



# NUTRITIONAL SUPPORT FOR RECOVERY

ALCOHOLICS DETOX  
AND REPAIR



International Institute of Faith Based Counseling



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## ALCOHOLICS DETOX AND REPAIR

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# ALCOHOLICS DETOX AND REPAIR

SUPPLEMENTS WILL LAST FOR ONE MONTH AND THEN YOU SHOULD RE-EVALUATE.

<b>Supplement Type</b>	<b>Name &amp; Order Code</b>	<b>How to Take</b>
Basic Multiple	Maxxum 3 (90 caps) Karuna #1103	2 per meal = 6/day
Vitamin C	C-1000 (120 caps) Karuna #1210	1 - breakfast, 1 - lunch, 2 - dinner = 4/day (If diarrhea develops, reduce amount.)
Fish Oil	MegaEPA (90 caps) Karuna #4106	1 per meal = 3/day
5HTP	5HTP (30 caps) x 2 Karuna #8101	1 with dinner , 1 at bedtime
<i>(Be evaluated if you are taking a serotonin reuptake inhibitor-such as Prozac, Paxil, or Zoloft.)</i>		
Tyrosine	Tyrosine (100 caps) Douglas Labs TYR	11 cap upon arising, 1 cap at 10 am, 1 cap at 3 pm = (2400 mg/day)

*(Do not take if you are pregnant, have extremely high blood pressure, grave's disease, constant migraine, schizophrenic, have severe liver damage, have PKU, have panic attacks, have melanoma, or on an MAO antidepressant.)*

Borage Seed  
Oil

GLA-240 (90 caps)  
Karuna #4105

1 per meal =  
3/day

*\* Only needed if family history of alcoholism, depression, suicide, schizophrenia, or winter depression that lessens in the sunny springtime.*

Chronic alcoholics may need glutamine, which helps to restore the lining of the gut. Alcohol destroys the gut lining. Two items that will help with digestion/absorption of food are **Betaine HCL** and **digestive enzymes**, both with meals.

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