



**HIDDEN TRUTH SHOW WITH JIM BRESLO**  
**AA KILLS**

AVAILABLE ON ALL PODCAST APPS



1  
00:00:10,040 --> 00:00:07,509

[Music]

2  
00:00:12,499 --> 00:00:10,050  
when I started having a drinking problem

3  
00:00:14,360 --> 00:00:12,509  
and I went cold turkey and I developed

4  
00:00:15,919 --> 00:00:14,370  
massive cravings so I went from being

5  
00:00:17,450 --> 00:00:15,929  
just sort of a social drinker to a

6  
00:00:19,429 --> 00:00:17,460  
heavier drinker to then a binge drinker

7  
00:00:22,250 --> 00:00:19,439  
because when I relapsed from that

8  
00:00:24,320 --> 00:00:22,260  
sobriety I I would just binge and then

9  
00:00:25,880 --> 00:00:24,330  
go sober again so it that turned into a

10  
00:00:28,279 --> 00:00:25,890  
completely different style of drinking

11  
00:00:30,950 --> 00:00:28,289  
which is a different alcohol use

12  
00:00:33,380 --> 00:00:30,960  
disorder binge drinking in sorry at its

13  
00:00:36,020 --> 00:00:33,390

worst before you sought help how bad was

14

00:00:39,260 --> 00:00:36,030

it oh I would if well the its

15

00:00:42,110 --> 00:00:39,270

progressive so so the the binges would

16

00:00:44,510 --> 00:00:42,120

get worse my my last horrible binge was

17

00:00:46,790 --> 00:00:44,520

I had to go to a medical detox because I

18

00:00:49,130 --> 00:00:46,800

didn't know back then that it wasn't

19

00:00:51,439 --> 00:00:49,140

it's not safe to go cold turkey you

20

00:00:53,060 --> 00:00:51,449

should taper off of alcohol and I didn't

21

00:00:55,639 --> 00:00:53,070

know that so I would just always go cold

22

00:00:59,990 --> 00:00:55,649

turkey and suffered this particular time

23

00:01:02,180 --> 00:01:00,000

back in 2009 I suffered really bad

24

00:01:04,609 --> 00:01:02,190

withdrawal and sort of went into the DTS

25

00:01:08,179 --> 00:01:04,619

and lost muscle control and things like

26

00:01:10,730 --> 00:01:08,189

that so I went to a medical detox so

27

00:01:12,440 --> 00:01:10,740

that was the that was the worst you know

28

00:01:15,320 --> 00:01:12,450

does that mean that was a 30-day rehab

29

00:01:17,240 --> 00:01:15,330

no no no no that was just a I went into

30

00:01:20,120 --> 00:01:17,250

a medical detox place that my insurance

31

00:01:22,190 --> 00:01:20,130

would take they gave it was a horrific

32

00:01:24,440 --> 00:01:22,200

experience for me they were they just

33

00:01:26,600 --> 00:01:24,450

treated you like crap and it was very

34

00:01:28,819 --> 00:01:26,610

demeaning and and the people there had

35

00:01:32,120 --> 00:01:28,829

no compassion whatsoever where was it

36

00:01:35,270 --> 00:01:32,130

here in Tarzana and this is what type of

37

00:01:36,740 --> 00:01:35,280

this is a County a medical it's a

38

00:01:38,420 --> 00:01:36,750

medical detox that happened to be

39

00:01:40,100 --> 00:01:38,430

covered by my insurance and you just go

40

00:01:41,359 --> 00:01:40,110

in there you fill up even though you

41

00:01:43,130 --> 00:01:41,369

think you're about to die and you're

42

00:01:45,319 --> 00:01:43,140

shaking so hard that and you're puking

43

00:01:47,149 --> 00:01:45,329

they won't let you touch your belongings

44

00:01:48,920 --> 00:01:47,159

to get a sweater they make you fill out

45

00:01:51,560 --> 00:01:48,930

paperwork before giving you you know

46

00:01:53,690 --> 00:01:51,570

oodles of paperwork before even helping

47

00:01:55,039 --> 00:01:53,700

you calm down from the physical think

48

00:01:56,420 --> 00:01:55,049

withdrawals that you're going through

49

00:01:58,429 --> 00:01:56,430

somebody bring you in there

50

00:02:00,440 --> 00:01:58,439

I had a friend drive me of course yeah I

51  
00:02:03,050 --> 00:02:00,450  
had a friend drive me over there and I

52  
00:02:04,490 --> 00:02:03,060  
left the second I didn't mean I also

53  
00:02:07,370 --> 00:02:04,500  
didn't know about medications that could

54  
00:02:13,040 --> 00:02:07,380  
help you to calm down and to not maybe

55  
00:02:13,910 --> 00:02:13,050  
go into a complete stroke you know I

56  
00:02:16,610 --> 00:02:13,920  
didn't know any of

57  
00:02:18,440 --> 00:02:16,620  
I really was naive believe it or not but

58  
00:02:19,940 --> 00:02:18,450  
but you can die from this you can die

59  
00:02:22,010 --> 00:02:19,950  
from this yes you can you can die from

60  
00:02:24,770 --> 00:02:22,020  
withdrawal from from alcohol opiates

61  
00:02:26,900 --> 00:02:24,780  
from from many things but particularly I

62  
00:02:28,850 --> 00:02:26,910  
did not know how bad it could be with

63  
00:02:30,170 --> 00:02:28,860

alcohol nobody ever told me I didn't

64

00:02:34,010 --> 00:02:30,180

read Hamm's I didn't know that you

65

00:02:36,080 --> 00:02:34,020

should taper off a low alcohol thing and

66

00:02:37,970 --> 00:02:36,090

slowly detox your body I would just go

67

00:02:39,740 --> 00:02:37,980

oh gosh I can't do this anymore and I

68

00:02:41,630 --> 00:02:39,750

just stopped and it was very dangerous

69

00:02:43,400 --> 00:02:41,640

that particular time once I got the

70

00:02:46,160 --> 00:02:43,410

medication I don't even know what they

71

00:02:47,330 --> 00:02:46,170

gave me maybe a trazadone or valium or

72

00:02:49,400 --> 00:02:47,340

whatever the heck they used in those

73

00:02:50,960 --> 00:02:49,410

places the second it hit my system I

74

00:02:52,310 --> 00:02:50,970

checked myself out and I said I can't

75

00:02:54,410 --> 00:02:52,320

stay here it was awful

76

00:02:56,270 --> 00:02:54,420

you saying that I just checked myself

77

00:02:58,040 --> 00:02:56,280

but the drug hitting your system

78

00:03:00,920 --> 00:02:58,050

whatever was the drug hit my system and

79

00:03:02,300 --> 00:03:00,930

I stopped shaking oh I said okay I'm out

80

00:03:03,949 --> 00:03:02,310

of here because they're not helping me

81

00:03:05,540 --> 00:03:03,959

whatsoever this is I'm just checking

82

00:03:06,800 --> 00:03:05,550

myself out it wasn't one of those things

83

00:03:09,020 --> 00:03:06,810

where they lock you up or anything like

84

00:03:11,540 --> 00:03:09,030

that you you know you're it's voluntary

85

00:03:13,430 --> 00:03:11,550

it wasn't like I was passed out I was

86

00:03:16,670 --> 00:03:13,440

fully comprehensible I was just

87

00:03:19,190 --> 00:03:16,680

suffering physical results of and so

88

00:03:21,289 --> 00:03:19,200

then where did you go next for treatment

89

00:03:24,220 --> 00:03:21,299

well then I stayed as always I had a

90

00:03:27,949 --> 00:03:24,230

long bout of sobriety and what was

91

00:03:29,930 --> 00:03:27,959

sister you was at AAA no I did 17

92

00:03:32,150 --> 00:03:29,940

meetings in two countries I didn't

93

00:03:33,800 --> 00:03:32,160

respond to a meetings made me want to

94

00:03:35,360 --> 00:03:33,810

drink I didn't want to sit there for the

95

00:03:36,500 --> 00:03:35,370

rest of my life identifying as an

96

00:03:39,920 --> 00:03:36,510

alcoholic that would be like me

97

00:03:41,539 --> 00:03:39,930

identifying as a cancer victim or oh hi

98

00:03:42,110 --> 00:03:41,549

I'm Claudia of leukemia hi I'm Claudia

99

00:03:44,120 --> 00:03:42,120

have leukemia

100

00:03:47,180 --> 00:03:44,130

I think words are extremely powerful I

101  
00:03:49,640 --> 00:03:47,190  
wanted alcoholism to be behind me not in

102  
00:03:52,069 --> 00:03:49,650  
front of me every single day I know you

103  
00:03:54,319 --> 00:03:52,079  
refer to it for yourself as alcohol use

104  
00:03:56,060 --> 00:03:54,329  
disorders what you have as the reason

105  
00:03:58,069 --> 00:03:56,070  
the reason why that has nothing to do

106  
00:03:59,930 --> 00:03:58,079  
with 12-step programs and by the way I

107  
00:04:01,789 --> 00:03:59,940  
have nothing against 12-step programs

108  
00:04:03,680 --> 00:04:01,799  
the only thing that they say is you have

109  
00:04:05,300 --> 00:04:03,690  
to have the desire to quit drinking to

110  
00:04:07,400 --> 00:04:05,310  
attend a meeting so I don't see why

111  
00:04:09,830 --> 00:04:07,410  
people can't use medication while their

112  
00:04:11,840 --> 00:04:09,840  
if their if their main goal is sobriety

113  
00:04:13,940 --> 00:04:11,850

then there's no reason why anybody can't

114

00:04:16,610 --> 00:04:13,950

attend an AAA meeting and take a camper

115

00:04:18,259 --> 00:04:16,620

state for cravings or take naltrexone to

116

00:04:19,849 --> 00:04:18,269

slowly diminish their cravings and to

117

00:04:22,370 --> 00:04:19,859

stop drinking there's no reason why you

118

00:04:24,290 --> 00:04:22,380

can't mix Matt with a a but that's a

119

00:04:26,029 --> 00:04:24,300

whole nother story but for me I didn't

120

00:04:27,860 --> 00:04:26,039

like it and then I tried a regular rehab

121

00:04:29,990 --> 00:04:27,870

and it had no effect on me what

122

00:04:31,460 --> 00:04:30,000

so ever in fact once again alcohol

123

00:04:32,990 --> 00:04:31,470

deprivation effect you're in a false

124

00:04:34,430 --> 00:04:33,000

environment you're paying thousands of

125

00:04:36,530 --> 00:04:34,440

dollars so your guilt was your right

126

00:04:39,740 --> 00:04:36,540

your inpatient 30-day cut I went to I

127

00:04:41,960 --> 00:04:39,750

went to a 30-day and and it was it was

128

00:04:43,640 --> 00:04:41,970

just a 12-step program so why pay for it

129

00:04:48,290 --> 00:04:43,650

I paid thirty thousand dollars to sit

130

00:04:49,760 --> 00:04:48,300

there that was beige or something up

131

00:04:52,460 --> 00:04:49,770

north Northern California

132

00:04:54,260 --> 00:04:52,470

I can't remember Bay recovery Bay Center

133

00:04:55,879 --> 00:04:54,270

and just give us a little insight into

134

00:04:57,920 --> 00:04:55,889

your 30 days there what are you doing on

135

00:04:59,390 --> 00:04:57,930

a day to day basis tai chi and hang out

136

00:05:01,159 --> 00:04:59,400

with girls who are sneaking out and

137

00:05:03,230 --> 00:05:01,169

getting alcohol and go to a gym which is

138

00:05:06,830 --> 00:05:03,240

right next to a liquor store with nobody

139

00:05:08,570 --> 00:05:06,840

watching you you have a therapeutic

140

00:05:10,879 --> 00:05:08,580

session where they label you as

141

00:05:12,290 --> 00:05:10,889

narcissistic and an anti-social which

142

00:05:15,530 --> 00:05:12,300

every single addict whether they were

143

00:05:17,840 --> 00:05:15,540

methadone or heroin or opiates or

144

00:05:19,460 --> 00:05:17,850

alcohol or bulimic they were all labeled

145

00:05:22,159 --> 00:05:19,470

exactly the same we all compared

146

00:05:24,110 --> 00:05:22,169

afterwards so okay so that was sort of a

147

00:05:28,879 --> 00:05:24,120

one-size-fit-all that all addicts are

148

00:05:31,159 --> 00:05:28,889

narcissists and they're all she actually

149

00:05:32,659 --> 00:05:31,169

dragged out the war shot that the

150

00:05:35,029 --> 00:05:32,669

drawings I mean that the [h\_\_h] would

151  
00:05:37,279 --> 00:05:35,039  
hirako the the butterflies and Dragons

152  
00:05:40,520 --> 00:05:37,289  
and all that stuff war shock yep so

153  
00:05:42,290 --> 00:05:40,530  
that's what tell us what this yes she

154  
00:05:44,510 --> 00:05:42,300  
dragged out those but then it was just a

155  
00:05:46,790 --> 00:05:44,520  
somebody with a you know a certain

156  
00:05:49,010 --> 00:05:46,800  
amount of sobriety under their belt that

157  
00:05:50,450 --> 00:05:49,020  
is called an addiction specialists you

158  
00:05:52,790 --> 00:05:50,460  
know because they've been sober for ten

159  
00:05:55,250 --> 00:05:52,800  
years but you know on the narcissism

160  
00:05:57,080 --> 00:05:55,260  
thing it does strike me and I haven't

161  
00:05:59,750 --> 00:05:57,090  
this hasn't come up in our show yet that

162  
00:06:01,159 --> 00:05:59,760  
people who are addicts they they're they

163  
00:06:02,870 --> 00:06:01,169

are very focused on themselves I think

164

00:06:05,120 --> 00:06:02,880

because they're not feeling good right

165

00:06:06,890 --> 00:06:05,130

and when you don't feel good it's hard

166

00:06:08,480 --> 00:06:06,900

to think about other people so is that

167

00:06:09,950 --> 00:06:08,490

that's such a that's that's like saying

168

00:06:12,140 --> 00:06:09,960

somebody who's suffering from breast

169

00:06:13,879 --> 00:06:12,150

cancer is narcissistic yeah because

170

00:06:15,980 --> 00:06:13,889

they're focused on their recovery that's

171

00:06:17,870 --> 00:06:15,990

just [h\_\_h] right sorry they don't

172

00:06:20,180 --> 00:06:17,880

suffer from narcissism for instance like

173

00:06:23,540 --> 00:06:20,190

that's our president does but what I

174

00:06:26,150 --> 00:06:23,550

mean is during the the time that you

175

00:06:28,250 --> 00:06:26,160

have the addiction problem you might

176

00:06:29,810 --> 00:06:28,260

exhibit narcissistic type behaviors

177

00:06:31,520 --> 00:06:29,820

because you are very focused on yourself

178

00:06:33,260 --> 00:06:31,530

but it's not you it's not being focused

179

00:06:34,850 --> 00:06:33,270

on yourself it's a compulsive brain

180

00:06:36,440 --> 00:06:34,860

disorder I don't know if you've ever

181

00:06:37,909 --> 00:06:36,450

suffered from any addiction but if you

182

00:06:39,529 --> 00:06:37,919

have do you know what exactly what I'm

183

00:06:41,029 --> 00:06:39,539

talking about whether it's that's like

184

00:06:41,600 --> 00:06:41,039

you know you tell a bulimic to stop

185

00:06:43,939 --> 00:06:41,610

throwing

186

00:06:46,040 --> 00:06:43,949

good luck with that it's a compulsive

187

00:06:48,529 --> 00:06:46,050

behavior you know that what you're doing

188

00:06:49,550 --> 00:06:48,539

isn't rational but there's no way you

189

00:06:56,959 --> 00:06:49,560

can stop it

190

00:06:58,760 --> 00:06:56,969

like you tapping your leg know it so in

191

00:07:00,439 --> 00:06:58,770

other words if you walk in the in the in

192

00:07:01,700 --> 00:07:00,449

the shoes of an addict do you understand

193

00:07:03,499 --> 00:07:01,710

that that I'm not

194

00:07:05,510 --> 00:07:03,509

I didn't choose a bottle of wine over my

195

00:07:08,510 --> 00:07:05,520

mom I didn't choose a bottle of wine

196

00:07:10,909 --> 00:07:08,520

over my boyfriend I wasn't being selfish

197

00:07:12,830 --> 00:07:10,919

it's not a selfish behavior it's your

198

00:07:13,369 --> 00:07:12,840

cue it's like somebody takes over your

199

00:07:16,550 --> 00:07:13,379

brain

200

00:07:18,379 --> 00:07:16,560

somebody's hijacked you to the outsiders

201

00:07:20,180 --> 00:07:18,389

it looks old of course it looks selfish

202

00:07:23,330 --> 00:07:20,190

and that's one of the biggest problems I

203

00:07:25,550 --> 00:07:23,340

have when I when I deal coach couples is

204

00:07:27,499 --> 00:07:25,560

that the spouse will say well they're

205

00:07:29,809 --> 00:07:27,509

choosing alcohol over me and I have to

206

00:07:30,980 --> 00:07:29,819

explain to them addiction is not a

207

00:07:32,899 --> 00:07:30,990

rational behavior

208

00:07:34,879 --> 00:07:32,909

you can't rational with it you can't

209

00:07:38,390 --> 00:07:34,889

reason with it did you see the movie

210

00:07:41,140 --> 00:07:38,400

beautiful boy I did yes that that movie

211

00:07:43,939 --> 00:07:41,150

really bothered me because the father

212

00:07:46,279 --> 00:07:43,949

didn't react properly to the son I don't

213

00:07:49,309 --> 00:07:46,289

think he was like oh son you're choosing

214

00:07:51,589 --> 00:07:49,319

this over me not recognizing that hey

215

00:07:53,719 --> 00:07:51,599

this is a serious problem dealt with

216

00:07:57,050 --> 00:07:53,729

seriously they show kind of the

217

00:07:59,930 --> 00:07:57,060

ineffectiveness of a in these rehabs and

218

00:08:01,339 --> 00:07:59,940

so on but at the end of the day the

219

00:08:02,869 --> 00:08:01,349

closing credits where they kind of give

220

00:08:03,409 --> 00:08:02,879

you the update and stuff it's basically

221

00:08:04,879 --> 00:08:03,419

Oh

222

00:08:08,800 --> 00:08:04,889

millions of people suffer from this

223

00:08:11,540 --> 00:08:08,810

problem help is available go seek help

224

00:08:13,159 --> 00:08:11,550

that's it yes show us the two hours how

225

00:08:14,749 --> 00:08:13,169

ineffective these different rehab things

226

00:08:16,939 --> 00:08:14,759

but then they give you no solutions

227

00:08:18,980 --> 00:08:16,949

whatsoever no well I was really

228

00:08:22,670 --> 00:08:18,990

disappointed by that I know that

229

00:08:24,950 --> 00:08:22,680

they've been doing small experiments

230

00:08:27,890 --> 00:08:24,960

with opiate antagonists for meth

231

00:08:32,180 --> 00:08:27,900

addiction but once again because we are

232

00:08:35,600 --> 00:08:32,190

in such a 12-step based you know that is

233

00:08:37,850 --> 00:08:35,610

what people immediately react to all of

234

00:08:39,949 --> 00:08:37,860

these various medically assisted

235

00:08:41,540 --> 00:08:39,959

treatments really aren't spoken about as

236

00:08:43,339 --> 00:08:41,550

much but let me let me say something

237

00:08:45,590 --> 00:08:43,349

positive here and that is that when I

238

00:08:49,009 --> 00:08:45,600

started this in 2009 I only knew of one

239

00:08:51,650 --> 00:08:49,019

doctor in the entire United States when

240

00:08:53,240 --> 00:08:51,660

it to get back to the story to finish

241

00:08:54,410 --> 00:08:53,250

that up after I got out of that detox

242

00:08:56,870 --> 00:08:54,420

treatment

243

00:08:59,330 --> 00:08:56,880

I started I grabbed a flyer there and it

244

00:09:01,370 --> 00:08:59,340

was for the shot vivitrol so I went home

245

00:09:03,410 --> 00:09:01,380

and I googled it and I and I and I

246

00:09:06,350 --> 00:09:03,420

looked it up and I found dr. Royce

247

00:09:08,570 --> 00:09:06,360

coppice book which is soo rather grandly

248

00:09:11,300 --> 00:09:08,580

named the cure for alcoholism and I

249

00:09:14,780 --> 00:09:11,310

started reading the free pages excerpts

250

00:09:16,310 --> 00:09:14,790

from that and and I I it made sense I

251

00:09:18,290 --> 00:09:16,320

come from a family of doctors and

252

00:09:19,700 --> 00:09:18,300

researchers and it dead scientists and

253

00:09:22,310 --> 00:09:19,710

that really made sense to me so I

254

00:09:24,530 --> 00:09:22,320

ordered naltrexone from some place in

255

00:09:27,230 --> 00:09:24,540

India and tell me where did you find the

256

00:09:29,600 --> 00:09:27,240

flyer in that in the rehab facility so

257

00:09:32,330 --> 00:09:29,610

just like a stack of lawyers I took them

258

00:09:34,760 --> 00:09:32,340

all I took I took a stack for for this

259

00:09:35,870 --> 00:09:34,770

meeting smart recovery AAA meetings and

260

00:09:37,940 --> 00:09:35,880

all this stuff and then there was one

261

00:09:39,860 --> 00:09:37,950

that said cravings for alcohol question

262

00:09:41,660 --> 00:09:39,870

mark get the vivitrol shot but that was

263

00:09:43,250 --> 00:09:41,670

twelve hundred bucks a month and when I

264

00:09:45,230 --> 00:09:43,260

called that Tarzana place they never

265

00:09:47,660 --> 00:09:45,240

returned my call probably because I left

266

00:09:49,070 --> 00:09:47,670

early or something so I ended up

267

00:09:51,080 --> 00:09:49,080

researching myself and that's when I

268

00:09:53,390 --> 00:09:51,090

found that the shot is not as effective

269

00:09:55,640 --> 00:09:53,400

as oral naltrexone taken in a targeted

270

00:09:57,890 --> 00:09:55,650

manner meaning one hour prior to the

271

00:09:59,540 --> 00:09:57,900

first drink of the day so here now by

272

00:10:02,240 --> 00:09:59,550

the time the pills arrived I had three

273

00:10:04,010 --> 00:10:02,250

four months sobriety under my belt and I

274

00:10:06,260 --> 00:10:04,020

was scared because what if I was one of

275

00:10:07,730 --> 00:10:06,270

those tiny percentages of the people

276

00:10:09,230 --> 00:10:07,740

that don't respond to an El Trek so and

277

00:10:11,720 --> 00:10:09,240

I would go on a worse binge and maybe

278

00:10:13,430 --> 00:10:11,730

die because the last one was so bad by

279

00:10:15,350 --> 00:10:13,440

the way when you say arrived what do you

280

00:10:18,350 --> 00:10:15,360

mean pills arrived I had to order them

281

00:10:19,760 --> 00:10:18,360

at that point in 2009 there was there

282

00:10:21,830 --> 00:10:19,770

were no doctors that would accept that

283

00:10:23,240 --> 00:10:21,840

would give it to me my GP refused me

284

00:10:25,130 --> 00:10:23,250

even without looking it up

285

00:10:27,110 --> 00:10:25,140

he immediately presumed it was an opiate

286

00:10:29,000 --> 00:10:27,120

a painkiller which is it is the

287

00:10:30,470 --> 00:10:29,010

antithesis of that in fact if you're on

288

00:10:31,790 --> 00:10:30,480

opiates and you take an opiate

289

00:10:33,950 --> 00:10:31,800

antagonist you go into full withdrawal

290

00:10:36,650 --> 00:10:33,960

so this is not good for people who are

291

00:10:38,270 --> 00:10:36,660

on opiates currently if you're clean you

292

00:10:40,550 --> 00:10:38,280

can take no tracks on to stay off of

293

00:10:45,920 --> 00:10:40,560

opiates so I asked mr. saris at ninety

294

00:10:47,630 --> 00:10:45,930

nine 2009 2009 I asked my GP I asked

295

00:10:49,490 --> 00:10:47,640

another doctor everybody turned me down

296

00:10:51,320 --> 00:10:49,500

so I went online and I just started

297

00:10:51,980 --> 00:10:51,330

googling now Trek so I found an Indian

298

00:10:54,260 --> 00:10:51,990

pharmacy

299

00:10:55,970 --> 00:10:54,270

I gave him my credit card but hold on

300

00:10:59,030 --> 00:10:55,980

this is stunning to me that you're

301

00:11:00,710 --> 00:10:59,040

talking to M DS medical doctors yes

302

00:11:02,150 --> 00:11:00,720

you're acknowledging to them which a lot

303

00:11:03,190 --> 00:11:02,160

of ya addicts don't like to acknowledge

304

00:11:05,260 --> 00:11:03,200

that I have a proud

305

00:11:07,150 --> 00:11:05,270

with alcohol there is a medication out

306

00:11:09,670 --> 00:11:07,160

there called the track zone it's FDA

307

00:11:12,010 --> 00:11:09,680

approved since 1994 thank you very much

308

00:11:13,810 --> 00:11:12,020

for yeah to treat alcohol is great to

309

00:11:15,880 --> 00:11:13,820

treat alcoholism and I said I want that

310

00:11:17,350 --> 00:11:15,890

medication for cravings and he said I

311

00:11:18,640 --> 00:11:17,360

didn't even tell him I was wanted to do

312

00:11:20,500 --> 00:11:18,650

the Sinclair method that I would drink

313

00:11:22,150 --> 00:11:20,510

on it I said I just want it for cravings

314

00:11:25,030 --> 00:11:22,160

and he said never heard of it want you

315

00:11:28,630 --> 00:11:25,040

to stop drinking thank you so much Wow

316

00:11:30,400 --> 00:11:28,640

helpful then so finally I ordered it and

317

00:11:31,990 --> 00:11:30,410

I by the way do we know whether your

318

00:11:34,180 --> 00:11:32,000

insurance would have covered it if you

319

00:11:37,690 --> 00:11:34,190

had my insurance does cover it now how

320

00:11:38,800 --> 00:11:37,700

about then you know yes yes now trek

321

00:11:41,260 --> 00:11:38,810

zone would have been covered by my

322

00:11:43,780 --> 00:11:41,270

Screen Actors Guild insurance even back

323

00:11:45,940 --> 00:11:43,790

then so so and it said you ordered from

324

00:11:48,640 --> 00:11:45,950

India hundreds of dollars and it took

325

00:11:51,190 --> 00:11:48,650

forever took months it was the pills not

326

00:11:52,770 --> 00:11:51,200

the shot it was yeah the shot the shot

327

00:11:54,970 --> 00:11:52,780

doesn't allow you to do targeted

328

00:11:56,920 --> 00:11:54,980

extinction because you can't target the

329

00:11:59,830 --> 00:11:56,930

alcohol because your nail track zone

330

00:12:01,480 --> 00:11:59,840

will be in your body 24/7 so I ordered

331

00:12:03,700 --> 00:12:01,490

the 50 milligram tablets they arrived

332

00:12:05,620 --> 00:12:03,710

you know like two months later I had

333

00:12:08,320 --> 00:12:05,630

this sobriety under my belt I got the

334

00:12:10,750 --> 00:12:08,330

pills I bought a bottle of wine and I

335

00:12:12,820 --> 00:12:10,760

made myself a meal and I prayed to God

336

00:12:14,800 --> 00:12:12,830

that this would work and I took the pill

337

00:12:17,110 --> 00:12:14,810

I waited an hour and I didn't even

338

00:12:20,770 --> 00:12:17,120

finish the glass of wine that was what I

339

00:12:22,540 --> 00:12:20,780

now know as anecdotal evidence or

340

00:12:24,040 --> 00:12:22,550

experience from all the people that I've

341

00:12:26,320 --> 00:12:24,050

coached over the years is that is a

342

00:12:27,700 --> 00:12:26,330

common reaction in the beginning now of

343

00:12:29,050 --> 00:12:27,710

course it doesn't necessarily mean that

344

00:12:31,150 --> 00:12:29,060

within two weeks you're gonna stop

345

00:12:33,280 --> 00:12:31,160

drinking my journey has had you know

346

00:12:36,910 --> 00:12:33,290

dips and valleys and all sorts of things

347

00:12:39,400 --> 00:12:36,920

since 2009 when I finally knew that I

348

00:12:41,860 --> 00:12:39,410

had that my brain had switched back to

349

00:12:44,980 --> 00:12:41,870

normal was when I drove by a billboard I

350

00:12:46,270 --> 00:12:44,990

speak about it in my TEDx talk I there

351  
00:12:48,280 --> 00:12:46,280  
was his billboard on Ventura Boulevard

352  
00:12:50,350 --> 00:12:48,290  
that had a big glass of red wine on a

353  
00:12:52,360 --> 00:12:50,360  
steak on it and every time I would drive

354  
00:12:54,670 --> 00:12:52,370  
by it when I was sober I would be

355  
00:12:56,590 --> 00:12:54,680  
triggered to want to drink and when I

356  
00:12:58,060 --> 00:12:56,600  
was drinking I would be triggered to

357  
00:13:02,140 --> 00:12:58,070  
want to drink it was just a never-ending

358  
00:13:03,850 --> 00:13:02,150  
reminder of my poison red wine and this

359  
00:13:05,770 --> 00:13:03,860  
time I drove by that billboard and my

360  
00:13:07,180 --> 00:13:05,780  
brain just said that's the billboard and

361  
00:13:09,640 --> 00:13:07,190  
that's after you've been taking an

362  
00:13:10,990 --> 00:13:09,650  
attraction about four months yeah and

363  
00:13:12,310 --> 00:13:11,000

that's when I knew my brain had I

364

00:13:14,050 --> 00:13:12,320

literally pulled over and started to

365

00:13:16,030 --> 00:13:14,060

weep because I realized my brain

366

00:13:16,600 --> 00:13:16,040

I wasn't obsessing people also don't

367

00:13:19,840 --> 00:13:16,610

quite on

368

00:13:22,480 --> 00:13:19,850

standing ID as a kid I had OCD I was a

369

00:13:24,670 --> 00:13:22,490

counter so I think I had the reference

370

00:13:28,120 --> 00:13:24,680

to this current kind of compulsive

371

00:13:30,310 --> 00:13:28,130

behavior I would count everything when

372

00:13:34,120 --> 00:13:30,320

and I outgrew that well with with

373

00:13:35,440 --> 00:13:34,130

alcohol even when you're abstinent

374

00:13:37,180 --> 00:13:35,450

you're obsessed with it

375

00:13:39,490 --> 00:13:37,190

because you you're planning everything

376

00:13:42,550 --> 00:13:39,500

that's what that saying that I don't

377

00:13:44,139 --> 00:13:42,560

like dry drunk or white knuckling it's

378

00:13:46,060 --> 00:13:44,149

because even sitting in a meeting you're

379

00:13:48,400 --> 00:13:46,070

thinking oh god you know just god I'm

380

00:13:50,079 --> 00:13:48,410

dying you know going out to people with

381

00:13:51,190 --> 00:13:50,089

people you say oh that guy's gonna drink

382

00:13:53,380 --> 00:13:51,200

too much so I don't want to go out I'm

383

00:13:56,380 --> 00:13:53,390

gonna stay home um you know oh I can't

384

00:13:58,030 --> 00:13:56,390

buy that rum raisin ice cream because

385

00:13:59,560 --> 00:13:58,040

it's gonna want to trigger me to do this

386

00:14:00,940 --> 00:13:59,570

oh I don't want to see these people

387

00:14:03,759 --> 00:14:00,950

because they have a wine group it's

388

00:14:05,889 --> 00:14:03,769

conscious it's like a radio in your it's

389

00:14:07,750 --> 00:14:05,899

the committee that constantly is telling

390

00:14:09,730 --> 00:14:07,760

you even if you've been sober for some

391

00:14:11,829 --> 00:14:09,740

people for 40 years I've spoken to

392

00:14:13,389 --> 00:14:11,839

people who say that's why they say one

393

00:14:15,280 --> 00:14:13,399

day at a time they wake up and they're

394

00:14:16,990 --> 00:14:15,290

craving their their white knuckling

395

00:14:18,699 --> 00:14:17,000

through each day and they plan their

396

00:14:20,380 --> 00:14:18,709

days accordingly I'm not gonna walk down

397

00:14:22,329 --> 00:14:20,390

that aisle in the supermarket because

398

00:14:24,189 --> 00:14:22,339

that's where the booze is so that that

399

00:14:26,110 --> 00:14:24,199

to me didn't mean that I would be healed

400

00:14:28,329 --> 00:14:26,120

even if I was abstinent I knew that I

401  
00:14:30,550 --> 00:14:28,339  
was miserable in my abstinence I'm here

402  
00:14:32,319 --> 00:14:30,560  
to ask you about the OCD because you

403  
00:14:33,939 --> 00:14:32,329  
said at some point you kind of outgrew

404  
00:14:36,730 --> 00:14:33,949  
the OCD but I'm wondering did that then

405  
00:14:39,280 --> 00:14:36,740  
morph perhaps into you know I find a lot

406  
00:14:41,920 --> 00:14:39,290  
of coexisting issues with individuals

407  
00:14:43,689 --> 00:14:41,930  
with an alcohol use disorder I note that

408  
00:14:46,840 --> 00:14:43,699  
a lot of women have eating disorders I

409  
00:14:49,269 --> 00:14:46,850  
was anorexic briefly in my teens and the

410  
00:14:52,000 --> 00:14:49,279  
OCD a lot of us do I I treat a lot of

411  
00:14:53,980 --> 00:14:52,010  
people with I help excuse me hon got a

412  
00:14:57,519 --> 00:14:53,990  
doctor I help a lot of people with

413  
00:14:58,840 --> 00:14:57,529

bipolar manic depressive but so do you

414

00:15:01,810 --> 00:14:58,850

think were you self-medicating perhaps

415

00:15:03,730 --> 00:15:01,820

with the alcohol on the no because that

416

00:15:05,740 --> 00:15:03,740

was gone by the time I was about nine

417

00:15:08,550 --> 00:15:05,750

and I didn't like I said I was a very

418

00:15:12,699 --> 00:15:08,560

light drinker alcohol didn't interest me

419

00:15:14,230 --> 00:15:12,709

really until I started I was living with

420

00:15:15,430 --> 00:15:14,240

somebody who was a restaurateur and I

421

00:15:17,590 --> 00:15:15,440

think that's when it started I started

422

00:15:20,380 --> 00:15:17,600

to entertain more and be around it more

423

00:15:20,710 --> 00:15:20,390

but I wasn't I I could take it or leave

424

00:15:24,009 --> 00:15:20,720

it

425

00:15:26,290 --> 00:15:24,019

what is your theory as to how come you

426

00:15:28,860 --> 00:15:26,300

got addicted to it I think I had the

427

00:15:31,260 --> 00:15:28,870

genetic predisposition

428

00:15:34,320 --> 00:15:31,270

position of course I mean my both sides

429

00:15:36,030 --> 00:15:34,330

of my family I definitely had the the

430

00:15:37,680 --> 00:15:36,040

genetics and then I engaged in the

431

00:15:39,150 --> 00:15:37,690

behavior and to me talked about Mike

432

00:15:41,490 --> 00:15:39,160

Pond did that's definitely part of his

433

00:15:44,640 --> 00:15:41,500

yeah and he did brain studies and so on

434

00:15:47,160 --> 00:15:44,650

on himself and found these parts of the

435

00:15:49,230 --> 00:15:47,170

brain that absolutely I believe that if

436

00:15:51,210 --> 00:15:49,240

you and also the other thing is I did

437

00:15:52,829 --> 00:15:51,220

taste alcohol before my brain was fully

438

00:15:56,100 --> 00:15:52,839

developed and that is just a no-brainer

439

00:15:58,620 --> 00:15:56,110

right there if you're if you drink when

440

00:16:00,840 --> 00:15:58,630

you're also have done that 15 16 17

441

00:16:02,340 --> 00:16:00,850

years well people with a genetic

442

00:16:04,650 --> 00:16:02,350

predisposition who engaged in the

443

00:16:07,050 --> 00:16:04,660

behavior drinking before their brain is

444

00:16:10,110 --> 00:16:07,060

fully developed around age 21 to 23

445

00:16:13,110 --> 00:16:10,120

they have like a 40% more chance of

446

00:16:16,230 --> 00:16:13,120

developing an AUD then it had they

447

00:16:18,900 --> 00:16:16,240

waited till they were fully developed in

448

00:16:20,579 --> 00:16:18,910

the brain so that is something that if

449

00:16:21,900 --> 00:16:20,589

you have addiction in your family and

450

00:16:24,120 --> 00:16:21,910

you have children I would certainly

451  
00:16:25,860 --> 00:16:24,130  
encourage you to not have them drink in

452  
00:16:28,380 --> 00:16:25,870  
their teens to really explain to them

453  
00:16:30,600 --> 00:16:28,390  
look this is a crappy thing to happen to

454  
00:16:33,060 --> 00:16:30,610  
you as an adult so if you can just you

455  
00:16:34,949 --> 00:16:33,070  
know hold off till the legal age 21 yeah

456  
00:16:36,870 --> 00:16:34,959  
you know um yes the problem in this

457  
00:16:39,870 --> 00:16:36,880  
country the binge drinking that happens

458  
00:16:41,430 --> 00:16:39,880  
at early age which I engaged in and so

459  
00:16:43,290 --> 00:16:41,440  
many people do and then in college I

460  
00:16:46,199 --> 00:16:43,300  
mean you're 18 years old in college and

461  
00:16:48,150 --> 00:16:46,209  
in these fraternities and so guess what

462  
00:16:51,140 --> 00:16:48,160  
guess what it costs us every year two

463  
00:16:53,730 --> 00:16:51,150

hundred and fifty billion dollars

464

00:16:56,370 --> 00:16:53,740

alcohol misuse costs the United States

465

00:16:57,960 --> 00:16:56,380

two hundred and fifty billion dollars

466

00:17:00,150 --> 00:16:57,970

and that's just a monetary number that's

467

00:17:02,010 --> 00:17:00,160

not well we also have one in three

468

00:17:04,470 --> 00:17:02,020

adults human element yeah one in three

469

00:17:06,840 --> 00:17:04,480

adults that will develop an AUD and

470

00:17:08,309 --> 00:17:06,850

eighty eight thousand that will die 3.3

471

00:17:11,460 --> 00:17:08,319

million people around the world die

472

00:17:14,730 --> 00:17:11,470

yearly that's more than so many other

473

00:17:17,610 --> 00:17:14,740

diseases and and and yet it's constantly

474

00:17:19,380 --> 00:17:17,620

brushed aside for whatever happens to be

475

00:17:22,740 --> 00:17:19,390

in the news that day because alcohol is

476

00:17:26,579 --> 00:17:22,750

legal it's everywhere and it is and

477

00:17:28,590 --> 00:17:26,589

you're allowed to promote it and and the

478

00:17:30,180 --> 00:17:28,600

publicity campaigns make it look like if

479

00:17:32,100 --> 00:17:30,190

you drink beer you're going to have

480

00:17:35,090 --> 00:17:32,110

really hot girlfriends and you're going

481

00:17:37,530 --> 00:17:35,100

to be happy and successful and and

482

00:17:39,419 --> 00:17:37,540

jobless for if that was for fentanyl if

483

00:17:41,070 --> 00:17:39,429

they had if they had advertisements you

484

00:17:42,570 --> 00:17:41,080

know where people are like hey shoot it

485

00:17:44,700 --> 00:17:42,580

up take fentanyl you

486

00:17:46,830 --> 00:17:44,710

feel great I mean you know alcohol

487

00:17:48,570 --> 00:17:46,840

destroys lives on and and and I'm not

488

00:17:50,399 --> 00:17:48,580

saying and this is coming from somebody

489

00:17:51,269 --> 00:17:50,409

who's who's in a harm reduction model

490

00:17:53,700 --> 00:17:51,279

okay

491

00:17:56,549 --> 00:17:53,710

I'm not I'm not in an abstinence based

492

00:17:59,060 --> 00:17:56,559

sober based that's not what I advocate I