



# Addiction

## INDIGO Biofeedback

*"People will do anything long enough to escape the habit of living, until the escape becomes the habit".*

*David Ryan*

The Health Resource Network has documented stress as the leading cause to the development of alcoholism, obesity, suicide, drug addiction, cigarette addiction and other harmful behaviors. Researchers in the field of addiction consider it to be a response to chronic stress.

### *Five surprising facts about addiction:*

*1) Addiction to drugs and/or alcohol is a problem for approximately 30 million people in the United States alone. Addictions to these substances and the mental health issues that go along with them are one of the most serious health problems that are affecting modern society.*

*2) Drug and/or alcohol addiction is surprisingly common. Approximately 1 out of every 8 Americans is living with some form of addiction. This includes drugs and alcohol. Since this figure only includes only reported cases of addiction, the true figure may be much higher.*

*3) Addiction to prescription drugs is a growing problem among young people. OxyContin and Vicodin are not illegal when prescribed by a physician. They are highly addictive, and have become increasingly popular among drug users. Using prescription drugs for non-medical purposes now occurs at approximately the same rate as marijuana usage among people between the ages of 12-20.*

*4) One-quarter of all hospital admissions are related to alcoholism. The total cost to society each year due to alcohol and/or drug addiction is estimated to be \$250 billion per year.*

*5) Approximately 70 per cent of people who are using illegal drugs are employed. The fact that they have a drug problem means increased costs to the employer in terms of absenteeism, decreased productivity and staff turnover.*

Doctors recommend that individuals suffering from an addiction should take 30 minutes every day to relax, breathe deeply and try not to think about stressors that can trigger the need to use/abuse.

The INDIGO rejuvenation system was designed to decrease stress, increase relaxation and leave a client feeling at ease with a renewed sense of peacefulness. In approximately five minutes, the INDIGO Biofeedback System can simultaneously detect and record information about the individual client's stress reactions and help soothe stress reactions.

The manifestations of addiction are associated with changes in nerve cell function by which the brain attempts to adapt to a drug's presence. These functional changes modulate a person's initial response to a drug, the establishment of long-term craving for the drug.

The INDIGO works to retrain the brain's neural and synaptic responses back to a normal routine way of functioning. The INDIGO helps reverse the brain's adaptation and dependency for a substance. When a drug is withheld from a person that has been partaking in regular use physical and emotional withdrawal symptoms occur.

Drugs and alcohol suppress the production of neurotransmitters like noradrenalin. When drug use is stopped, the brain releases a surge of adrenaline which causes a slew of withdrawal symptoms both physical and emotional.

*Physical symptoms: sweating, racing heart, palpitations, muscle tension, tightness in the chest, difficulty breathing, tremor, nausea, vomiting or diarrhea.*

*Emotional symptoms: Anxiety, restlessness, irritability, insomnia, headaches, poor concentration, depression, social isolation. The INDIGO can facilitate relaxation, diminishing triggers and cravings to use, while also reducing the painful effects of withdrawal.*