

UNDERSTANDING SCIENTIFIC ADVANCES

Misconceptions about all types of medical treatments abound. The internet, organizations, folk knowledge, and the general population's lack of awareness of scientific advances can be a deterrent to understanding real changes in medicine. This is especially true in understanding the healthy use of alcohol.

So, what has been done for the past 100 years to help people who socially over-drink or have severe alcohol use disorder?

A ground-breaking report published by the National Center on Addiction and Substance Abuse at Columbia University concluded that *"the vast majority of people in need of addiction treatment do not receive anything that approximates evidence-based care. Only a small fraction of individuals receives interventions or treatment consistent with scientific knowledge about what works."*

Stuck in the 1950's

One of the problems is that, according to Thomas McLellan, co-founder of the Treatment Research Institute, *"There are exceptions, but of the many thousands of treatment programs out there, most use exactly the same kind of treatment you would have received in the 1950's, not proven, modern scientific approaches."*

Dr. Mark Willinbring, the former Director of Treatment and Recovery Research at the U.S. National Institute for Alcohol Abuse and Alcoholism, said in an interview, *"You don't treat a chronic illness for four weeks and then send the patient to a support group."* Dr. Willinbring quit his NIAAA position after 23 years to develop a clinic model to *"serve to demonstrate what comprehensive 21st century addiction medicine should look like."* Dr. Willinbring is also distressed about patients who are not offered maintenance therapy with modern medications. *"The 12-Step community does not want to use relapse-prevention medication because they view it as a crutch."*

In his NIAAA position, Dr. Willinbring was responsible for funding research grants on alcohol treatment and recovery to Universities across the US. While in that position, he became aware that new knowledge and tools resulting from NIH funding of alcohol and drug treatment were not being made available to the people who needed them. Dr. Willinbring reports, *"The current addiction treatment system is not built on science, but on an antiquated rehab model that has not changed much since 1955"*. When he left NIH to return to Minnesota, he was determined to stimulate transformative change in addiction treatment in America and in 2012, his company, Alltyr was formed.

In 2011, an official Statement by the American Society for Addiction Medicine (an organization of medical doctors, scientists, and psychiatrists treating addiction) confirmed alcohol use disorders to be a brain chemical imbalance.

For the first time in history, a unanimous understanding, agreement, and acceptance of neurochemical systems and brain circuits that are relevant for alcohol use has been attained. This now provides an opportunity to fully utilize the critical advances that give hope to everyone from social over-drinkers to those suffering with severe, chronic alcohol disorders and integrate it with the efforts of the many psychiatrists and addiction professionals who are as committed to your good health as we are. Through our non-profit organizations, we devote a significant amount of our time and resources offering support, free books, pamphlets and videos to those in the addiction field because we know the best is yet to come.

In this CETF website alcohol section, you will find:

- Dietary guidelines that help restore brain chemical balance.
- Unique exercises proven to assist the body's own homeostatic principles.
- Guidelines for maintaining alcohol moderation.