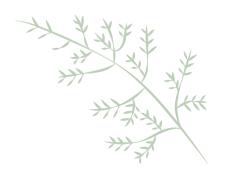




NUTRITIONAL SUPPORT FOR RECOVERY

ALCOHOLICS DETOX
AND REPAIR







NUTRITIONAL SUPPORT FOR RECOVERY

ALCOHOLICS DETOX AND REPAIR

This material is intended to provide the reader with informational purposes only. Copyright © 2022, International Institute of Faith Based Counseling. All rights reserved. No part of this publication may be reproduced, stored, in a retrieval system or transmitted in any form by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission of Life Training Institute (International Institute of Faith Based Counseling), and its authors.

ALCOHOLICS DETOX AND REPAIR

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

Supplement Type	Name & Order Code	How to Take
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

(Be evaluated if you are taking a serotonin reuptake inhibitor-such as Prozac, Paxil, or Zoloft.)

Tyrosine	Tyrosine (100 caps)	11 cap upon arising, 1
3	Douglas Labs TYR	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.

IIFBC is a credentialing organization with programs designed from biblical teachings and prinicples.

Our Mission is to guide, education and train those who are called into counseling ministry.

Click here to check out our school and browse our courses at IIFBC-SCHOOL.COM

