



HIDDEN TRUTH SHOW WITH JIM BRESLO
AA KILLS

AVAILABLE ON ALL PODCAST APPS



1
00:00:00,000 --> 00:00:06,639

[Music]

2
00:00:12,890 --> 00:00:09,620

welcome to the hidden truth show we are

3
00:00:17,450 --> 00:00:12,900

embarking on a deep dive into a 12-step

4
00:00:18,920 --> 00:00:17,460

program it's called AAA kills you're

5
00:00:21,650 --> 00:00:18,930

gonna see an excerpt from our interview

6
00:00:24,560 --> 00:00:21,660

with Mike Pond Mike Pond was a

7
00:00:25,099 --> 00:00:24,570

psychotherapist who had an alcohol

8
00:00:28,880 --> 00:00:25,109

problem

9
00:00:32,240 --> 00:00:28,890

he lost his practice he lost his home he

10
00:00:35,569 --> 00:00:32,250

lost his family and he wound up homeless

11
00:00:36,290 --> 00:00:35,579

he turned to his 12-step program and it

12
00:00:38,900 --> 00:00:36,300

didn't work

13
00:00:41,479 --> 00:00:38,910

ultimately he found Redemption and he

14

00:00:43,729 --> 00:00:41,489

found a way out of his alcoholism and

15

00:00:45,319 --> 00:00:43,739

now rents his own treatment program and

16

00:00:47,690 --> 00:00:45,329

says that he thinks that the 12-step

17

00:00:48,770 --> 00:00:47,700

programs are letting people down so

18

00:00:50,900 --> 00:00:48,780

you're gonna see an excerpt of my

19

00:00:54,020 --> 00:00:50,910

interview with Mike pond he's the author

20

00:00:56,060 --> 00:00:54,030

of wasted an alcoholic therapists fight

21

00:00:58,670 --> 00:00:56,070

for recovery in a flawed treatment

22

00:01:00,470 --> 00:00:58,680

system also with them is his girlfriend

23

00:01:03,950 --> 00:01:00,480

who produced his documentary her name is

24

00:01:06,140 --> 00:01:03,960

Maureen Palmer so are you on any

25

00:01:14,120 --> 00:01:06,150

medication for depression or that type

26
00:01:16,820 --> 00:01:14,130
of thing no in the jungle of Mexico

27
00:01:21,249 --> 00:01:16,830
about two years ago I have seen a

28
00:01:24,800 --> 00:01:21,259
profound personality changed since then

29
00:01:27,730 --> 00:01:24,810
well I am I'm familiar with with the

30
00:01:30,830 --> 00:01:27,740
medication ayahuasca you know famously

31
00:01:33,530 --> 00:01:30,840
provided mostly in Peru right and and

32
00:01:36,319 --> 00:01:33,540
people go there to take it not really

33
00:01:38,210 --> 00:01:36,329
it's a hallucinogen I'd but it's it's

34
00:01:40,969 --> 00:01:38,220
it's not really something that you do

35
00:01:43,639 --> 00:01:40,979
socially people really do it with a

36
00:01:46,280 --> 00:01:43,649
particular intent in mind to try to

37
00:01:51,230 --> 00:01:46,290
address something deep-seated in them

38
00:01:57,109 --> 00:01:51,240

including addiction well I was you know

39

00:01:58,760 --> 00:01:57,119

through the years assisted I-like

40

00:02:02,060 --> 00:01:58,770

assisted psychotherapy so I just got

41

00:02:04,700 --> 00:02:02,070

really curious and doctor gap are mad a

42

00:02:07,160 --> 00:02:04,710

we met him because he got booked in the

43

00:02:09,619 --> 00:02:07,170

Toronto Globe and Mail and I knew that

44

00:02:12,559 --> 00:02:09,629

he was using ayahuasca right and with

45

00:02:15,319 --> 00:02:12,569

his with his clients patients and

46

00:02:18,649 --> 00:02:15,329

to Mexico and that's when he invited me

47

00:02:22,220 --> 00:02:18,659

down to Mexico and I did the ayahuasca

48

00:02:25,129 --> 00:02:22,230

and came back his according to more than

49

00:02:30,129 --> 00:02:25,139

a different person this edge is greatly

50

00:02:36,259 --> 00:02:33,229

just be at peace and enjoy the life that

51
00:02:38,209 --> 00:02:36,269
he has now as opposed to being burdened

52
00:02:41,690 --> 00:02:38,219
by regrets from the period of the

53
00:02:44,059 --> 00:02:41,700
alcohol deep alcoholism it's made him a

54
00:02:45,860 --> 00:02:44,069
happier human well we don't need to do a

55
00:02:48,289 --> 00:02:45,870
whole show on it but just just to do a

56
00:02:51,939 --> 00:02:48,299
couple more minutes on it what were you

57
00:02:54,530 --> 00:02:51,949
focusing on when you do the ayahuasca

58
00:02:56,449 --> 00:02:54,540
and that what you said earlier is

59
00:02:59,000 --> 00:02:56,459
crucial right you need to have intention

60
00:03:01,520 --> 00:02:59,010
so when you start these these treatments

61
00:03:03,949 --> 00:03:01,530
or journeys as the shamans call them you

62
00:03:05,509 --> 00:03:03,959
need to come into it with with intention

63
00:03:07,879 --> 00:03:05,519

so that's the set right what is my

64

00:03:09,199 --> 00:03:07,889

mindset where am I at emotionally with

65

00:03:11,449 --> 00:03:09,209

this thing and what do I want to achieve

66

00:03:13,189 --> 00:03:11,459

and I went in with an intention very

67

00:03:15,860 --> 00:03:13,199

simple and just like helped me deal with

68

00:03:17,749 --> 00:03:15,870

my shame right because even after all

69

00:03:20,960 --> 00:03:17,759

these years and then of course after the

70

00:03:23,599 --> 00:03:20,970

you know the relapse that I had when we

71

00:03:25,759 --> 00:03:23,609

began filming I had you know all of that

72

00:03:28,399 --> 00:03:25,769

debilitating shame came right back in

73

00:03:31,909 --> 00:03:28,409

and I went oh man and so ice went in

74

00:03:34,399 --> 00:03:31,919

with that intention and then you so you

75

00:03:35,839 --> 00:03:34,409

look at the substance right the medicine

76
00:03:37,309 --> 00:03:35,849
or whatever you work on a plan medicine

77
00:03:39,140 --> 00:03:37,319
then you look at the set which is my

78
00:03:41,059 --> 00:03:39,150
mind set my intention in this setting

79
00:03:43,159 --> 00:03:41,069
and the setting needs to be a

80
00:03:45,349 --> 00:03:43,169
therapeutic setting right so this isn't

81
00:03:48,050 --> 00:03:45,359
about recreational I'm gonna get high

82
00:03:52,699 --> 00:03:48,060
and have fun and trip out right it

83
00:03:53,719 --> 00:03:52,709
really is about you know and and

84
00:04:02,899 --> 00:03:53,729
positive change

85
00:04:06,740 --> 00:04:02,909
yeah it's not a fun drug right right

86
00:04:08,360 --> 00:04:06,750
popped it ruptured a hernia but you

87
00:04:10,550 --> 00:04:08,370
could theoretically go back and do it

88
00:04:15,050 --> 00:04:10,560

again and perhaps address childhood

89

00:04:17,810 --> 00:04:15,060

trauma with it right yeah I I've gone

90

00:04:21,019 --> 00:04:17,820

back and done other ayahuasca ceremonies

91

00:04:23,659 --> 00:04:21,029

and as well psilocybin assisted so a lot

92

00:04:25,210 --> 00:04:23,669

of the psychedelic assisted work I'm

93

00:04:27,040 --> 00:04:25,220

quite involved in now

94

00:04:29,110 --> 00:04:27,050

because I'm just seeing these remarkable

95

00:04:30,370 --> 00:04:29,120

outcomes right probably reaching you're

96

00:04:31,930 --> 00:04:30,380

probably reaching things in the brain

97

00:04:34,840 --> 00:04:31,940

that you know it's just you can't reach

98

00:04:39,520 --> 00:04:34,850

on a conscious level it reminds me of

99

00:04:42,970 --> 00:04:39,530

this EMDR you guys familiar with this oh

100

00:04:44,170 --> 00:04:42,980

great well let's talk about EMDR because

101
00:04:48,430 --> 00:04:44,180
we've talked about that on the show

102
00:04:50,860 --> 00:04:48,440
before in our transgender deep dive and

103
00:04:52,270 --> 00:04:50,870
how therapists are using it in to

104
00:04:59,020 --> 00:04:52,280
address childhood trauma

105
00:05:00,820 --> 00:04:59,030
so are you Barbie oh good good so so are

106
00:05:01,690 --> 00:05:00,830
you using it as a treatment for

107
00:05:04,540 --> 00:05:01,700
addiction

108
00:05:07,240 --> 00:05:04,550
yeah India for years I mean even before

109
00:05:10,630 --> 00:05:07,250
all of this happened to me I've been a

110
00:05:11,950 --> 00:05:10,640
certified EMDR therapist for 25 years so

111
00:05:16,120 --> 00:05:11,960
it's been a big part of my practice

112
00:05:18,010 --> 00:05:16,130
desire 25 years it's been reference it's

113
00:05:20,020 --> 00:05:18,020

been around that long oh yeah yeah

114

00:05:21,280 --> 00:05:20,030

Francine Shapiro was the psychologist

115

00:05:23,050 --> 00:05:21,290

that developed it it's going to be 30

116

00:05:24,730 --> 00:05:23,060

years ago at least now so it's been

117

00:05:28,120 --> 00:05:24,740

around a long time and was it mostly for

118

00:05:30,310 --> 00:05:28,130

PTSD they initially used it for the war

119

00:05:32,409 --> 00:05:30,320

vets right to get no more vets to treat

120

00:05:35,890 --> 00:05:32,419

them and now it's kind of become much

121

00:05:38,590 --> 00:05:35,900

more broad and generous in terms of I

122

00:05:41,050 --> 00:05:38,600

use it for everything so in your in your

123

00:05:43,450 --> 00:05:41,060

practice what do you give as a ballpark

124

00:05:47,530 --> 00:05:43,460

percentage success rate with pts I mean

125

00:05:50,830 --> 00:05:47,540

sorry with the MDR this isn't science

126

00:05:52,900 --> 00:05:50,840

that I would go like seventy percent

127

00:05:56,170 --> 00:05:52,910

it's all pretty high right because

128

00:05:59,320 --> 00:05:56,180

people that try to deal with an

129

00:06:01,150 --> 00:05:59,330

addiction right it's the 12-step it's

130

00:06:03,370 --> 00:06:01,160

these other kind of standard cognitive

131

00:06:05,320 --> 00:06:03,380

behavioral approaches and so they've

132

00:06:07,990 --> 00:06:05,330

never really experienced what I call a

133

00:06:11,050 --> 00:06:08,000

deeper therapeutic technique and so they

134

00:06:12,460 --> 00:06:11,060

come into this thing okay Oh typically

135

00:06:14,409 --> 00:06:12,470

what I do is say what I'd like you to do

136

00:06:14,920 --> 00:06:14,419

suggest you do is construct what I call

137

00:06:17,050 --> 00:06:14,930

a trauma

138

00:06:19,330 --> 00:06:17,060

timeline and so we walk through your

139

00:06:24,190 --> 00:06:19,340

entire life from your earliest memory to

140

00:06:26,560 --> 00:06:24,200

today and just start to list write down

141

00:06:28,480 --> 00:06:26,570

everything making experience that you

142

00:06:31,810 --> 00:06:28,490

know had a negative impact on who really

143

00:06:34,840 --> 00:06:31,820

believed current losses abuses and

144

00:06:37,600 --> 00:06:34,850

neglect being bullied at school anything

145

00:06:38,470 --> 00:06:37,610

right and so the person goes through

146

00:06:39,970 --> 00:06:38,480

that process

147

00:06:42,100 --> 00:06:39,980

writing it I call peeling away the

148

00:06:43,900 --> 00:06:42,110

layers of the onion they think about it

149

00:06:45,970 --> 00:06:43,910

then they actually go oh my god yeah

150

00:06:48,070 --> 00:06:45,980

that was dramatic and then they send a

151
00:06:49,960 --> 00:06:48,080
paper that's another layer and then we

152
00:06:51,520 --> 00:06:49,970
bring into my office and we go through

153
00:06:55,530 --> 00:06:51,530
it right and that's another layer of

154
00:06:58,600 --> 00:06:55,540
processing and then I take each incident

155
00:06:58,930 --> 00:06:58,610
right and then I do MDR treatment with

156
00:07:01,930 --> 00:06:58,940
it

157
00:07:04,630 --> 00:07:01,940
nem DRS eye movement and the key piece

158
00:07:07,870 --> 00:07:04,640
is desensitization and reprocessing

159
00:07:10,600 --> 00:07:07,880
so the desensitization is bringing down

160
00:07:12,910 --> 00:07:10,610
disturbance right taking away all that

161
00:07:14,800 --> 00:07:12,920
disturbance from it and the reprocessing

162
00:07:17,400 --> 00:07:14,810
is changing one experience of it

163
00:07:21,490 --> 00:07:17,410

changing how I think feel and behave

164

00:07:24,880 --> 00:07:21,500

about it right Nestea and people

165

00:07:27,040 --> 00:07:24,890

experience tremendous relief and when

166

00:07:28,960 --> 00:07:27,050

they start to resolve a lot of this

167

00:07:31,300 --> 00:07:28,970

stuff or bring resolution to a lot of

168

00:07:34,410 --> 00:07:31,310

the trauma the mood starts to diminish

169

00:07:36,640 --> 00:07:34,420

the desire and need for substances and

170

00:07:39,040 --> 00:07:36,650

for the people who didn't listen to my

171

00:07:41,580 --> 00:07:39,050

prior show this is instigating some type

172

00:07:43,710 --> 00:07:41,590

of rapid eye movement that supposedly

173

00:07:56,650 --> 00:07:43,720

resets left-brain right-brain

174

00:08:04,810 --> 00:07:56,660

yes is that the brain is the brains

175

00:08:07,240 --> 00:08:04,820

processing with both hemispheres so you

176

00:08:11,020 --> 00:08:07,250

seem to be a great candidate for EMDR

177

00:08:13,150 --> 00:08:11,030

did you ever consider getting EMDR

178

00:08:24,910 --> 00:08:13,160

treatments back when you are having your

179

00:08:27,400 --> 00:08:24,920

issues I did I don't need those guys but

180

00:08:28,720 --> 00:08:27,410

it isn't that isn't that amazing you

181

00:08:30,550 --> 00:08:28,730

know because you're sitting here today

182

00:08:32,830 --> 00:08:30,560

and you're talking about significant

183

00:08:39,310 --> 00:08:32,840

childhood traumas and you're treating

184

00:08:41,200 --> 00:08:39,320

people with childhood traumas Michael

185

00:08:46,570 --> 00:08:41,210

did subsequently end up with the trauma

186

00:08:48,490 --> 00:08:46,580

Council including yeah yeah and no I did

187

00:08:50,710 --> 00:08:48,500

the MDR when I did the training I was a

188

00:08:52,390 --> 00:08:50,720

certified level 2 which means you know

189

00:08:54,910 --> 00:08:52,400

yeah I can teach it or

190

00:08:56,380 --> 00:08:54,920

instructed but we had to go through a

191

00:08:58,150 --> 00:08:56,390

lot of it ourselves right that's just

192

00:09:01,720 --> 00:08:58,160

part of the training and so I had that

193

00:09:03,940 --> 00:09:01,730

EMDR but not in the context of me

194

00:09:07,630 --> 00:09:03,950

dealing with my trauma and how it was

195

00:09:10,110 --> 00:09:07,640

connected to my my alcohol use when you

196

00:09:12,840 --> 00:09:10,120

were at the height of your alcohol abuse

197

00:09:14,890 --> 00:09:12,850

were you able to be self analytical and

198

00:09:18,840 --> 00:09:14,900

determine you know why am i this way

199

00:09:22,150 --> 00:09:18,850

were you thinking about that constantly

200

00:09:23,740 --> 00:09:22,160

in session and I often say I used to

201
00:09:28,150 --> 00:09:23,750
feel sorry for the last two or three

202
00:09:30,310 --> 00:09:28,160
clients of the day because by about 3:00

203
00:09:32,470 --> 00:09:30,320
4:00 o'clock I'm like thinking about

204
00:09:35,740 --> 00:09:32,480
drinking and wanting my drink and that's

205
00:09:39,900 --> 00:09:35,750
where my mind would go and so it kind of

206
00:09:42,370 --> 00:09:39,910
pulled me out of you know that

207
00:09:44,020 --> 00:09:42,380
engagement rate that I have with my

208
00:09:45,790 --> 00:09:44,030
clients my patients I'll have to send

209
00:09:49,360 --> 00:09:45,800
you copy the book because even while we

210
00:09:51,670 --> 00:09:49,370
wrote the book we might document it

211
00:09:55,090 --> 00:09:51,680
during the worst of his demise his own

212
00:09:57,640 --> 00:09:55,100
mental health status exams you end up

213
00:09:59,380 --> 00:09:57,650

doing like what's the overall assessment

214

00:10:01,450 --> 00:09:59,390

of function like 30 out of a hundred

215

00:10:03,010 --> 00:10:01,460

yeah and it's Mental Status exam and

216

00:10:06,520 --> 00:10:03,020

it's just a kind of a classic kind of

217

00:10:09,340 --> 00:10:06,530

way of getting mental status on somebody

218

00:10:10,540 --> 00:10:09,350

and at the end you know there's what's

219

00:10:13,840 --> 00:10:10,550

called the global assessment of

220

00:10:15,370 --> 00:10:13,850

functioning be a score zero to 100 and I

221

00:10:16,960 --> 00:10:15,380

would be measuring why are my

222

00:10:19,720 --> 00:10:16,970

functioning lost all the time and kind

223

00:10:22,080 --> 00:10:19,730

of gauging my own mental state and even

224

00:10:25,180 --> 00:10:22,090

when I was you know floridly psychotic

225

00:10:28,080 --> 00:10:25,190

paranoid and hearing voices and I was

226

00:10:32,530 --> 00:10:28,090

still able to somehow her take you face

227

00:10:34,380 --> 00:10:32,540

right what was going on here with you

228

00:10:37,090 --> 00:10:34,390

know sometimes I say can be a curse

229

00:10:40,930 --> 00:10:37,100

because I knew I was you know going

230

00:10:42,460 --> 00:10:40,940

crazy and and I'm so crazy and couldn't

231

00:10:44,800 --> 00:10:42,470

do anything about it and wasn't getting

232

00:10:46,210 --> 00:10:44,810

the help that I required in fact when I

233

00:10:48,550 --> 00:10:46,220

was in that state I was kind of

234

00:10:49,870 --> 00:10:48,560

ridiculed right in one of the recovery

235

00:10:52,720 --> 00:10:49,880

homes I was you know and I saw that a

236

00:10:54,550 --> 00:10:52,730

lot that people are suffering that was

237

00:10:58,120 --> 00:10:54,560

perceived as kind of weak right and

238

00:11:00,100 --> 00:10:58,130

vulnerable and there's this whole other

239

00:11:02,260 --> 00:11:00,110

dynamic that happens in a lot of

240

00:11:05,890 --> 00:11:02,270

treatment programs and recovery houses

241

00:11:08,230 --> 00:11:05,900

around that and you know

242

00:11:12,370 --> 00:11:08,240

if you read the block and I really gonna

243

00:11:14,140 --> 00:11:12,380

send you one of the young men that was

244

00:11:17,200 --> 00:11:14,150

being ridiculed and bullied and one of

245

00:11:20,470 --> 00:11:17,210

the recovery houses ended up hanging

246

00:11:22,540 --> 00:11:20,480

himself on child swing that was in the

247

00:11:24,670 --> 00:11:22,550

backyard of this house and we all went

248

00:11:26,650 --> 00:11:24,680

out and tried to revive him and and

249

00:11:29,980 --> 00:11:26,660

that's when I was just in selectively a

250

00:11:31,930 --> 00:11:29,990

switch in my brain I was like I gotta do

251
00:11:34,030 --> 00:11:31,940
something about this this is absolutely

252
00:11:35,920 --> 00:11:34,040
horrible that this is happening right

253
00:11:39,550 --> 00:11:35,930
well even Mike was in a government-run

254
00:11:42,370 --> 00:11:39,560
treatment program for a while and he

255
00:11:45,400 --> 00:11:42,380
went out on past and drank after I guess

256
00:11:47,470 --> 00:11:45,410
four weeks for three weeks and the group

257
00:11:49,150 --> 00:11:47,480
conscience met like the whole group

258
00:11:53,230 --> 00:11:49,160
thing he was part of and they decided to

259
00:11:54,820 --> 00:11:53,240
kick him out you know life-threatening

260
00:12:03,250 --> 00:11:54,830
condition would you be kicked out of

261
00:12:04,000 --> 00:12:03,260
treatment the other patients but there

262
00:12:05,950 --> 00:12:04,010
was fruitless

263
00:12:09,180 --> 00:12:05,960

snowstorms that year and you should be

264

00:12:11,680 --> 00:12:09,190

dead as a response Rosa no Beach and

265

00:12:14,110 --> 00:12:11,690

that's because we got kicked out of auto

266

00:12:16,660 --> 00:12:14,120

scott treatment should mean when you

267

00:12:18,610 --> 00:12:16,670

have the disorder is getting worse

268

00:12:21,310 --> 00:12:18,620

more treatment not kicked out of

269

00:12:23,860 --> 00:12:21,320

treatment and this I think in a lot of

270

00:12:26,260 --> 00:12:23,870

treatments centers probably eighty to

271

00:12:29,920 --> 00:12:26,270

ninety percent it still functions very

272

00:12:33,490 --> 00:12:29,930

much on that group mentality is that

273

00:12:36,040 --> 00:12:33,500

abstinence model right that's that's the

274

00:12:38,050 --> 00:12:36,050

one of the big problems is attacking

275

00:12:40,269 --> 00:12:38,060

this thing with you need to be absent

276

00:12:41,710 --> 00:12:40,279

and you need to be absent today and you

277

00:12:43,660 --> 00:12:41,720

need to stay obstinate for the rest of

278

00:12:46,390 --> 00:12:43,670

your life in fact we're gonna let your

279

00:12:49,660 --> 00:12:46,400

nerves success is going to be measured

280

00:12:52,060 --> 00:12:49,670

by your term of sobriety and to me

281

00:12:55,990 --> 00:12:52,070

that's insane and if you go off at once

282

00:12:58,180 --> 00:12:56,000

and in it every sets so all this all the

283

00:13:00,040 --> 00:12:58,190

pride that you've built in yourself that

284

00:13:01,900 --> 00:13:00,050

you've been able to stay clean for X

285

00:13:04,180 --> 00:13:01,910

amount of time and then you slip up one

286

00:13:06,550 --> 00:13:04,190

time and guess what throw all that out

287

00:13:09,480 --> 00:13:06,560

the window because you can no longer say

288

00:13:11,890 --> 00:13:09,490

I've been sober for X amount of time

289

00:13:13,300 --> 00:13:11,900

people don't come back right because

290

00:13:14,680 --> 00:13:13,310

it's humiliating you come back into

291

00:13:16,530 --> 00:13:14,690

those rooms with your tail between your

292

00:13:21,000 --> 00:13:16,540

legs and they say welcome back

293

00:13:23,550 --> 00:13:21,010

but you know in implicitly there's this

294

00:13:26,790 --> 00:13:23,560

same dynamic it's happening it's just

295

00:13:28,650 --> 00:13:26,800

part of it because again your status is

296

00:13:31,440 --> 00:13:28,660

measured by your term of sobriety but to

297

00:13:33,600 --> 00:13:31,450

be fair not always there is a

298

00:13:35,700 --> 00:13:33,610

significant number of names that

299

00:13:37,530 --> 00:13:35,710

attendant somewhere completely very

300

00:13:40,830 --> 00:13:37,540

loving and very compassionate

301
00:13:43,950 --> 00:13:40,840
yeah but then there were many you could

302
00:13:50,670 --> 00:13:43,960
even hear the guys smoking outside after

303
00:13:53,790 --> 00:13:50,680
the meeting saying things I'll never

304
00:13:55,620 --> 00:13:53,800
learn that's sort of all knowing and I

305
00:13:59,850 --> 00:13:55,630
actually even heard that kind of talk

306
00:14:02,370 --> 00:13:59,860
from one of British Columbia's addiction

307
00:14:07,020 --> 00:14:02,380
medical doctors that's there was a level

308
00:14:09,420 --> 00:14:07,030
of arrogance in in me I know this way is

309
00:14:12,120 --> 00:14:09,430
the way to go and I know it's so

310
00:14:14,790 --> 00:14:12,130
fervently I'm going to assist all of my

311
00:14:16,650 --> 00:14:14,800
patients learn it that way to even the

312
00:14:19,830 --> 00:14:16,660
medical so-called medical addictions

313
00:14:22,200 --> 00:14:19,840

expert that might saw might never heard

314

00:14:23,760 --> 00:14:22,210

of the word naltrexone I'm in the

315

00:14:25,080 --> 00:14:23,770

business and I'd never heard of the use

316

00:14:27,720 --> 00:14:25,090

of no affection for an alcohol use

317

00:14:30,450 --> 00:14:27,730

disorder and using gabapentin right as

318

00:14:32,460 --> 00:14:30,460

as a way of reducing cravings and and

319

00:14:34,350 --> 00:14:32,470

helping with that restlessness and the

320

00:14:35,940 --> 00:14:34,360

agitation and anxiety and helping you

321

00:14:37,760 --> 00:14:35,950

sleep man when you're trying to quit

322

00:14:40,320 --> 00:14:37,770

booze and you go out booze

323

00:14:43,110 --> 00:14:40,330

sleep just goes out the window because

324

00:14:45,660 --> 00:14:43,120

that's been your sedative for four years

325

00:14:48,990 --> 00:14:45,670

right and you take that away and most of

326

00:14:50,640 --> 00:14:49,000

us it's one of the biggest problems yes

327

00:14:52,080 --> 00:14:50,650

and sleep is number one if you're not

328

00:14:55,200 --> 00:14:52,090

getting sleep the whole rest of the

329

00:14:57,450 --> 00:14:55,210

system is gonna crumble describe that

330

00:15:01,800 --> 00:14:57,460

mentality that that causes you to be

331

00:15:04,290 --> 00:15:01,810

down to pawning a laptop as you point

332

00:15:06,830 --> 00:15:04,300

out in the documentary for 20 bucks on

333

00:15:18,240 --> 00:15:06,840

the street just to go be able to get a

334

00:15:21,240 --> 00:15:18,250

couple beers well in the book we tried a

335

00:15:26,580 --> 00:15:21,250

few times right how it's it's so

336

00:15:30,390 --> 00:15:26,590

pervasive it's so all-consuming that all

337

00:15:33,300 --> 00:15:30,400

other rational thought disappears not

338

00:15:35,010 --> 00:15:33,310

career not your kids not your wife at

339

00:15:37,560 --> 00:15:35,020

the time that everything is focused on

340

00:15:39,960 --> 00:15:37,570

the brain the brain actually is there's

341

00:15:41,250 --> 00:15:39,970

certain people that in this field that

342

00:15:43,320 --> 00:15:41,260

they say the brain actually believes

343

00:15:45,269 --> 00:15:43,330

that it's starving to death if it

344

00:15:48,060 --> 00:15:45,279

doesn't get that substance it's going to

345

00:15:50,550 --> 00:15:48,070

die so the brain is driving that right

346

00:15:52,500 --> 00:15:50,560

and yes there's a choice element to this

347

00:15:55,310 --> 00:15:52,510

I'm a guy and I gesture pick up that

348

00:15:58,380 --> 00:15:55,320

ball and put it to my mouth and drink it

349

00:16:00,150 --> 00:15:58,390

but when I saw my brain scans at the

350

00:16:01,860 --> 00:16:00,160

Medical University of South Carolina and

351

00:16:04,560 --> 00:16:01,870

I hadn't had a drink for over five years

352

00:16:06,570 --> 00:16:04,570

and I had no conscious awareness right

353

00:16:08,450 --> 00:16:06,580

because I had to respond to these images

354

00:16:10,950 --> 00:16:08,460

they were flashing these random images

355

00:16:12,900 --> 00:16:10,960

of liquor right different forms of

356

00:16:16,890 --> 00:16:12,910

alcohol and beer and wine and hard

357

00:16:18,570 --> 00:16:16,900

liquor and I had this device in my hand

358

00:16:21,329 --> 00:16:18,580

that I did measure kind of my craving

359

00:16:21,870 --> 00:16:21,339

and I kept on that now nothing nothing

360

00:16:23,610 --> 00:16:21,880

nothing

361

00:16:26,910 --> 00:16:23,620

came out of there going oh I was easy

362

00:16:30,720 --> 00:16:26,920

but you know the brain scan said my

363

00:16:32,730 --> 00:16:30,730

brain was very excited it was wanting

364

00:16:35,040 --> 00:16:32,740

that alcohol I had no conscious

365

00:16:37,230 --> 00:16:35,050

awareness of it well well something I

366

00:16:39,269 --> 00:16:37,240

liken it to but I thank God I haven't

367

00:16:41,460 --> 00:16:39,279

had an addiction but I'm curious if you

368

00:16:44,430 --> 00:16:41,470

kind of agree with this that I just know

369

00:16:47,340 --> 00:16:44,440

when I'm sick you know and you're in bed

370

00:16:50,850 --> 00:16:47,350

sick nothing matters but feeling better

371

00:16:53,160 --> 00:16:50,860

you know you could say you you know sex

372

00:16:54,720 --> 00:16:53,170

you know this that the other travel

373

00:16:56,699 --> 00:16:54,730

nothing matters you just want to feel

374

00:16:58,110 --> 00:16:56,709

better and I'm just thinking that is is

375

00:17:00,449 --> 00:16:58,120

that what how you can describe the

376

00:17:03,240 --> 00:17:00,459

mindset of an addict perfect perfect

377

00:17:04,740 --> 00:17:03,250

analogy right because yeah you are and

378

00:17:07,500 --> 00:17:04,750

you are sick right you got the flu or

379

00:17:09,840 --> 00:17:07,510

whatever you got but there's I mean the

380

00:17:12,480 --> 00:17:09,850

straw is horrendous right it's

381

00:17:14,730 --> 00:17:12,490

horrendous and those first few days in

382

00:17:18,030 --> 00:17:14,740

particular those it's really tough and

383

00:17:19,650 --> 00:17:18,040

so how do you stop that how do you you

384

00:17:21,689 --> 00:17:19,660

know that's the medicine it's the poison

385

00:17:27,179 --> 00:17:21,699

in the medicine at the same time right

386

00:17:29,070 --> 00:17:27,189

and I wanted my medicine if you enjoyed

387

00:17:31,470 --> 00:17:29,080

that interview go listen to the hidden

388

00:17:33,150 --> 00:17:31,480

truth show podcast the hidden truth show

389

00:17:34,830 --> 00:17:33,160

podcast where ever you listen to podcast

390

00:17:40,790 --> 00:17:34,840

to hear my entire interview with Mike