHECKLIST.

1. Work through the 8 Drinking Control Strategies.
2. Incorporate 8 positive things into your life everyday.
3. Create your mantra.
4. Keep your mantra in your head and use it to make decisions.
5. Determine which of the 8 strategies are best for you and your plan and try to incorporate at least one into your day, every day.
6. Adjust your brain chemistry—MODER® and/or other dietary supplements and neurotransmitters.
7. Take care of you and your health.
8. Stay positive.

WORK THROUGH THE 8 STRATEGIES.

You’ll find the 8 Drinking Control Strategies in Part III of this handbook. Read through them and do the exercises. Take as much time as you need on each strategy. Some will be more helpful than others. Some you’ll want to incorporate into your plan and use regularly and some won’t be as applicable to your situation. It’s OK. This isn’t a rulebook, just some guidelines to help you design the best plan for you.

INCORPORATE 8 POSITIVE THINGS INTO YOUR LIFE EVERY DAY.

You’ll find more about how to create this list in Drinking Control Strategy No. 2—Things to Do Instead of Drink on pages 18-19. Essentially, you need to incorporate more activities that produce positive feelings and emotions into your life. I recommend 8 per-day because it’s a catchy number that can be associated with MODER®. Just like it’s recommended you drink 8 glasses of water a day, it’s not required, but is something to strive for in order to shift your focus to treating yourself better and creating a happier life.

CREATE YOUR MANTRA.

Develop your own personal mantra that you say to yourself every time you think about drinking or if you’ve reached your predetermined limit of your drinking plan. Dr. Pamela Peeke, author of Body for Life for Women, recommends this type of technique for weight loss and fitness goals. I’ve created a modification of her method:

Step 1—Basically, determine the consequences of out-of-control drinking, controlled drinking or even not drinking. For example, the consequences of drinking too much are a hangover, headache, foggy head and shame. The consequences of controlled drinking are self-confidence, clear head, energy to accomplish goals and happiness.

Step 2—Your mantra should include “running from” the bad consequences and “running to” the positive. You mantra would be: “Run from hangover, headache, foggy head—Run to self-confidence, clear head and energy to accomplish goals, peace and contentment.”

If this type of mantra doesn’t work, try something else to which you can better relate. For instance, some ladies in our online support group visualize a version of the “Good Wolf/Evil Wolf” parable. The condensed version goes something like this:

“Inside each of us are two wolves fighting—one is evil and one is good. The Evil Wolf is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego. The Good Wolf is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith. How do we determine which wolf wins? The one we feed the most.”

Our drinking habits and behaviors can be like this. The more we drink to deal with emotional baggage, triggers and habits, the more we feed our “Evil Drinking Wolf.” We feel worse about ourselves. Our depression and paranoid thoughts increase the more we drink. However, the more we fill our life with positive thoughts and activities, work-through our triggers and emotions, take our MODER® or
brain-modulating supplements and work toward our goals and dreams, the more we feed our “Good Drinking Wolf” and the more in control our drinking will be.

Perhaps you’re more of a computer programmer or machine operator, in which case “crap in, crap out” may make more sense to you. Whatever works to help you make the best decision, then use it—but use something!

**KEEP YOUR MANTRA IN YOUR HEAD AND USE IT TO MAKE DECISIONS.**

The important thing is to find something effective to keep in your head and say to yourself that helps you make good decisions about drinking and using the tools and strategies.

**DETERMINE WHICH OF THE 8 STRATEGIES ARE BEST FOR YOU AND YOUR PLAN AND TRY TO INCORPORATE AT LEAST ONE INTO YOUR DAY EVERY DAY.**

You may determine that just using a drinking plan and focusing on new goals is all you need to do for now.

Or, perhaps just replacing old drinking habits with new healthy ones. However, you may find out that it’s a little more detailed than that and you may need to make some lifestyle changes to get out of a toxic situation. Whatever it is, do at least something every day.

**ADJUST YOUR BRAIN CHEMISTRY—MODER8® AND/OR OTHER DIETARY SUPPLEMENTS AND NEUROTRANSMITTERS.**

MODER8® contains a few of the negative neurotransmitters in the brain—the primary ingredient being GABA. GABA (gamma-aminobutyric acid) and GABA boosters function to “turn off” the excess firing of nerves. The result is feeling calmer, in control, and that helps you adhere to your drinking plan. You may also want to supplement your MODER8® intake occasionally with additional amino-acid neurotransmitters, such as 5-HTP and L-Tyrosine. For more on the subject, see Drinking Control Strategy No. 3—Changing Biochemistry on pages 20-21.

**TAKE CARE OF YOU AND YOUR HEALTH.**

Incorporate a healthy diet and some moderate exercise into your life. Begin taking care of yourself instead of punishing yourself for drinking. The nicer you treat yourself, the better you’ll feel about yourself instead of drinking to escape your own self-judgment and mistreatment. It’s really about self-love.

**STAY POSITIVE.**

It’s so important that you focus on your progress and successes, no matter how small they may be. If you used to drink 10 beers a day and now you’re only drinking six, that is progress! And focusing on your progress builds your confidence and helps you continue to improve.
Part III
Shifting the Balance—
Utilizing the 8 Drinking Control Strategies
Drinking Control Strategy No. 1—Getting Motivated

TAKE-AWAY CHECKLIST.

1. Create a new purpose for your life and something for which to strive.
2. Break free of feeling hopeless and trapped.
3. Use the worksheet to help create personal goals.
4. Discover or rediscover your dreams and passions.

I find that many people turn to abusing substances because they feel trapped or hopeless. They've reached a point in their lives, jobs, relationships and so on where they feel sort of like “It’s all over, so why not just drink to tolerate it?” I’m here to tell you that the old adage, “If you aren’t growing, then you’re dying,” couldn’t be more true than in the case of alcohol abuse and drinking in order to medicate the feelings of hopelessness.

For many adults—especially those of us over 35—setting goals and developing dreams stopped sometime after we graduated from college, got a job or started a family. It’s so easy to get caught in a rut, going through life taking care of the necessary tasks and chores, that we forget about setting and achieving personal goals or striving to realize new dreams. Without something to look forward to, it’s easy to turn to alcohol as the only source of escape. Take some time and begin thinking about what you would want to do if you were told the world was about to end and money was no object. Obviously, you’d have to adjust that a bit to fit reality, but it should give you an idea of how to get started creating something to which you can look forward.

A positive reason to cut back on your drinking is ever so much more motivating than trying to slow down because you feel bad or guilty. You may have a spouse or friends urging you to quit drinking, placing labels on you like “alcoholic” or accusing you of not caring enough about them. This isn’t motivational—in fact it only produces shame and resentment, which ultimately will make you want to drink more to escape the negative feelings. Instead, do it for you because there is something or some purpose for which you want to LIVE for instead of DIE.

SETTING PERSONAL GOALS.

Step 1: In your mind’s image of your ideal world, your life would look like this in each category of your life. (Fill in the blanks.)

Self:
- Physical Health (includes physical strength, energy and stamina)

- Appearance/Weight

- Mental (clarity, alertness, educational challenge)

- Emotional (happiness, satisfaction, contentment, self-confidence, etc.)

- Spiritual (as you define it)

Family:

Environment (home, location, etc.):
Step 2: Now determine how close you are to “ideal” in each of these areas on a scale of 0-10 (0 being furthest and 10 being closest to ideal).

Self:
• Physical/Health _____
• Physical/Appearance _____
• Mental _____
• Emotional _____
• Spiritual _____

Family: _____
Environment: _____
Work/Volunteer Work: _____
Money: _____
Hobbies/Leisure: _____

Step 3: What are the hurdles keeping you from reaching a “10” in each area?

Self:
• Physical Health (includes physical strength, energy and stamina)

Money:
Step 4: What actions can you take to overcome the hurdles you listed for each area?

Self:
• Physical Health (includes physical strength, energy and stamina)
• Appearance/Weight
• Mental (clarity, alertness, educational challenge)
• Emotional (happiness, satisfaction, contentment, self-confidence, etc.)
• Spiritual (as you define it)

Family:

Step 5: Rank the areas by most important or most desirable to least important to you. (1 = most important/desirable.)

Self:
• Physical/Health ______
• Physical/Appearance ______
• Mental _____
• Emotional ______
• Spiritual ______

Family: ______
Environment: ______
Work/Volunteer Work: ______
Money: ______
Hobbies/Leisure: ______
Step 6: Now rank the areas by easiest to accomplish based on the hurdles you listed and the actions necessary to overcome. (1 = easiest.)

Self:
- Physical/Health _____
- Physical/Appearance _____
- Mental _____
- Emotional _____
- Spiritual _____

Family: _____
Environment: _____
Work/Volunteer Work: _____
Money: _____
Hobbies/Leisure: _____

Step 7: Now select the #1 area from each list—the most important/desirable and the easiest. These are the two goals on which you should begin to focus. One will obviously be short-term and easy to achieve and the other will probably be more long-term, but more rewarding. Once you’ve achieved these goals, begin to choose from the rest of your list.

Goal 1:
_____________________________________________________
_____________________________________________________
_____________________________________________________
_____________________________________________________
_____________________________________________________

Goal 2:
_____________________________________________________
_____________________________________________________
_____________________________________________________
_____________________________________________________
_____________________________________________________

Part III: Shifting the Balance—Utilizing the 8 Drinking Control Strategies
REKINDLING DREAMS.

Do you remember when you were a child and someone would ask, “What do you want to be when you grow up?” Do you remember what you said? Do you remember what you felt?

So many of us got bogged down by things that happened in life that we just sort of gave up or lost focus on accomplishing our dreams. Some things were out of our control and some were because of our own self-defeating behaviors, like choosing to “party.” At some point, alcohol either took the place of or helped to quench the innate drive we had to dream and accomplish those dreams.

Now is the time to get back in-touch, or even discover for the first time in your life, what your passions and dreams actually are. You know you have gifts and skills you aren’t using. Many of you probably even feel guilty knowing you have them and aren’t using them. Don’t leave this world with your dreams still inside. Identify them and begin to realize them.

Of course, the first step is figuring out what they are if you’ve buried them deep in a fog of alcohol and everyday life routine. Allow yourself to relax and let your mind wander. Find a quiet place where you have some privacy and won’t be disturbed. Close your eyes and take a few deep breaths. Now ask yourself, “What am I truly passionate about?” “What makes me happy inside when I think about it?” “What would I do if money were no object?”

Step 1: Start writing what you hear.

Step 2: Now identify your top 1 or 2 things.

Step 3: Is there something in the way of you living or accomplishing your dreams or passions? If yes, then write down the main issues.

Step 4: Begin creating an action plan to overcome those hurdles. For example:

1. Dream: To move to South Florida and start a charter fishing service.

2. Hurdle: I live in Atlanta and my children don’t want to leave their friends. Plus, I don’t have the money or connections to relocate or start that type of a business.

3. Action Plan:
   - Research what it actually takes to run such a business. What type of boat? How much do they generally cost? What type of regulations are involved or licenses required?
   - My youngest child will be graduating from high school in five years. I’ll just continue to do the homework, save money and do what I need to until then.
   - In five years, my wife and I will move to Florida and start our dream business.

Obviously, this is a bit simplified, but it gives you an understanding of where to start and to begin taking action. You don’t have to wait around, or even completely dismiss your dreams, because of your current set of circumstances. This is a part of “courage to change the things you can.”

START NOW!

Begin working out your plan on the next page.
(Use your own paper if you need more space.)
MY DREAM PLAN

I am passionate about:

My most fulfilling dream is to:

What is keeping me from accomplishing my dream?

What are the actions I can take to overcome?

Following are the steps I’ll take to accomplish my dream:

1. 

2. 

3. 

4. 

5. 

Date I plan to have accomplished my dream: 

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Drinking Control Strategy No. 2—Things to Do Instead of Drink—Very Important!!

**TAKE-AWAY CHECKLIST.**

1. Find healthy, positive alternatives to drinking.
2. Determine other forms of pleasure, entertainment and relaxation besides drinking.
3. Try to include as many of these in your daily life as possible.

I’m going to be really honest with you. I have yet to find something that makes me feel the way alcohol makes me feel. When I was in the middle of a drinking binge, I used to think, “Why can’t life just be like this all the time; this mellow, euphoric, peaceful feeling of being in an alcohol-induced state?” But the answer would eventually come—because keeping that “state” was very difficult and “one-too-many” turned into fights, arguments, paranoid thoughts, blackouts, embarrassment, shame and so on.

Sometimes we get so caught up in our everyday routine we lose touch with what we like to do for fun. Drinking has become virtually our only source of pleasure and/or our reward for trudging through our daily tasks and responsibilities. We forget about the healthy things we used to do for entertainment or relaxation.

You do need to have some alternatives to drinking, or else your old habits will want to take over.

**Step 1:** Use the worksheet on the next page to help do a little self-discovery. Set aside about 30 minutes to an hour and try to let your mind wander on some of the things you used to do for enjoyment. The worksheet has a few examples to get you started. It’s divided into three separate columns—“Relaxing/Leisure,” “Creative” and “Productive”—because sometimes we drink due to stress, sometimes we drink because we’re bored and sometimes we drink because we just don’t know what else to do!

I’m going to take a just a second to throw this in here as well. Volunteer or charity work may be something to consider in your “productive” category of things to do instead of drink. OK, now I realize that if you’re one of those stressed-out, over-worked breadwinners or full-time moms, you’re saying, “OK, come on Liz, give me a break. If I take on one more thing, I’m going to explode.” But volunteer work or coaching other people at something you have experience with can be very therapeutic. It FEELS GOOD to do something for someone else, and it helps take the focus off of you, your problems and even drinking! (See “Self-Soothing Techniques” under the next section, Drinking Control Strategy No. 3—Changing Biochemistry, for more ideas.)

**Step 2:** Once you’ve made the list, go back and circle or highlight the top five things in each category. Keep the list in a convenient place and refer to it when you want to drink because you can’t think of anything else to do. Keep in mind: You are getting control of your life again—SO LIVE IT!!
### PLEASURABLE AND REWARDING ACTIVITIES TO DO INSTEAD OF DRINKING
(POSITIVE ACTIVITIES TO INCLUDE IN YOUR DAY)

<table>
<thead>
<tr>
<th>“RELAXING / LEISURE” (Low Mental or Physical Energy Required)</th>
<th>“CREATIVE” (Moderate Mental or Physical Energy Required)</th>
<th>“PRODUCTIVE” (Higher Mental or Physical Energy Required)</th>
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<tbody>
<tr>
<td>• Reading (When’s the last time you read for fun?)</td>
<td>• Cooking/Baking</td>
<td>• Planning a business</td>
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<tr>
<td>• Sitting outdoors</td>
<td>• Creating recipes</td>
<td>• Volunteer work</td>
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<tr>
<td>• Meditating</td>
<td>• Writing a cookbook</td>
<td>• Exercising</td>
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<td>• Strolling in the park</td>
<td>• Painting a picture</td>
<td>• Working out</td>
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<td>• Stretching</td>
<td>• Coloring with crayons or color pencils</td>
<td>• Organizing a closet</td>
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<td>• Bubble bath or hot tub</td>
<td>• Planning what to do if you win the lottery</td>
<td>• Designing and decorating a room</td>
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<tr>
<td>• Nap</td>
<td>• Practicing new makeup techniques (see great tutorials on YouTube.com)</td>
<td>• Painting a room a new color</td>
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<td>• Self-hypnosis/tapes</td>
<td>• Starting a fish tank</td>
<td>• Planting a garden</td>
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Now, circle or highlight your top five activities from each of the lists above. Keep them close by so you can find them easily when you’re thinking about drinking because you’re bored or you need to do something fun, stimulating or peaceful.
Drinking Control Strategy
No. 3—Changing Biochemistry

TAKE-AWAY CHECKLIST.
1. Shift your brain chemistry in order to deal with stress, anxiety and cravings.
2. Use brain-modulating dietary supplements.
3. Exercise and meditate to adjust the balance.
4. Use self-soothing techniques for peace and relaxation.

MODER8®

MODER8®, obviously, is my #1 physical “go-to” for handling stress and cravings. MODER8® was formulated based on a few of the negative neurotransmitters in the brain—the primary ingredient being GABA. GABA (gamma-aminobutyric acid) and GABA boosters function to “turn off” the excess firing of nerves, resulting in feeling more calm and in control: MODER8® contains a fairly high level of GABA, 700mg., in order to address the controversial blood-brain barrier (BBB) issue. At high enough levels, certain substances are able to “leak” through the BBB and do not require active transport. MODER8® also contains 5-HTP (a serotonin booster which produces the feelings of peace and happiness) and L-Theanine and Vitamin B6 to boost GABA levels, and Vitamin B1, which is valuable in preventing brain damage from alcohol. I also supplement my MODER8® intake occasionally with additional 5-HTP and L-Tyrosine. MODER8® helps me reduce feelings of stress and anxiety. I sometimes take MODER8® to feel more peaceful during the evening dinner crunch and I’ve heard of many others who take it on their way home from work. Taking one or two MODER8® capsules before a planned drinking event, dinner, etc., can help you stick to your drinking plan and help prevent a binge.

EXERCISE.

In addition to taking MODER8® and other brain-modulating dietary supplements, perhaps the BEST form of stress reduction is physical activity and/or exercise for several reasons—it helps burn excess anxious energy, helps you feel more self-confident and accomplished, and the ultimate; the release of endorphins, the hormones that produce the feeling of euphoria and well-being.

If you’re like I was, alcohol packed on the pounds. And with the pounds comes a negative spiral—stop working out because it’s not working, feel worse about yourself and start doing more self-destructive things. That “all-or-nothing” thinking pops up its nasty head again.

But let me ask you this. When you’ve been active in the past, either in a regular sport, activity or workout, how did you feel? Probably more alive. You had a slight buzz from the endorphins and you felt better about yourself for the moment.

Well, now that you’re getting control of your drinking, why not start working exercise or physical activity back into your life? If you’ve never been much for exercise, why not give it a try as a part of this new chapter you’re starting in your life? It doesn’t have to be painful. For some people, working out sounds too much like work. Instead, identify a physical activity you enjoy, like dancing or hiking in the woods or walking on the beach.

HERE ARE A FEW TIPS FOR GETTING STARTED:

Step 1: Identify something you ENJOY doing for exercise. If you like running or hitting the weights, awesome. If not, you can dance up a sweat just as well!

Step 2: Create goals. Something like lose five pounds in three months, increase my bench press weight by 30 pounds or lose my muffin top by spring.
**Step 3: Schedule regular exercise sessions.** Make it easy enough to work into your schedule or it won’t happen. For example, 20 to 30 minutes of walking or dancing three days a week. Determine the best time of day for you.

**Step 4: See exercise as a contribution to your overall mental and physical health.** This isn’t punishment—this is something to help you feel better physically and mentally and to add more joy and balance to your life. And, hopefully, you’ll be doing this **without** drinking!

**SELF-Soothing TECHnIqUES.**

Self-soothing can be instant thought- and feeling-changing tools I don’t think can ever be over-used. Think of using your five senses to enjoy life and pamper or treat yourself.

- Use your eyes to look at something pleasant, like a sunset, fireplace or flowers.
- Use your ears to listen to melodic or peaceful music, or any music that makes you feel good. Listen to birds sing or a babbling water feature.
- Use your sense of taste to sip on something soothing or healthy, like herb tea or mineral water, savor a gourmet meal or some cool, refreshing chilled fruit.
- Use your sense of smell to enjoy a scented candle, which can also be a visual benefit watching the flame and meditating, or enjoy your favorite perfume or fresh flowers.
- Use your sense of touch. Get a massage or pedicure, see if you can get your husband or children to brush your hair, pet your dog or your cat, hug a pillow or snuggle in a cozy blanket.

Getting in touch with nature is another great tool. The awe and energy from nature—watching birds and hearing them sing, smelling a pine forest or herb garden, feeling the smoothness of a well-worn pebble or the softness of a flower petal—almost always makes me feel good.

And don’t forget to **BREATHE!!** Learn to take deep, cleansing breaths. Fill your lungs with oxygen, taking slow, deep breaths in and exhaling slowly and completely, as well. It’s amazing how therapeutic these techniques can be if you just take a few moments to stop and do them. Use these **HEALTHY** alternatives for stress-reduction and the bottle will become less and less attractive.

**MEDITATION, PRAYER, HYPNOSIS, SPIRITUaLITY.**

On the opposite end of the spectrum from physical exertion is meditation, hypnosis and self-soothing techniques. These techniques, while being performed completely still, can actually help “center” you and prevent feeling stress and anxiety. Find a meditation or self-hypnosis program you like, perhaps searching an online bookstore or health food store.
Drinking Control Strategy
No. 4—Developing a Drinking Plan

TAKE-AWAY CHECKLIST.

1. Determine your goals and what your drinking plan will help you achieve.

2. Plan out your drink limit per-day and per-week.

3. Strive for alcohol-free periods.

4. Develop a safety plan for how to derail the binge.

Just like designing the perfect diet and exercise routine to meet your health goals, it’s important to develop your drinking plan and routine—at least for the first year or so until you LEARN some new habits, make some self-discoveries and gain confidence that you have the ability to control the amount you drink.

Step 1: First, determine what your goals are and why.
- Is it for health or safety-risk reduction?
- Maybe you just want to cut your alcohol consumption in half—for now.

Step 2: Then plan out your # of drinks per-day and per-week.

Step 3: Determine how you will incorporate MODER8® or other dietary supplements into your plan to help achieve your drinking goals.

Step 4: Eventually strive for periods of alcohol-free days for a few reasons:
- To reduce your tolerance and the amount of alcohol it takes to feel satisfied.
- To reduce the physical and emotional dependence.
- To clear your mind so you can process emotions more accurately and effectively.

STOPPING AT YOUR LIMIT—HOW TO DERAIL THE BINGE.

How many times have you set out to drink “just one drink” and found yourself hung-over and unaware of what you may have done during your binge the night before? You get that anxious feeling and hurry to the refrigerator for a quick inventory, checking to see the number of beers that are left so you’ll know just how badly you blew it the night before.

Or maybe you’re already taking MODER8® and although you’re much better at controlling your drinking, you’re still drinking more than you plan or want. Let me give you a few tricks that work for others and me. I equate the thought process to throwing water on a fire or changing the direction of a (potentially) runaway train.

Put together a plan AHEAD OF TIME for WHAT you’ll do when you get to your limit. For example, my limit is three drinks. If I get to 2½ drinks and the monster inside starts asking for more, I either change activities—like stand up, go to another room and start working on something else to distract me—or I change what I’m consuming to something equally stimulating. Sometimes I even take another MODER8®.

Distractions:
- Start reading or doing something that requires concentration.
- Shop online (not recommended if you’ve already gone WAY past your limit of drinks!).
- Take a walk or start working in the yard or on a project, etc.
- If you’re at a party, start talking to someone about something you need to be able to think clearly about in order to contribute better to the conversation.
- Think of some of your own!

Switch Beverages or Food:
- Make it “desert time” and get a small bite of something very flavorful, along with a cup of decaf coffee or tea.
- Drink a glass of ice water or mineral water and quench your thirst! Have you ever noticed the more alcohol you drink the thirstier you get, and so the more alcohol you drink? That’s because your body needs WATER!
- Are you hungry? Get a healthy snack and a non-alcoholic beverage.

Moderate drinking skills take practice. These are just a few tips, but the more you use them, the better you’ll be at controlled drinking and the more self-confident you’ll feel.
MY SUPPLEMENT AND DRINKING PLAN

1. Goal or Objective:

____________________________________________________________________________________

____________________________________________________________________________________

2. Take MODER8® (the supplement) _______ times per day:

   • # of capsules in morning (0-2): _______
   • # of capsules in afternoon (0-2): _______

3. Take MODER8® (the supplement) 30 minutes to 1 hour before drinking:

   • # of drinks I’ll drink in a 6-hour period: _______
   • # of drinks I’ll drink in 1 day: _______
   • # of days in a row that I will drink: _______
   • # of days in a week I will drink: _______

4. My Plan to Derail a Binge:

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

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Drinking Control Strategy
No. 5—Dealing with Triggers

TAKE-AWAY CHECKLIST.

1. Identify your drinking triggers.

2. Determine whether or not you have the ability to change the situation.

3. Make a plan for HOW you will deal with the trigger next time it happens.

We all know alcoholism is a complex, multi-faceted problem. While much of it is biological, a lot more of it is behavioral and emotional. That means we have to learn how to stop abusing alcohol. While products like MODER8® help to address the physical issues, only YOU can change your behavior.

One of the first things you have to do is determine what the usual triggers are that set you off chasing an escape and then determine the healthy, alcohol-free way to deal with them. Members of many 12-step programs, including AA, recite the Serenity Prayer at every meeting. It goes something like this: “God, grant me the serenity to accept the things I cannot change, courage to change the things I can and the wisdom to know the difference.”

Here’s a hint. It usually involves changing how YOU react, not changing someone or something else. AND, you should have a plan in place for how you are going to deal with these things now, before they arise again.

Step 1: Identify your buttons or “triggers”—the things that usually send you to the bottle. Start a log and begin noticing the things that initiate that “Gosh, I’ve got to have a drink!” feeling or use the worksheet on the next page.

Step 2: Determine whether or not there is anything you can do to change it. Sometimes, this can be the most difficult step—figuring out whether or not you have any control over the issue. There may be a situation that we’re allowing to continue because we don’t want to stir up conflict, so we continue drowning our feelings and emotions, instead of taking action. On the other side of the coin, there may be a situation that because of legal or health reasons we truly cannot change, in which case we have to ACCEPT the fact we cannot change it and determine how we can change the way we REACT to the issue.

Step 3: Plan (ahead of time) for how you will deal with the trigger. For example, if your children make you nuts because they’re fighting all the time, find a good parenting book and use the tools they recommend for dealing with sibling rivalry. Count to 10 or walk out of the room. Whatever you do, do not drink to deal with the issue. This is not a part of “drinking in moderation;” this is full-blown alcoholism at its best. It you’re really thinking about having a drink, think through the drink and remember what the result will be if you chose to drink instead of dealing with these issues head on.

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### PLAN FOR DEALING WITH DRINKING TRIGGERS

<table>
<thead>
<tr>
<th>IDENTIFIED “BUTTON” OR TRIGGER</th>
<th>IS THERE ANYTHING I CAN DO ABOUT IT?</th>
<th>HOW DO I DEAL WITH IT?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Example:</strong> “I like to drink wine or a cold beer while I cook.”</td>
<td><strong>Example:</strong> Definitely</td>
<td><strong>Example:</strong> Instead of drinking an alcoholic beverage, I can sip on something else that I find pleasurable. In summer, I like an icy cold diet soda or even water! In the winter, I like to sip on a cup of coffee or hot herb tea.</td>
</tr>
<tr>
<td><strong>Example:</strong> “It kills me that my children have to go stay with my jerk of an ex-husband every other weekend!”</td>
<td><strong>Example:</strong> Unfortunately, not really.</td>
<td><strong>Example:</strong> I have to keep my mind busy on things I enjoy, like spending time with my new husband, reading a really good book, working on home improvement projects or doing the things I can’t really do when the children are home, like going to an expensive, fancy restaurant or R-rated movie.</td>
</tr>
</tbody>
</table>
Drinking Control Strategy No. 6—Learning to Control Your Emotions

TAKE-AWAY CHECKLIST.


2. Get long-term control over emotions by:
   a. Asking what you are feeling?
   b. Getting logical.
   c. Getting wise.

I’m going to preface this section by saying that I could—and probably should—do an entire book on this subject alone, because when all the habits have been changed and the drinking plans are in place, dietary supplements are taken regularly, and so on, how we deal with emotions, especially pain or anxiety, will dictate how successful we are at controlling our drinking and ultimately how happy we are. Because even if we choose abstinence and don’t drink at all, our happiness and contentment depends on how we handle our emotions—especially the pain.

LEARNING TO CONTROL YOUR EMOTIONS IN THE SHORT-TERM.

• Distract yourself by moving your focus to something else, like reading a book, calling a friend or working out.

• Do one of the self-soothing activities from Drinking Control Strategy No. 3—Changing Biochemistry on page 21, such as taking a bath, lighting a candle or going for a nature walk.

LEARNING TO CONTROL YOUR EMOTIONS IN THE LONG-TERM.

Step 1: BREATHE and then get in touch with the situation and your emotion.

Step 2: Ask yourself what emotion you’re feeling—anger, sadness, jealousy, fear—and determine WHAT you’re telling yourself while you’re in this emotional state. Usually, we are blowing things way out of proportion and making things more catastrophic than they really are. For example, “I’m feeling fearful because my husband just lost his job and I’m afraid we’ll lose this house that I love and have to live on the street.”

Step 3: Then, Get Logical. Like a reporter, simply state the facts. For instance:

• My husband lost his job two days ago.

• We have enough money in the bank to cover two months of bills.

• My husband has a resume, but it needs to be updated.

• I don’t currently have a job and I’d prefer not to have to work right now because I need to be here for the kids.

Step 4: Once you’re being logical and not emotional, Get Wise:

• We have time for my husband to find employment before we’re late on our bills.

• I could get a part-time job to help out for a while and my mom can be here for the kids.

• It’s not productive for me to be fearful because it only causes me to do self-destructive things, like drink too much and walk around in circles with worry.

• Instead of drinking, I can start looking in the classifieds to see if there’s anything I may be interested in doing part-time.

• I can self-soothe with a candle and a bath, take a walk or workout or distract myself by calling a friend.

This is an example of how you can begin gaining control of your emotions. It takes practice, but this is a very important skill that, once you begin to master, can change your life in a very positive way. For a more in-depth look at emotion-controlling skills, you may want to find some books on cognitive behavioral therapy or dialectical behavior therapy.
Drinking Control Strategy
No. 7—Removing Stimuli/Changing Habits

TAKE-AWAY CHECKLIST.
1. Determine which stimuli produce the conditioned response to drink.
2. Develop alcohol-free alternatives to drinking.
3. Plan how to deal with the stimulus.

We’re all pretty much familiar with Pavlov’s dog and the “conditioned response.” Basically, Pavlov would ring a bell (or some other type of signal) when he fed his dogs. Initially, the dogs would salivate because they were being fed. But eventually, Pavlov could simply ring the bell and the dogs would begin to salivate. I believe some of our drinking habits, and even “cravings,” are like this. The habit also gets tied into the “reward” system. For instance, if we’re used to drinking a glass of wine when we cook dinner or swing by the pub when we leave work, then we eventually begin to associate drinking with cooking dinner or leaving work.

SO WHAT DO YOU DO?

• In the beginning, find a different, but equally pleasant or rewarding, activity to take the place of drinking during those usual “craving” times. Many mental health professionals will urge you not to substitute drinking with another type of food or drink because it’s simply masking whatever the real issue is that may be causing the stress. Well, I’m not a psychiatrist—so I recommend replacing the alcoholic drink with something non-alcoholic, but tasty. Whenever I feel the urge to drink during one of those “habit” times, I usually take a MODER8® because it cuts the stress and helps me feel more relaxed. Then I’ll pour a cup of flavored, decaffeinated coffee or drink a diet drink. I’ve heard of other creative “mocktails” that incorporate sparkling waters with juices, etc. It’s up to you as to how inventive you’d like to get. You can go online for a few other ideas: http://cocktails.about.com/od/mocktailmocktail/Mocktail_Recipes.htm.

• If you usually have to drive or go somewhere (like the pub) to drink, then it should be easy to just change that habit altogether. Go to the gym or the park after work. Go home and take your dog for a walk. Or begin a cool hobby you’re looking forward to getting back to after work.

• Do you usually drink, or drink more, around certain people? Determine why you tend to drink more around these people—for instance they make you anxious—and plan what you can do to deal with their personalities. Or, perhaps they drink a lot and it makes you want to drink, as well. Alternate non-alcoholic beverages or even recommend activities you can do with these people besides drink. If you have to, you can reduce the amount of time you spend with them.

These are just a few ideas to get you started. The main idea, though, is to do things you enjoy—don’t turn this into yet another painful task or problem to solve or it will backfire. Instead, look at this as an opportunity to LIVE life completely alert and aware of the pleasures that it can hold!
Drinking Control Strategy

No. 8—Get Out of the Rut and Dump the Baggage!!

TAKE-AWAY CHECKLIST.

1. Use pain as a motivation for change, NOT for drinking.
2. Determine what you are trying to avoid.
3. Make a plan for how to change the situation.
4. Take action.

One thing we have to be aware of is that pain and negative emotions serve a purpose—to signal a bad or uncomfortable situation—and make us aware something needs to change! Drinking to deal with the “pain” only serves to keep us paralyzed or even make things worse. Not only do relations and relationships get strained due to your drinking, but also your thought process is altered and impaired. Even following a binge, although we may be sober, the residual effects from the alcohol tend to make us more paranoid and lack the ability to see things objectively.

HERE ARE A FEW STEPS FOR DEALING WITH THE ISSUES FROM WHICH YOU’RE TRYING TO ESCAPE:

Step 1: Determine what it is you’re trying to avoid by drinking. For example:

• Devastation about a life-threatening disease, either yours or a loved-one’s.
• Major conflicting views with spouse on a critical issue, such as raising the children.
• Negative or unfulfilling career/work situation (pay, boss, type of work).
• Unresolved emotional baggage. Sometimes it’s easier to focus or obsess on an addiction than deal with the underlying baggage, such as physical or sexual abuse from childhood, the early death of a parent or sibling, etc.
• Your own inner voice—negative self-talk. For whatever reason, we’re overly critical of ourselves, feeling that we have to be perfect—think enough, smart enough, successful enough, etc. I don’t know how many times I’ve drank in the past in order to drown out my own inner voice.

• Abuse.

Step 2: Decide what it will take to get out of the situation or change it. For example:

• Devastation about a life-threatening disease. It may help to see a therapist for a session or two or join a support group.

• Major conflicting views with spouse on a critical issue. Don’t stop working on it; keep communicating and come to an acceptable compromise, if necessary.

• Negative or unfulfilling career/work situation. Begin researching other employers or careers. I personally like the books Your Dream Career for Dummies by Carol L. McClelland, Ph.D., and Creating Success from the Inside Out by Ephren Taylor.

• Emotional baggage. It will probably require a therapist to help you dig this up and begin healing.

• Your own inner voice. Begin adopting a feeling of self-love and tolerance. Realize what is “good enough.”

• Abuse. Abuse, whether physical or emotional, is NEVER ACCEPTABLE or JUSTIFIABLE!! Drinking to tolerate abuse only makes the situation worse and makes you feel worse about yourself.
  - Physical Abuse: GET HELP AND GET SAFE!!
  - Emotional/Verbal Abuse. Find or get help!

ô However, some abusers can’t be “taught.” Do what you have to do to take care of yourself, including getting out of the relationship. Discuss your situation with a therapist or support group.

Step 3: Start taking steps to make the changes! And remember, “The shortest way around something is through it!” Don’t drink to self-medicate. It will not fix the problem; it will only make it worse. If you’re feeling stressed or anxious, take a MODER® go for a walk or do any number of the things you may have discovered in Drinking Control Strategy No. 2—Things to Do Instead of Drink on page 19.

Whatever you do, don’t waste anymore of your life by drowning your emotions. Put the bottle down and start taking action!
Part IV
Maintenance
Tools to Keep Your Drinking Under Control

STAY POSITIVE.

It’s important to stay positive and celebrate the progress you make. For instance, if you’ve gone from drinking a 12-pack of beer a day to only drinking a 6-pack, that’s major progress! That’s cutting your alcohol consumption in half! Try not to have too high of expectations or you could be setting yourself up for shame and all-or-nothing behavior. Instead, continue focusing on your goals and visions and taking the steps to make those happen.

BACKSLIDES.

• Don’t panic. Backslides happen to just about everyone. The most important thing to remember is NOT TO PANIC! Panic causes us to become ineffective because we don’t think straight and it launches self-destructive actions and behavior.

• Learn from it. Focus on what works and what doesn’t. Instead of dwelling on the negative, LEARN–FROM–IT!! Think about what was working and why. And also think about what didn’t work and DON’T DO THAT AGAIN!

• Get rid of the whip and stop beating yourself up!! Today is a new day—yesterday is gone.

You have the opportunity to start completely over and do it the way you had planned today! But most important, DO–NOT–BEAT–YOURSELF–UP! Self-judgment only results in shame and feeling helpless and worthless and out of control. If you don’t want to be around yourself, guess what you’re going to do to get away from you—Probably Drink!

PRACTICE, PRACTICE, PRACTICE—STAY IN TUNE WITH YOURSELF AND REMAIN VIGILANTE!

Maintain self-awareness—know what’s going on with you and where your urges are coming from. If you’re saying to yourself, “Gosh, I just really want a drink,” then learn how to figure out what’s causing that urge. Often, it’s an emotion—feelings of fear, sadness, anger, perhaps feeling overwhelmed by trying to be too much for too many people—or it could be as simple as the fact you’re HUNGRY, THIRSTY or even TIRED.

Just keep practicing, staying self-aware and using the Drinking Control Strategies and behavior changes instead of turning to alcohol to medicate. Make it your mission to become the person you want to be without depending on alcohol and eventually you’ll have complete and total control over drinking. Your life will be balanced and content.
NOTES AND REFERENCES


5. Pamela Peeke, MD, MPH, FACP, Body for Life for Women (Rodale, 2005), 68.


RECOMMENDED READING

The Miracle Method—A Radically New Approach to Problem Drinking, Scott D. Miller, PhD and Insoo Kim Berg, MSSW

Change Your Brain, Change Your Body, Daniel G. Amen, MD

Body for Life for Women, Pamela Peeke, MD, MPH, FACP

Creating Success from the Inside Out, Ephren W. Taylor

How to Change Your Drinking: A Harm Reduction Guide to Alcohol, Kenneth Anderson, MA

RECOMMENDED WEBSITES

www.MODER8NOW.com
http://peelee.net/about/index.html
http://hamsnetwork.org
ABOUT THE AUTHOR

Elizabeth Michael is the President of Second Chance Health & Wellness, Inc.

With postgraduate degrees in Biochemistry and Biology, she has extensive experience as an analytical chemist and formulator. While this professional expertise has aided in the development of MODER8®, it is Elizabeth’s personal experience with alcohol that has been the driving force behind its creation.

Like an estimated 20 million Americans, Elizabeth Michael abused alcohol. As with many substance abusers, Elizabeth’s struggles with alcohol began at an early age, resulting in academic suspensions and legal problems. Parental intervention, followed by professional counseling, had little effect on her desire for alcohol. Finally, at the age of 21, Elizabeth joined Alcoholics Anonymous. Two years of sobriety followed, but eventually, she returned to drinking.

Then a miracle occurred. First, Elizabeth began researching several studies that identified a common trait in the brains of alcoholic families. She then focused her research on neurotransmitters in the brain and their role in controlling addictions, including alcoholism. Using her background in biochemistry, her findings allowed her to develop the proprietary blend in MODER8®.

The results were astonishing. For the first time in her life, Elizabeth was able to drink only one glass of wine and be completely satisfied. Since she began taking MODER8®, the most alcohol she has consumed in one day is three drinks, and now goes many days without drinking any alcohol at all!

Today, Elizabeth is determined to share MODER8®, as well as the skills and strategies that she has identified, to help people regain control of their lives—just as she has.