

Addiction

DNA Health Report

REPORT CATEGORY —



ADDICTIONS

Sample Client

Report date: 15 January 2026

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

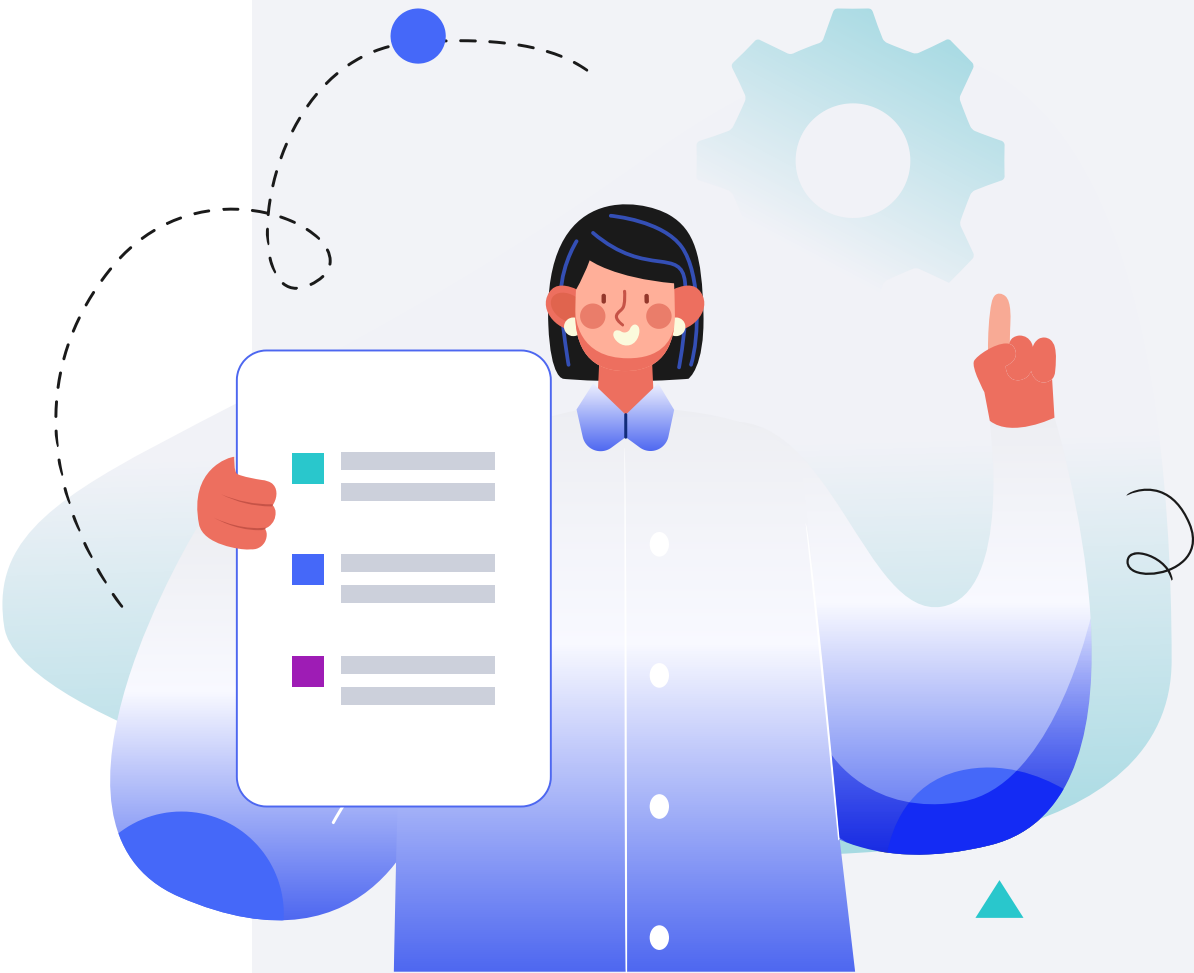
Male

HEIGHT

5ft 5" 165cm

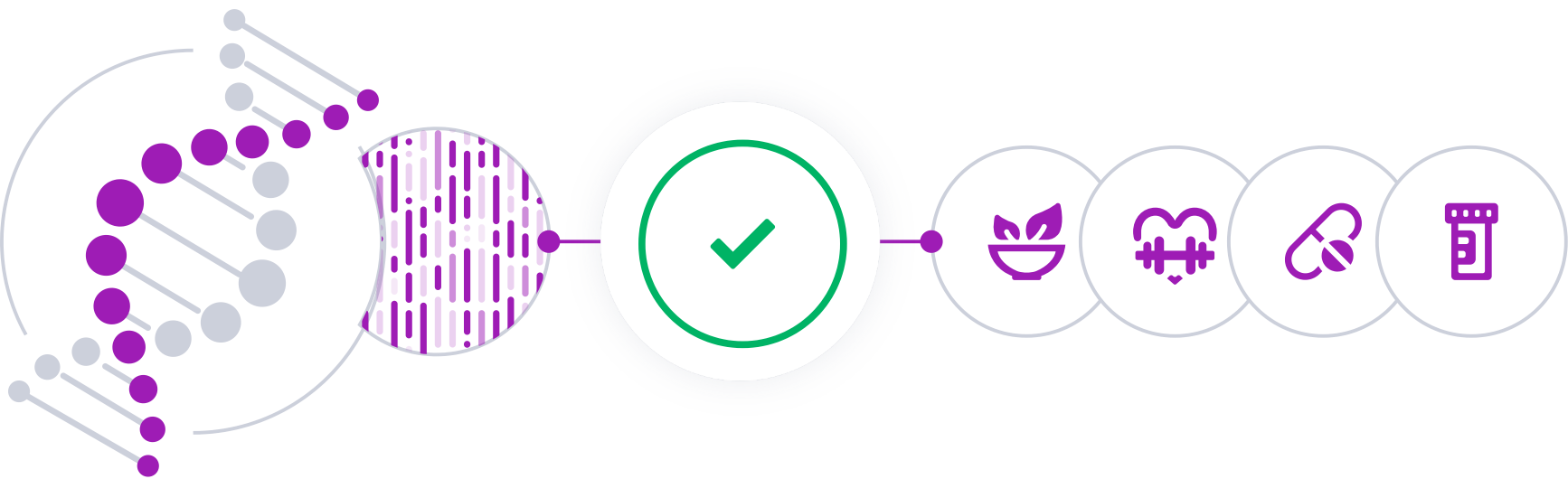
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

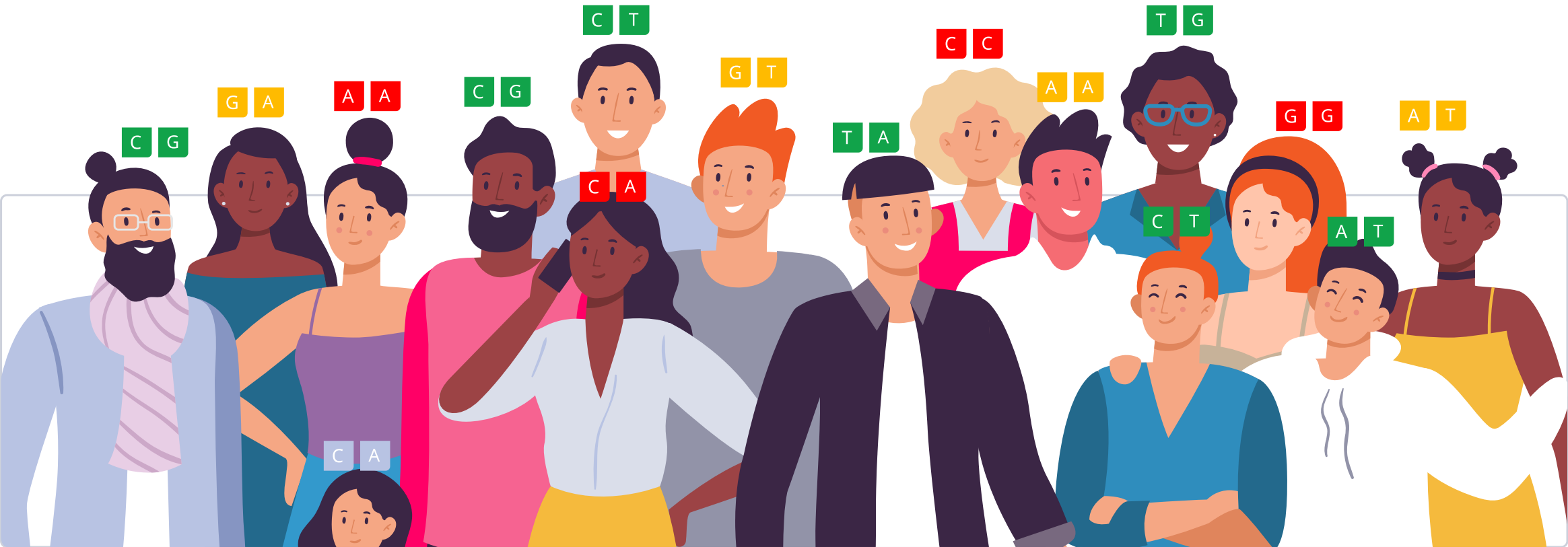


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

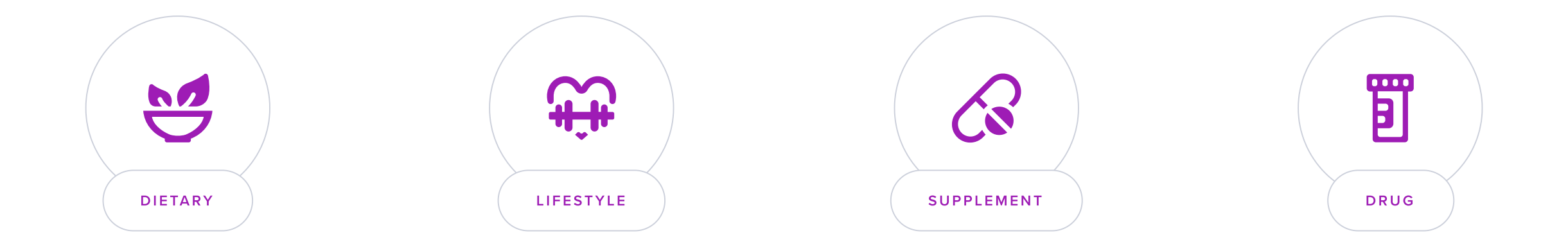
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
-
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
-
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
-
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
-
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

After a long day of work, you deserve some “me” time.

Everyone has their own guilty pleasure that helps them unwind. Maybe it’s a glass of wine. Maybe it’s simply putting your feet up and updating your social media feed.

Pleasures activate our dopamine system, rewarding and motivating us to go back out and attain them again [\[R\]](#), [\[R\]](#).

Most people can enjoy these rewards in moderation. But for others, a habitual glass of wine after a tough day turns into an obligatory bottle every night. **This is an addiction.**

People can develop an addiction to almost any rewarding activity, from smoking to sex. But what’s the difference between an individual who can enjoy pleasures in moderation and someone with an addiction?

A lot of the time, you’ll hear people throw around the phrase ***addictive personality***.

This term is typically used to describe a person who lacks self-control. Scientists have spent decades looking for the mythical ‘addictive personality.’

It turns out that it’s actually just that: a myth. There are several pieces of the puzzle when it comes to addiction, including early life trauma and **DNA** [\[R\]](#).

Although scientists have observed a link between addiction and DNA, that doesn’t mean that there is one gene that causes addiction. It means many genes likely combine to increase the genetic risk.

Thankfully, as our understanding of this DNA link expands, so does our ability to make educated choices that target these genetic elements. Take, for example, the [***COMT***](#) gene.

If you happen to carry one of the *COMT* variants linked to addiction, you may particularly benefit from taking cognitive-behavioral therapy [\[R\]](#), [\[R\]](#).

This is just one example of the many genes that may combine to add to the risk of developing an addiction.

Read on to find out more about:

- **How your genetics play a role in addiction**
- **Your genetic risk score based on over 888,000 genetic variants**
- **Personalized recommendations based on your genetics**

About Addictions

Key Takeaways:

- About 40% of differences in people's chances of developing an addiction may be attributed to genetics.
- Risk factors include mental health conditions, difficult family life, peer pressure, substance use at a young age, and your genetics.
- If you have a high genetic risk, struggle with risk factors, or experience symptoms of addiction, you may want to talk to a healthcare professional about the best action to take.
- Addiction is heavily influenced by lifestyle and environmental factors, so even with a high genetic risk, your overall risk can be low with appropriate precautions.

Addiction is defined as a dependence on a behavior or substance. Researchers think almost anything that can stimulate a person can eventually lead to an addiction. This happens when something that is first done out of habit ends up becoming an obligation [R].

Things that people can become addicted to include [R]:

- Gambling
- Technology (e.g., internet, gaming, smartphones)
- Exercise
- Sex
- Shopping
- Substances

The brain has built-in systems for feeling pleasure and reward. For example, when you have a pleasant experience, dopamine systems are activated. These systems reward behaviors that help us survive and reproduce, such as eating and having sex. In response, we become motivated to take part in these behaviors again [R, R].



TYPICAL LIKELIHOOD

Typical likelihood of addictions based on 852,083 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
DOCK3	rs148179194	TT
RGS18	rs12126348	GG
PMM1	rs4822044	GG
CSDC2	rs202629	TT
ADH1B	rs1229984	TC
DNMT3B	rs910083	CA
ADH1C	rs1042026	TC
ZNF516	rs73973283	AA
CDH6	rs62357000	TT
ANKK1	rs1800497	GA
LPCAT1	rs27072	CC
EFNA5	rs71575441	CT
MYC	rs72716801	GG
DRD1	rs265981	AG
SFXN1	rs5326	CT
TTC12	rs1079727	TC
DRD1	rs686	GA
TTC12	rs1079597	CT
TTC12	rs2283265	CA
TTC12	rs1076560	CA
CENPQ	rs74745534	CT
ZMYM6	rs77109747	GG
POLR1F	rs6461441	AA
PRKCE	rs7591351	CT

However, many addictive substances and behaviors can also activate the dopamine system. This can cause changes in parts of the brain that reinforce habits related to drug use. In people with a drug addiction, just being around a certain person or object can trigger the urge to use a drug [R, R, R].

Substance use disorder is the medical term for drug addiction. Substances that people can become addicted to include [R]:

- Tobacco
- Alcohol
- Cannabis
- Opioids (e.g., heroin, morphine, codeine)
- Stimulants (e.g., amphetamines, meth, cocaine)

Up to 1 in 10 Americans may have substance use disorder at some point in their lives. What's more, only 1 in 4 of these people will seek treatment [R].

Addiction can have serious consequences. It may contribute to [R]:

- Road accidents
- Infectious disease (through shared needles or unsafe sex)
- Family or social problems
- Work or school problems
- Legal or money problems
- Mental health conditions
- Suicide or fatal overdose

Risk factors for addictions include [R]:

- Mental health conditions
- Difficult family life
- Peer pressure
- Substance use at a young age
- **Genetics**

Overcoming an addiction includes avoiding the substance, behavior, or associated trigger. This is very difficult. To help with the process, doctors may recommend [R, R, R, R]:

- Withdrawal therapy (e.g., drug "detox" programs)
- Talk therapy
- Medication
- Long-term follow-up to prevent relapse

About 40% of differences in people's chances of developing an addiction may be attributed to genetics.

GENE	SNP	GENOTYPE
TANC1	rs890622	GG
HS3ST4	rs57514421	CT
OPRM1	rs1799971	GA
ACYP2	rs2287641	AG
COMT	rs4680	AG
BLMH	rs2129785	TT
BLMH	rs11867581	AA
HTR2A	rs6313	GA
MYLK4	rs2249437	CT
CADM2	rs2875907	GA
IREB2	rs8034191	CT
HLA-F	rs62392942	TC
CENPW	rs139878170	CC
XYLT1	rs3943418	GG
SLC22A23	rs9503551	GG
GNAL	rs75433892	GG
SLITRK5	rs7332726	GG
NTM	rs75038630	CC
MAOA	rs6323	G
LPCAT1	rs464049	GG
SLC6A3	rs27048	TT
MAOB	rs1799836	T
DRD3	rs167771	AA
ANKK1	rs12364283	AA
DEAF1	rs11246226	CC
CAMTA1	rs75562159	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Genes involved in addiction may influence [R](#):

- Ability to control impulses ([MAOA](#), [HTR2B](#))
- [Dopamine](#) ([COMT](#))
- [Serotonin](#) ([SLC6A4](#))
- Opioids ([OPRM1](#))
- Alcohol metabolism ([ALDH2](#), [ADH1B](#))

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE			DOSAGE
1	Psychotherapy	1 hour	2	Support Groups	
3	Relaxation Techniques	30 minutes	4	Exercise At Least One Hour a Day	1 hour
5	Yoga	30 minutes	6	Aerobic Exercise (Cardio)	1 hour
7	N-acetylcysteine (NAC)	600 mg	8	Hatha Yoga	1 hour
9	CBD	10 mg	10	Pregnenolone	5 mg
11	Kudzu Root Extract		12	Citicoline (CDP Choline)	250 mg
13	L-Tetrahydropalmatine (L-THP)		14	Laughter Therapy	30 minutes
15	Black Seed (Black Cumin)	1000 mg	16	Saffron	20 mg
17	Guided Imagery	30 minutes	18	Hyperbaric Oxygen Therapy	90 minutes
19	Huperzine A	50 mcg	20	Binaural Beats	30 minutes
21	Melatonin	500 mcg	22	Tryptophan	500 mg
23	Purple Passionflower	500 mg	24	Self-Hypnosis	20 minutes
25	Acetyl-L-Carnitine	500 mg	26	Music Therapy	30 minutes
27	Dance	30 minutes	28	Neurofeedback	1 hour
29	Aromatherapy	30 minutes	30	Visualization and Progressive Muscle Relaxation	20 minutes

31	Tai Chi	1 hour
32	Keto Diet	
33	Acceptance and Commitment Therapy (ACT)	
34	Transcranial Direct Current Stimulation (tDCS)	30 minutes
35	Mindfulness	30 minutes
36	Mindfulness Meditation	30 minutes
37	Cognitive Training	15 minutes
38	Qigong	1 hour
39	Art Therapy	1 hour
40	Psychoeducational Therapy	
41	Motivational Enhancement Therapy	
42	Lime Juice	
43	Choline Supplements	425 mg
44	Behavioral Sleep Extension	
45	Family Therapy	
46	Acupuncture	1 hour
47	Dietary Omega-3 Fatty Acids	
48	Social Activity	1 hour
49	Cognitive-Behavioral Therapy (CBT)	
50	Massage	30 minutes
51	Transcranial Magnetic Stimulation (TMS)	1 hour
52	Contingency Management and Community Reinforcement	
53	Avoid Refined Sugar	
54	Spend Time in Nature	2 hours

1

Psychotherapy

IMPACT

5 / 5

EVIDENCE

5 / 5

How to implement

Schedule and attend regular sessions with a licensed psychotherapist, typically once a week for 50-60 minutes, over a period of several months to years depending on your individual needs and progress. Consistency is key, and the duration can vary widely based on personal goals and the type of psychotherapy being practiced.

TYPICAL STARTING DOSE

1 hour

Description

Psychotherapy is a broad term for therapeutic approaches that address mental and emotional health issues through talking and counseling. It can be used to treat a wide range of psychological and emotional challenges.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences and help reduce stress [\[R, R\]](#).

Psychotherapy is a great way to improve many conditions, including [\[R, R, R, R, R, R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Weight problems
- Eating disorders

Cognitive-behavioral therapy (CBT) is a type of psychotherapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

Experts say that talk therapy can help with drug addictions. Individual or group therapy may help [\[R, R\]](#).

Talk therapy, such as CBT, may help with a number of substance use disorders. These include addictions to:

- Alcohol [\[R, R, R\]](#)
- Cannabis [\[R, R\]](#)
- Stimulants (such as cocaine or amphetamines) [\[R, R\]](#)
- Tobacco [\[R\]](#)

CBT may help with addictions to **sex, gambling, shopping, or the internet**. It may also help people dealing with multiple addictions [\[R, R, R, R, R, R, R\]](#).

Other forms of talk therapy may also help with addictions. **Techniques that motivate behavior changes may be especially helpful.** These include [\[R, R, R, R, R, R\]](#):

- **Motivational enhancement therapy:** focuses on a person’s innate ability to change
- **Contingency management:** provides motivation through incentives

For some people, talk therapy combined with medication may work even better. **Your healthcare provider can help you decide which options may be best for you** [\[R, R, R, R\]](#).

Text- and computer-based therapy may also help. They may be good for alcohol, cannabis and tobacco addictions. However, face-to-face therapy may be more effective for some people [\[R, R, R, R, R, R, R, R, R, R\]](#).

 PERSONALIZED TO YOUR GENES

People with your **COMT** gene variant may see greater benefits of CBT for addiction [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
COMT	rs4680	AG	

2



Support Groups

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Attend a support group meeting related to your condition at least once a week. These meetings can be found through local hospitals, online platforms, or health organizations specific to your condition. Participation can be in-person or virtual, depending on what is offered and your preference.

Description

Support groups are gatherings of individuals facing similar challenges, where they can share experiences, emotions, and coping strategies. They offer emotional support, camaraderie, and valuable insights for those dealing with various health conditions or life circumstances.

Support groups involve people with similar struggles helping each other. Support groups usually take place in a casual setting. During sessions, people share their [\[R\]](#):

- Knowledge
- Experiences
- Coping strategies
- Understanding of the recovery process

Support groups may help support recovery from addictions [\[R\]](#).

How it helps

Experts say that support groups can help with substance use disorders [\[R\]](#), [\[R\]](#), [\[R\]](#).

Support groups are generally cheap and easy to access. They may help people stay away from:

- Alcohol [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Opioids [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Cannabis [\[R\]](#), [\[R\]](#)
- Tobacco [\[R\]](#)
- Stimulants [\[R\]](#)

3



Relaxation Techniques

IMPACT4 / 5

EVIDENCE3 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R\]](#), [\[R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R\]](#), [\[R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R\]](#), [\[R\]](#).

How it helps

Stress is linked to an increased risk of substance use disorders. It may contribute to addictions to alcohol, tobacco, and cannabis. It may also make recovery from addictions more difficult [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

For people dependent on tobacco, relaxation techniques may help with quitting. They may also ease withdrawal symptoms. Helpful techniques include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Yoga
- Mindfulness

However, the evidence on mindfulness is mixed [\[R\]](#).

As part of a treatment plan, **relaxation techniques may also help with alcohol use disorder.** For example, yoga and mindfulness may help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Withdrawal symptoms
- Staying sober
- Cravings
- Quality of life

These relaxation techniques may also help with addiction to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Stimulants
- Opioids
- Gaming
- Cannabis

Relaxation techniques may help by reducing stress and taking the mind off the drug. They may also help build positive coping strategies [\[R\]](#), [\[R\]](#), [\[R\]](#).



PERSONALIZED TO YOUR GENES

People with your [GABRA2](#) gene variant may be more likely to misuse alcohol when under stress [\[R\]](#). Try to reduce stress by practicing relaxation techniques.

People with your [CRHR1](#) gene variant may be more likely to misuse alcohol due to stressful life events [\[R\]](#), [\[R\]](#). Try to reduce stress by practicing relaxation techniques.

People with your [PER2](#) gene variant may be more prone to alcohol misuse when under stress [\[R\]](#). Try to reduce stress by practicing relaxation techniques.

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
GABRA2	rs279826	GA	
CRHR1	rs1876831	CC	
HES6	rs56013859	TT	

4



Exercise At Least One Hour a Day

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Physical activity may reduce **cigarette** craving and withdrawal symptoms. Higher intensity exercise may be best. It may help most as part of a broader treatment plan. However, two reviews did not find evidence to support these benefits [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

For people addicted to alcohol, stimulants, or opioids, exercise may improve mental health and reduce cravings [\[R\]](#), [\[R\]](#), [\[R\]](#).

Exercise may also improve **smartphone addiction** [\[R\]](#).

Exercise may help by [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Boosting mood
- Taking the mind off the addiction
- Supporting a healthy self-image

5



Yoga

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R, R, R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Stress is linked to an increased risk of substance use disorders. It may contribute to addictions to alcohol, tobacco, and cannabis. It may also make recovery from addictions more difficult [\[R, R, R, R\]](#).

For people dependent on tobacco, relaxation yoga may help with quitting and ease withdrawal symptoms. Yoga may help both alone and combined with CBT [\[R, R\]](#).

As part of a treatment plan, **relaxation techniques may also help with alcohol use disorder.** For example, yoga may help with [\[R, R, R, R, R, R\]](#):

- Withdrawal symptoms
- Staying sober
- Cravings
- Quality of life

Yoga may also help with addiction to [\[R, R, R, R, R, R\]](#):

- Stimulants
- Opioids
- Gaming
- Cannabis

Yoga and other relaxation techniques may help by reducing stress and taking the mind off the drug. They may also help build positive coping strategies [\[R, R, R\]](#).

6



Aerobic Exercise (Cardio)

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Aerobic Exercise, or cardio, can help with addictions by releasing endorphins that promote feelings of happiness and reduce cravings. It also provides a healthy outlet for stress and negative emotions, potentially deterring substance use.

A [meta-analysis of 27 studies and 2022 drug addicts](#) found that aerobic exercise **improves physical fitness (body fat percentage, vital capacity, muscle force, flexibility, and balance), SBP and DBP, heart rate, emotional state (anxiety, depression, and drug craving), and promote mental health (anxiety, obsessive-compulsive, somatization, depression, psychoticism, phobic anxiety, paranoid ideation, interpersonal sensitivity, and hostility)** in drug addicts [\[R\]](#).

7



N-acetylcysteine (NAC)

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Take 600 mg of N-Acetylcysteine (NAC) supplement daily with water. It can be taken at any time of the day, but try to take it at the same time each day for best results.

TYPICAL STARTING DOSE
600 mg

Description

NAC is a supplement that contains a form of the amino acid cysteine, a protein building block that your body uses to make the antioxidant glutathione. It is used for its potential antioxidant properties and its ability to support lung, gut, and mental health.

[N-acetylcysteine](#) (NAC) is converted to cysteine in the body. Cysteine is a protein building block (amino acid) that helps make the antioxidant glutathione [\[R\]](#).

People take NAC to potentially support [\[R\]](#), [\[R\]](#):

- Mental health
- Ovarian health and pregnancy outcomes
- Lung health
- Gut health

How it helps

N-acetylcysteine (NAC) helps in addiction by restoring the balance of neurotransmitters in the brain, crucial for controlling impulses and rewards. Also, it reduces cravings and withdrawal symptoms, aiding to break the cycle of addiction.

NAC supplementation showed mixed results across various trials.

It significantly reduced tobacco-related outcomes, including quitting rates and smoking-related biomarkers, but had limited impact as a monotherapy for smoking cessation.

For cocaine dependence, NAC exhibited promise in reducing cravings and preventing relapse in some trials. Additionally, it improved treatment outcomes in cannabis dependence, co-occurring nicotine dependence, and pathological gambling.

In methamphetamine dependence, NAC reduced craving.

References: [R](#), [R](#), [R](#), [R](#), [R](#), [R](#), [R](#), [R](#), [R](#), [R](#), [R](#), [R](#), [R](#), [R](#), [R](#)

8



Hatha Yoga

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Practice Hatha Yoga for 60 minutes at least twice a week. Choose a quiet, comfortable space and consider guided sessions for beginners or those unfamiliar with the poses. Consistency over a period of months to years is beneficial for appreciating its full effects.

TYPICAL STARTING DOSE

1 hour

Description

Hatha yoga is a gentle and accessible form of yoga that combines physical postures, breathing exercises, and meditation. Practicing hatha yoga regularly can promote flexibility, stress reduction, and overall physical and mental well-being.

How it helps

Hatha Yoga can help treat addictions by reducing stress and increasing self-awareness, which can help in managing cravings and controlling impulsivity. It promotes physical and mental wellness that can aid in the recovery process.

In a study involving 61 patients, traditional group psychotherapy and Hatha yoga therapy were equally effective in reducing drug use and criminal activities over a 6-month period. Another study with 52 females found that an 8-week Hatha yoga intervention increased distress tolerance and reduced emotional eating compared to a waitlist group. Additionally, a study with 55 smokers showed that a single session of Hatha yoga led to a greater reduction in craving compared to a wellness control group. Lastly, a study with 76 daily smokers found that both cardiovascular exercise and Hatha yoga decreased smoking cravings and improved mood compared to a nonactivity control condition [\[R, R, R, R\]](#).

9



CBD

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a CBD supplement in a dosage ranging from 10 to 40 milligrams per day. Start with the lowest dose and gradually increase it based on your body's response. This can be taken orally in the form of capsules, edibles, or oil drops under the tongue. For ongoing issues, such as anxiety or chronic pain, it may be used daily, while for acute issues, it might be used as needed.

TYPICAL STARTING DOSE

10 mg

Description

CBD is a non-psychoactive compound found in cannabis plants and is used in various forms, including oils and creams. It may have potential benefits for pain relief, anxiety reduction, and overall relaxation, although more research is needed to fully understand its effects.

[Cannabidiol](#) (CBD) is a compound found in cannabis. Unlike its cousin THC, CBD is not psychoactive and can’t get you “high” [\[R\]](#).

People use CBD to:

- Reduce anxiety [\[R, R\]](#)
- Relieve pain [\[R, R, R\]](#)
- Prevent seizures [\[R\]](#)
- Improve sleep [\[R\]](#)

How it helps

Drugs for replacement therapy combining CBD and THC may help those with **cannabis use disorder**. Together with psychotherapy, the combination may [\[R, R, R, R, R\]](#):

- Support abstinence
- Reduce withdrawal symptoms

CBD alone (400-800 mg/day for 4 weeks) may work in a similar way [\[R\]](#).

Similar doses may also reduce cravings and withdrawal symptoms in people with **heroin use disorder** [\[R\]](#).

CBD may also help with alcohol and cigarette use [\[R, R\]](#).

CBD may act on parts of the brain that control reward and motivation. In this way, it may help reduce drug-seeking behavior [\[R, R\]](#).

CBD may not help with drug use for people using stimulants, such as cocaine. However, it may reduce inflammation in these people [\[R, R, R\]](#).

Please note: *CBD can interact with medications, and it may not be safe for pregnant women. Never use CBD without consulting your doctor. Also, make sure to verify the legality of CBD in your country or state* [\[R, R, R, R\]](#).

10



Pregnenolone

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Consult your doctor about optimal dosage and precautions before taking pregnenolone.

TYPICAL STARTING DOSE

5 mg

Description

Pregnenolone is a steroid hormone produced by the body, often considered a precursor to other hormones like estrogen and testosterone. It may support cognitive function and mood.

How it helps

Pregnenolone, known as a “master hormone,” can help addiction by promoting balance in the nervous system and reducing cravings. It supports your body's response to stress, enhancing mood stability, which can be crucial in maintaining sobriety and preventing relapse.

In a clinical trial with 30 individuals seeking treatment for cocaine use disorder (CUD), high pregnenolone doses (300 mg or 500 mg/day for 8 weeks) combined with personalized imagery to provoke stress, cocaine, or neutral cues decreased craving triggered by stress and cocaine cues for both doses. The 500 mg/day group also experienced reduced stress and cue-induced anxiety, as well as lower stress-induced heart rate and blood pressure [\[R\]](#).

A study administered 400 mg of pregnenolone or placebo to participants and used functional MRI during an emotion regulation task. Pregnenolone reduced amygdala and insula activity, increased dorsal medial prefrontal cortex activity, and improved connectivity between these regions, reducing anxiety [\[R\]](#).

Please note: *Pregnenolone may interact with some medications such as benzodiazepine sedatives, especially when consumed for an extended time. Talk to your doctor before taking pregnenolone* [\[R\]](#).

How to implement

Description

Kudzu root extract may help with alcohol addiction [[R](#), [R](#), [R](#)].

How it helps

- 3 g of root extract per day
- 750 mg of active components (isoflavones) per day

Kudzu may help by reducing the rewarding effects of alcohol. However, kudzu likely has no effect on alcohol cravings [R, R, R, R].

Please note: *Kudzu root extract may worsen some health effects of long-term alcohol consumption, such as pancreas inflammation and liver damage. It may make hangovers worse. In addition, it may interact with some medications. Consult your doctor before taking kudzu* [R, R].

12



Citicoline (CDP Choline)

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

Take 250 to 1000 mg of citicoline (CDP choline) daily, in the morning with or without food. For best results, continue this supplement regimen daily for at least 6 weeks to 3 months.

TYPICAL STARTING DOSE
250 mg

Description

Citicoline is a compound that may have cognitive-enhancing properties and is sometimes used as a dietary supplement to support brain function and memory. It's believed to promote neural health and cognitive performance.

CDP-choline is a molecule naturally produced by the body. It is important for cell structure and function. It also contributes to the production of the chemical messenger [acetylcholine](#) [R, R].

The supplement form of CDP-choline is called [citicoline](#). It may support brain and eye health. It may also help with drug addictions [R, R].

How it helps

Several small studies suggest citicoline (0.5-2 g/day for 2-12 weeks) may reduce **cocaine** cravings and use. However, one study didn't find these benefits [R, R, R, R].

Citicoline (2 g/day for 8 weeks) may also reduce cravings for **meth**. However, it's not clear if this results in reduced meth use [R].

Moreover, citicoline may not help with alcohol addiction [R].

Citicoline may help by acting on brain regions linked to drug addiction [R].

13



L-Tetrahdropalmatine (L-THP)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

L-THP is typically taken in supplement form, such as capsules or tablets. The recommended dosage generally ranges from 50 to 200 mg per day, depending on individual needs and tolerance. It is best to start with a lower dose to gauge your body's response and adjust as necessary. L-THP can be taken with or without food. As with any supplement, it's important to follow the manufacturer's instructions and consult a healthcare provider before starting, especially for those with existing health conditions or who are on medications.

Description

L-tetrahdropalmatine (L-THP) is a natural alkaloid compound extracted from the *Stephania* plant and commonly found in traditional medicine.

It is known for its calming and analgesic effects, often used to alleviate symptoms of anxiety, stress, and pain. People use L-THP to help with:

- Insomnia
- Anxiety disorders
- Chronic pain
- Substance use disorder

L-THP works by interacting with the central nervous system, helping to promote relaxation, reduce discomfort, and improve mood. Because L-THP is thought to have mild sedative effects, it may be useful for those seeking relief from tension without the risk of drowsiness commonly associated with stronger sedatives.

How it helps

In a placebo-controlled trial of 120 heroin-dependent patients, supplementation with L-THP for 4 weeks improved withdrawal symptoms, especially drug craving, and increased the abstinence rate [\[R\]](#).

14



Laughter Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Dedicate at least 15-30 minutes a day to watch, listen to, or participate in activities that make you laugh, such as watching a comedy show, attending a stand-up comedy event, or engaging in laughter yoga sessions. Consistently incorporate these laughter-inducing activities into your daily routine for an ongoing period to harness the health benefits of laughter.

TYPICAL STARTING DOSE

30 minutes

Description

Laughter therapy has been shown to improve cardiovascular health, reduce stress, and boost the immune system. It can also help to improve mood, relieve pain, and increase social bonding.

How it helps

In a non-placebo-controlled trial of 185 patients treated for addictions, adding integrative laughter therapy to their conventional treatment increased happiness and self-esteem [\[R\]](#).

15



Black Seed (Black Cumin)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 1000 mg of black seed (black cumin) supplement daily, preferably split into two doses of 500 mg each, one in the morning and one in the evening.

TYPICAL STARTING DOSE

1000 mg

Description

Black seed, also known as black cumin or *Nigella sativa*, has been used for its potential health benefits in traditional medicine. It is believed to have anti-inflammatory, antioxidant, and immune-boosting properties.

[Black seed](#) (black cumin) and its oil are used in cooking and traditional medicine [\[R\]](#).

People use black seed for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Asthma
- Allergies
- High blood sugar
- High blood pressure
- Joint pain

How it helps

Based on a single small study, black seed (1,500 mg/day for 10 days) may help reduce symptoms of **opioid** withdrawal [\[R\]](#).

Black seed may help by mimicking drugs used for opioid withdrawal [\[R\]](#).

Please note: *Black seed may interact with some medications. Consult your doctor before taking black seed* [\[R\]](#).

16



Saffron

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 20 mg of saffron supplement daily. This can be taken at any time of the day, with or without food.

TYPICAL STARTING DOSE

20 mg

Description

Saffron is a spice derived from the stigma of the saffron crocus flower, and is native to the Mediterranean and Asia. Its main compounds include crocin, picrocrocin, and safranal, which may contribute to its antioxidant properties and potential mood-enhancing effects.

[Saffron](#) is a yellow spice praised for its color, taste, and potential health benefits [\[R\]](#).

Saffron is rich in antioxidants such as *crocin*. Researchers are looking into its potential benefits for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Gut conditions
- Heart health
- Mental health

How it helps

In people being treated for **opioid use disorder** (methadone maintenance treatment), crocin (30 mg/day for 12 weeks) may help reduce cravings and withdrawal symptoms. However, this is based on a single small study. Larger well-designed studies are needed to confirm any potential benefits [\[R\]](#).

Saffron may reduce withdrawal symptoms by interacting with the body’s opioid system [\[R\]](#).

17



Guided Imagery

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Find a quiet, comfortable place to sit or lie down where you can spend 20 to 30 minutes without interruptions. Close your eyes and take deep breaths to relax. Then, listen to a guided imagery audio recording or follow a script where you imagine a peaceful scene or scenario in detail. Do this practice daily, ideally at the same time each day, to reduce stress and improve well-being.

TYPICAL STARTING DOSE

30 minutes

Description

Guided imagery is a relaxation technique that involves using mental images to promote relaxation, reduce stress, and manage pain. It can have a positive impact on mental well-being and overall stress management.

Guided imagery is a relaxation technique that involves visualizing positive, peaceful settings. Guided imagery aims to [\[R\]](#), [\[R\]](#):

- Improve mind-body connection
- Enhance well-being
- Reduce stress and anxiety
- Improve immunity

How it helps

In a placebo-controlled trial of 71 smokers, practicing guided imagery at least once a day increased abstinence rates at 24 months (26% vs 12% in the placebo group) [\[R\]](#).

Guided imagery also reduced craving in a non-placebo-controlled trial of 31 patients with cocaine use disorder [\[R\]](#).

Guided imagery can lower stress and cravings linked to addiction, which may make it easier to manage your condition.

18



Hyperbaric Oxygen Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Schedule and attend sessions in a hyperbaric oxygen therapy chamber as your doctor prescribes, typically for about 60 to 90 minutes per session. The exact number of sessions required can vary based on the condition being treated, but it often ranges from 20 to 40 sessions, which may be conducted daily or a few times a week.

TYPICAL STARTING DOSE

90 minutes

Description

Hyperbaric oxygen therapy increases the amount of oxygen in the blood and tissues, which can help to improve circulation, reduce inflammation, and promote healing.

How it helps

In 2 non-placebo-controlled trials of 31 patients with opioid use disorder, hyperbaric oxygen therapy (1-5 sessions of 90 min) reduced withdrawal symptoms, methadone requirements, and pain [\[R, R\]](#).

Please note: Hyperbaric oxygen therapy is a potentially dangerous procedure that should only be performed under medical supervision. People with pneumothorax or congestive heart failure are at especially high risk of adverse effects. Because highly concentrated oxygen can easily catch on fire, avoid potential fire sources around hyperbaric oxygen chambers, oxygen gas cylinders, tanks, and concentrators [\[R, R\]](#).

19



Huperzine A

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a Huperzine A supplement daily, starting with a low dose of about 50 micrograms (mcg) in the morning, and gradually increase the dosage based on tolerance, not exceeding 200 mcg per day. It's recommended to cycle the supplement, taking it for a duration of 2-4 weeks followed by a break of 1 week to prevent tolerance build-up.

TYPICAL STARTING DOSE

50 mcg

Description

Huperzine A is a compound extracted from Chinese club moss and is sometimes used in supplements for its potential cognitive-enhancing properties. It is believed to support memory and cognitive function, though its effectiveness can vary among individuals.

Huperzine A is an alkaloid found in Chinese club moss (*Huperzia serrata*). Its cognitive-enhancing effects may be due to its involvement in inhibiting the breakdown of acetylcholine, a neurotransmitter that is important for memory and learning [R].

People take huperzine A supplements for a variety of purposes, including [R]:

- Improving memory and cognitive function
- Reducing anxiety and depression

How it helps

In a placebo-controlled trial of 37 patients with cocaine use disorder, supplementation with huperzine A (0.4 mg) attenuated cocaine-induced increases of "Any Drug Effect," "High," "Stimulated," "Willing to Pay," and "Bad Effects" [R].

20



Binaural Beats

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Listen to binaural beats through headphones for 30 minutes to 2 hours daily. Choose frequencies that match your goal, such as relaxation or focus, and ensure a quiet, comfortable environment for the best experience.

TYPICAL STARTING DOSE

30 minutes

Description

Binaural beats are audio recordings that use specific sound frequencies to create a perception of a beating or pulsing sound in the brain. Some people use binaural beats for relaxation, meditation, and potential cognitive benefits.

Binaural beats are an auditory illusion perceived by the brain when two slightly different frequencies of sound are played into each ear (*bi* – two, *aural*– ear). When wearing earphones that are playing slightly different notes in each ear, our brain perceives the volume to pulse (oscillate) at a fixed rate. This is called a ‘beat.’

People use binaural beats to improve cognition, mood, and anxiety [R, R, R, R, R].

How it helps

In a non-placebo-controlled trial of 116 substance abusers, listening to binaural beats (30 min/day) for 30 days **reduced relapse rates** [R].

Binaural beats can help addiction by activating specific areas of the brain associated with relaxation and positive behavioral change. They can reduce stress and anxiety, which are common triggers for substance use, aiding in recovery.

21



Melatonin

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 500 mcg of melatonin orally, about 30 minutes before bedtime, to help with sleep. It can be taken daily as needed.

TYPICAL STARTING DOSE

500 mcg

Description

Melatonin is a natural hormone produced by the pineal gland in the brain that helps regulate the sleep-wake cycle. It plays a crucial role in promoting sleep onset and maintaining a consistent sleep pattern, making it a commonly used supplement for managing sleep disorders and jet lag.

[Melatonin](#) is an important sleep hormone. Bright light at night may prevent your body from making enough melatonin [\[R, R, R\]](#).

Your body makes melatonin on its own. However, some people take melatonin supplements to help them sleep. It may help with jet lag in particular [\[R, R, R\]](#).

How it helps

A single dose of melatonin (0.3 mg) may help reduce mood symptoms of **cigarette** withdrawal. These include restlessness and irritability. It may also reduce cigarette cravings [\[R\]](#).

In a single study, melatonin (10 mg before bedtime for 12 weeks) improved mental health during treatment for **opioid use disorder** (methadone maintenance treatment). It also reduced oxidative stress and inflammation. However, a smaller dose (5 mg/day) may not be effective [\[R, R, R\]](#).

Please note: *Melatonin may interact with some medications. Consult your doctor before taking melatonin* [\[R\]](#).

22



Tryptophan

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500 mg of tryptophan supplement daily. This dosage can be taken all at once, preferably before bedtime to support sleep, or as directed by a healthcare professional.

TYPICAL STARTING DOSE

500 mg

Description

Tryptophan is an essential amino acid found in various protein-rich foods. It serves as a precursor for serotonin, a neurotransmitter that plays a role in mood regulation. Tryptophan is used in dietary supplements to potentially support mood and sleep disorders, although its effectiveness can vary among individuals.

[Tryptophan](#) is an amino acid. Your body uses it to make proteins and some hormones. **Humans can’t make tryptophan, so we need to get it from protein-rich foods** [\[R, R\]](#).

Your body uses tryptophan to make [serotonin](#) and [melatonin](#). **These brain chemicals are important for mood and sleep** [\[R, R\]](#).

An average adult needs at least **250-425 mg** of tryptophan per day, which is the amount you can get from [\[R\]](#):

- A pound of turkey or chicken
- Two cups of milk
- An ounce of canned tuna
- Two cups of oatmeal

Other foods high in tryptophan include **cheddar cheese, peanuts, pumpkin seeds, and seafood**. Most people get enough tryptophan from their diets, but supplements are also available [\[R, R\]](#).

How it helps

A combination of L-tryptophan (50 mg per kg of body weight per day), a high-carb diet, and group cessation therapy may support withdrawal from **cigarettes** [\[R\]](#).

Following an alcohol treatment program, L-tryptophan (3 g/day for 4 days) may help reduce depression linked to **alcohol use disorder**. However, this is based on a single old study [\[R\]](#).

Tryptophan may help with withdrawal by improving mood [\[R, R\]](#).

However, L-tryptophan **may not help with stimulant use disorder** [\[R, R\]](#).

23



Purple Passionflower

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 500 mg supplement of purple passionflower daily, preferably at the same time each day. It can be consumed with or without food according to your preference.

TYPICAL STARTING DOSE

500 mg

Description

Purple passionflower is a flowering plant native to the Americas, often used in traditional herbal medicine for its potential calming and anxiety-reducing effects due to its alkaloid and flavonoid content. It may promote relaxation and better sleep when consumed as an herbal remedy or dietary supplement.

[Purple passionflower](#) (*Passiflora incarnata*) is a flowering vine used in traditional medicine [\[R\]](#).

This plant is rich in compounds that relax the mind. **It may help with sleep problems and anxiety** [\[R, R, R\]](#).

How it helps

When combined with medication (clonidine), passionflower may help manage the mental symptoms of **opioid** withdrawal. These include anxiety, irritability, and cravings. However, the results are based on a single study [\[R\]](#).

Passionflower may help by boosting [GABA](#), a brain chemical that helps calm the mind [\[R, R, R\]](#).

Please note: *Purple passionflower is not safe for pregnant women. It can also interact with drugs for anxiety and depression. Make sure to consult your doctor before taking purple passionflower* [\[R, R, R, R\]](#).

24



Self-Hypnosis

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice self-hypnosis for 20-30 minutes daily. Find a quiet, comfortable place where you won't be disturbed. Close your eyes, take deep breaths, and focus on positive affirmations or imagery that addresses your specific needs, such as reducing stress or pain management.

TYPICAL STARTING DOSE

20 minutes

Description

Self-hypnosis involves using relaxation techniques and focused attention to enter a state of heightened suggestibility, often for the purpose of self-improvement or managing certain conditions like stress or pain.

How it helps

In a non-placebo-controlled trial of 49 participants with pathological gambling, receiving 7 sessions of self-hypnosis improved gambling behavior and consequences [\[R\]](#).

Self-hypnosis may help by promoting relaxation, reducing stress, and improving self-control.

25



Acetyl-L-Carnitine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500-1,000 mg of Acetyl-L-Carnitine per day, split into 2 or 3 doses, with or without food. Joe prefers taking 500 mg in the morning. It can be taken indefinitely for chronic conditions or for a period of several months for acute concerns.

TYPICAL STARTING DOSE

500 mg

Description

[Carnitine](#) is a protein building block (amino acid). It comes in many forms, such as acetyl-L-carnitine. Acetyl-L-carnitine may help with nerve damage and mood problems.

[Carnitine](#) is a protein building block (amino acid). It comes in many forms, such as acetyl-L-carnitine [\[R\]](#), [\[R\]](#), [\[R\]](#).

[Acetyl-L-carnitine](#) may help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Nerve damage
- Mood problems
- Cognitive decline

Doctors are also studying its potential effect on drug addiction [\[R\]](#).

How it helps

Based on a single small study, acetyl-L-carnitine (2 g/day for 3 weeks) may reduce symptoms of **opioid** withdrawal [\[R\]](#).

Acetyl-L-carnitine may help with withdrawal symptoms by reducing pain [\[R\]](#), [\[R\]](#).

26



Music Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Engage in music therapy sessions for at least 30 minutes a day, three times a week. These sessions can involve listening to music, playing an instrument, singing, or writing songs, facilitated by a certified music therapist if possible.

TYPICAL STARTING DOSE

30 minutes

Description

Music therapy is a therapeutic approach that uses music to address physical, emotional, cognitive, and social needs. It can improve mental health, enhance emotional expression, and support overall well-being.

[Music](#) therapy is a form of therapy that involves making, reflecting on, and/or listening to music. It can be applied individually or in groups and may not require the presence of a therapist [\[R\]](#).

Music therapy provides tools for body relaxation and positive imagery. It aims to improve communication, quality of life, and well-being [\[R, R\]](#).

How it helps

In 2 non-placebo-controlled trials of 271 patients in a detoxification unit, those randomized to music therapy tended to have the highest mean drug avoidance self-efficacy scores. Music therapy improved engagement in group cognitive-behavior therapy for substance abuse treatment in a non-placebo-controlled trial of 24 patients [\[R, R, R\]](#).

Music therapy decreases stress and anxiety levels, which often contribute to addiction tendencies. It can also enhance self-awareness and emotional understanding, promoting healthier coping mechanisms instead of substance use.

27



Dance

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Engage in dance activities for at least 30 minutes, three times per week. You can choose any form of dance you enjoy, such as ballroom, hip hop, or salsa, and you can dance at home, in a studio, or in a group class setting.

TYPICAL STARTING DOSE

30 minutes

Description

Dancing involves moving your body to music. Many people take dance classes to learn various styles of dance and improve their skills. Examples include:

- Ballet
- Zumba
- Belly dancing
- Hip hop
- Salsa

Dancing is a fun, creative, and relaxing activity. It can also provide a range of health benefits, improving your heart health, brain health, fitness, and more.

How it helps

Dance provides a physical outlet for emotions and stress, which are common in people with addictions. It also helps to improve mental health by boosting mood and providing a new, satisfying hobby, fighting the compulsion to use drugs or alcohol.

In a [non-placebo-controlled trial of 39 women with methamphetamine dependence](#), a moderate-intensity 35-minute dance intervention **reduced subjective craving after being exposed to drug cues** [\[R\]](#).

28

Neurofeedback

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Attend neurofeedback sessions with a trained therapist, usually once or twice a week, for a minimum of 20 sessions. Each session typically lasts 30 to 60 minutes where sensors are placed on your scalp to monitor brainwave activity, and feedback is given in real-time to help you learn to control or alter your brain functions.

TYPICAL STARTING DOSE

1 hour

Description

Neurofeedback is a therapeutic technique that helps individuals regulate brain activity, potentially improving focus, reducing anxiety, and enhancing cognitive function by providing real-time feedback on brainwave patterns.

How it helps

Neurofeedback can be helpful in treating addictions by training the brain to function better and control compulsive behaviors. It may reduce cravings and improve emotional regulation, which are crucial for overcoming addiction.

A study with 100 crystal meth patients found that those receiving neurofeedback (NFB) alongside medication for 2 months had lower addiction severity, improved psychological health, and better quality of life compared to a control group [\[R\]](#).

In a study with 14 heavy smokers, two types of neurofeedback were tested: traditional activity-based rtfMRI-NF and FC-added rtfMRI-NF. FC-added rtfMRI-NF led to increased brain activity, improved functional connectivity, and reduced craving scores compared to traditional rtfMRI-NF [\[R\]](#).

29



Aromatherapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Select essential oils like lavender, peppermint, or eucalyptus. Use a diffuser to disperse the scent into your room for 30-60 minutes at a time, up to 3 times a day. Alternatively, apply a few drops diluted in a carrier oil directly to your skin, such as on your temples or wrists, twice a day.

TYPICAL STARTING DOSE

30 minutes

Description

Aromatherapy is a holistic practice that uses the scents and aromas of essential oils to promote physical, mental, and emotional well-being. It is often used for relaxation, stress reduction, and to address various health concerns through inhalation or topical application of essential oils.

Aromatherapy uses concentrated plant extracts known as **essential oils**. They can be inhaled using a diffuser (a device that releases small amounts of oil into the air) or applied to the skin using a roller [\[R\]](#).

[Lavender](#) is a decorative flower and a calming herb and its essential oil is commonly used in aromatherapy. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce anxiety [\[R\]](#)
- Improve sleep quality [\[R\]](#), [\[R\]](#)
- Relieve pain [\[R\]](#), [\[R\]](#)

Essential oils can be harmful if not used properly. Tips for using them safely include [\[R\]](#), [\[R\]](#):

- Diluting them properly using a plant-based carrier oil (such as olive oil or almond oil)
- Using diffusers in a well-ventilated area for a maximum of 1 hour
- If using on the skin, testing a small area first and waiting a day before using more
- Keeping essential oils away from candles or other heat sources

How it helps

Aromatherapy with black pepper or angelica extract reduced nicotine craving and allowed a longer delay before tobacco use in 2 non-placebo-controlled trials of 68 smokers [\[R\]](#), [\[R\]](#).

30



Visualization and Progressive Muscle Relaxation

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside 15-20 minutes daily in a quiet, comfortable place where you won't be disturbed. Close your eyes and visualize a peaceful scene or setting, focusing on calming images. Gradually tense and then relax each muscle group in your body, starting from your toes and moving up to your head. Repeat this process daily for effective stress management and relaxation.

TYPICAL STARTING DOSE

20 minutes

Description

Combining visualization with progressive muscle relaxation involves mentally relaxing each muscle group while imagining a peaceful and stress-free scenario. This technique can reduce muscle tension, alleviate stress, and promote relaxation.

Progressive Muscle Relaxation is a relaxation technique involving the systematic tensing and releasing of muscle groups to reduce muscle tension, stress, and anxiety. Regular practice can lead to improved physical and mental relaxation.

Progressive muscle relaxation is a relaxation technique focused on releasing muscle tension. In this technique, you focus on tensing and relaxing different parts of your body, one after the other, to relieve stress [R](#), [R](#)].

It is common to start with the toes and slowly work your way up to the neck and head. Try to focus on a single muscle group at a time (for example, the calf muscles). Tense these muscles for 5-10 seconds, then relax for 20-30 seconds before moving on to the next muscle group [R](#), [R](#)].

How it helps

In a non-placebo-controlled trial of 76 patients enrolled in treatment programs for substance use disorder, practicing a combination of progressive relaxation and visualization for 3 weeks was as effective as psychoeducation [R](#)].

Visualization and progressive muscle relaxation may help by managing stress and reducing cravings.

31



Tai Chi

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice Tai Chi for 30 to 60 minutes at least twice a week. Choose a quiet, spacious area and follow along with a qualified instructor, either in person at a class or through an online video tutorial, to ensure proper technique and maximum benefit.

TYPICAL STARTING DOSE

1 hour

Description

Tai Chi is a traditional Chinese mind-body practice involving slow, flowing movements and deep breathing. It is known for its potential to reduce stress, improve balance, and enhance overall physical and mental well-being.

Tai chi involves gentle movements and breathing to strengthen and relax the mind and body. Practicing tai chi may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Manage pain
- Improve fitness
- Increase well-being
- Improve sleep and mood

How it helps

Practicing Tai Chi can reduce anxiety and stress, which are often triggers for relapse in those with addictions.

32



Keto Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Adopt a diet that consists of about 70-80% fat, 10-20% protein, and 5-10% carbohydrates. Eliminate or significantly reduce the intake of sugar and starches like bread, pasta, rice, and potatoes, focusing instead on high-fat foods like meats, fatty fish, eggs, butter, and healthy oils, as well as low-carb vegetables like leafy greens. This dietary pattern should be maintained consistently for a period of at least 3-4 weeks to achieve ketosis, after which it can be adjusted based on individual goals and responses.

Description

The keto diet is a high-fat, low-carbohydrate eating plan designed to induce a state of ketosis in the body, where it primarily burns fat for energy. It is often used for weight loss and managing certain medical conditions.

The ketogenic diet, or the ‘keto’ diet, is rich in fat and restricts carb intake [\[R\]](#), [\[R\]](#).

On the ketogenic diet, 50 g of carbs or less are consumed per day. Around 55-80% of the calories come from fat [\[R\]](#).

The ketogenic diet depletes the body of sugars like glucose. When people fast or eat very little carbs, the body makes less insulin. In response, the body starts using fat for energy.

When the body only uses fat for energy, molecules called ketones are formed. This state is called *ketosis*.

The ketogenic diet may help with:

- Seizures [\[R\]](#)
- Excess weight [\[R\]](#)
- Diabetes [\[R\]](#), [\[R\]](#)

How it helps

A keto diet can aid in addiction recovery by stabilizing blood sugar levels, potentially reducing cravings for substances that disrupt this balance like alcohol or drugs. It also helps the brain by providing it with an alternative and steady source of energy in the form of ketones.

33



Acceptance and Commitment Therapy (ACT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in Acceptance and Commitment Therapy (ACT) sessions with a licensed therapist weekly for a minimum of 8 to 12 weeks. During this period, engage in daily ACT exercises at home as recommended by your therapist, such as mindfulness practices and writing exercises that help you connect with your values and accept your thoughts without judgment.

Description

ACT is a type of psychotherapy that focuses on accepting one's thoughts and feelings while committing to actions that align with personal values. It is used to improve mental well-being and treat conditions like anxiety and depression.

How it helps

ACT teaches individuals to accept their thoughts and feelings rather than fighting or feeling guilty for them. This can reduce the psychological distress that may propel addictive behaviors.

34



Transcranial Direct Current Stimulation (tDCS)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Use a tDCS device for 20 to 30 minutes per session, targeting specific brain areas depending on the desired outcome. Sessions can be daily or a few times a week, under the guidance of a medical professional or trained specialist to ensure safety and effectiveness.

TYPICAL STARTING DOSE

30 minutes

Description

Transcranial Direct Current Stimulation (tDCS) is a non-invasive brain stimulation technique that uses a low electrical current to modulate neural activity. It has been investigated for its potential in cognitive enhancement, mood regulation, and pain management.

How it helps

Transcranial Direct Current Stimulation (tDCS) sends small electric currents to specific regions of your brain involved in addiction, potentially reducing cravings and relapse rates. It's not a cure, but it can serve as an effective part of a comprehensive treatment plan.

35

Mindfulness

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [R].

Mindfulness and other types of [meditation](#) may improve [R]:

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

Mindfulness helps manage addictions by creating awareness and acceptance of one's thoughts and feelings, reducing the impulsive responses often associated with addictive behavior. Engaging in mindfulness practices can also lower stress and anxiety levels, which are often triggers for addictive behaviors.

36



Mindfulness Meditation

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice mindfulness meditation for 10-20 minutes daily. Find a quiet, comfortable place to sit or lie down, then focus on your breath, observing thoughts and sensations without judgment. Consistency is key, so try to incorporate it into your daily routine, perhaps in the morning or before bed.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness meditation involves focused attention on the breath or a specific point of focus to cultivate mindfulness and reduce stress. Regular meditation practice is associated with improved mental clarity, emotional regulation, and overall well-being.

How it helps

Mindfulness meditation encourages present-moment awareness and can reduce the impulse to engage in addictive behaviors.

37



Cognitive Training

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in exercises that challenge your brain for at least 15 minutes per day, five days a week. This can include puzzles, memory games, learning a new language, or playing a musical instrument.

TYPICAL STARTING DOSE

15 minutes

Description

Cognitive training involves structured exercises and activities designed to improve specific cognitive functions, such as memory, attention, and problem-solving skills. It can be beneficial for individuals looking to enhance cognitive abilities or address cognitive challenges associated with conditions like Alzheimer's disease or attention deficit hyperactivity disorder (ADHD).

Cognitive training programs guide you through challenging tasks. They aim to support some cognitive functions, including [\[R\]](#):

- Memory
- Attention
- Problem-solving skills

Some scientists like to think of the brain as a muscle. They say people should “use it or lose it.” In line with this, cognitive training can be considered “brain exercise.” It is often provided through computer programs [\[R\]](#), [\[R\]](#).

How it helps

Cognitive training helps in building resilience against addictive behaviors by developing healthier thought patterns.

38



Qigong

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice Qigong exercises for 30 to 60 minutes daily, ideally in the morning to invigorate your body for the day ahead or in the evening to alleviate stress. Choose a quiet, comfortable space where you can move freely without distractions. Incorporating this routine consistently can lead to better physical and mental well-being over time.

TYPICAL STARTING DOSE

1 hour

Description

Qigong is a mind-body practice originating from traditional Chinese medicine. It involves gentle movements, meditation, and controlled breathing to promote relaxation, reduce stress, and improve physical and mental well-being.

Qigong is a traditional Chinese practice that combines movement, breath control, and meditation. It aims to cultivate and balance the body's vital energy, known as "qi" or "chi."

People often practice qigong for stress reduction, improving posture, increasing flexibility, and promoting overall wellness.

Baduanjin qigong is a type of medical qigong focused on health improvement, unlike religious or martial types.

How it helps

Practicing Qigong can help in managing addictions by enhancing physical control and mental focus. The meditative aspects can also promote stress-relief and mindfulness, which are vital in breaking repetitive patterns linked to addictions.

39



Art Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in art therapy sessions, which can include activities such as painting, sculpting, or drawing, for 1-2 hours per week. These sessions can be done either in group settings guided by a trained art therapist or individually, depending on your comfort level and goals. It is beneficial to engage in this practice consistently for several months to observe the therapeutic benefits.

TYPICAL STARTING DOSE

1 hour

Description

Art therapy is a type of therapy that encourages free self-expression and reflection through [\[R\]](#):

- Painting
- Drawing
- Clay modeling

It may be combined with mindfulness. Mindfulness is the practice of being aware of the present moment without any judgment [\[R\]](#).

Art therapy is used to improve [\[R\]](#):

- Self-esteem
- Self-awareness
- Emotional resilience
- Social skills

How it helps

Engaging in art therapy provides a beneficial outlet for expressing emotions and can serve as a distraction from cravings.

40



Psychoeducational Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Attend psychoeducational therapy sessions regularly, ideally once a week, for a period of at least 3 to 6 months. These sessions can be either individual or in groups and are conducted by a qualified therapist or psychologist.

Description

Psychoeducational therapy is an approach that combines psychotherapy with education to help individuals acquire knowledge and skills to manage mental health conditions effectively.

How it helps

Educating individuals about the nature of addiction can empower them to make informed decisions regarding their behavior.

41



Motivational Enhancement Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Motivational Enhancement Therapy (MET) involves attending a series of structured counseling sessions. Typically, this starts with an initial assessment session followed by two to four individual treatment sessions with a trained therapist. The therapy focuses on increasing your internal motivation to change and is often completed over a period of one to two months.

Description

Motivational Enhancement Therapy (MET) is a counseling approach aimed at enhancing an individual's motivation to make positive behavioral changes, often used in addiction treatment to help clients explore their personal reasons for change and commit to healthier habits.

How it helps

This therapy increases an individual's motivation to change and can directly address ambivalence about giving up an addiction.

42



Lime Juice

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate freshly squeezed lime juice into your daily diet by adding it to water, teas, salads, or fish. Aim for the juice of one to two limes per day, either all at once or spread throughout the day.

Description

Lime juice is a rich source of vitamin C and antioxidants, which can boost the immune system, promote skin health, and aid in digestion.

How it helps

Consuming lime juice can help with addiction recovery as it aids in detoxification, assisting the body in flushing out the harmful substances left by drugs or alcohol. Its high vitamin C content boosts the immune system and can reduce cravings, aiding overall recovery.

43



Choline Supplements

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take choline supplements at a dosage of 425 mg to 550 mg daily, depending on age and gender, with a glass of water. It is best to consume choline supplements with a meal for optimal absorption. Continue this regimen daily as part of your dietary supplement routine.

TYPICAL STARTING DOSE

425 mg

Description

Choline is an essential nutrient that plays a crucial role in various bodily functions, including brain health, liver function, and metabolism. Incorporating choline-rich foods into your diet supports cognitive function and overall nutritional well-being.

[Choline](#) is a nutrient required for optimal health. Although the body makes some, we need to get choline from our diets to avoid deficiency [\[R\]](#).

It plays key roles in supporting [\[R\]](#), [\[R\]](#):

- DNA production
- Cell structure and function
- Brain, nerve, and heart health

Eggs and beef liver are the best sources of choline. If you can’t meet your daily requirements with food, consider taking a choline supplement such as [\[R\]](#):

- [Phosphatidylcholine](#) (PC)
- [Citicoline](#) (CDP-choline)
- [Alpha-GPC](#)
- [Lecithin](#)

They all supply choline, but each one has unique health perks you may prefer. Check out our posts on different choline-containing supplements to find out which one suits you best.

How it helps

Choline is a nutrient key for brain function, particularly in neurotransmitter production. Its supplementation could therefore potentially aid in addiction recovery by contributing to the repair of neural connections and neurotransmitter balance impacted by the addiction.

44



Behavioral Sleep Extension

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To implement behavioral sleep extension, aim to increase your total sleep time by going to bed 15 to 30 minutes earlier than your usual bedtime, or by allowing yourself to sleep later in the morning. Gradually increase this time as needed to reach a target of 7 to 9 hours of sleep per night, consistently, including on weekends. Adjust your daily schedule to accommodate this change, making sleep a priority.

Description

Behavioral sleep extension involves adopting healthier sleep habits to extend the duration and improve the quality of sleep. It can lead to improved cognitive function, mood, and overall well-being by addressing sleep deficiency.

How it helps

Better sleep improves overall well-being and can support the body's ability to cope with addictive behaviors.

45



Family Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Attend family therapy sessions together with your family members once a week for a duration of at least 3 to 6 months, depending on the progress and advice from the therapist.

Description

Family therapy is a treatment method where therapists work with family members to address issues affecting the mental health of the family unit. It's like gathering all family members in one room to talk, solve problems, and strengthen relationships. It's key for overall health because it addresses the environment in which individuals grow, helping to improve communication, resolve conflicts, and promote better understanding among family members.

How it helps

Involving family can provide social support, improve communication, and address systemic issues that might contribute to addiction.

46



Acupuncture

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [[R](#), [R](#), [R](#), [R](#), [R](#)]:

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

Acupuncture stimulates certain points on the body, which is believed to increase the release of endorphins, the body's natural pain-killing chemicals. This process can help alleviate the physical symptoms of withdrawal and may also assist in managing cravings and stress related to addiction.

47



Dietary Omega-3 Fatty Acids

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods high in omega-3 fatty acids into your diet daily. This includes eating fish such as salmon, mackerel, and sardines at least twice a week. Alternatively, include a tablespoon of flaxseed oil or chia seeds in your daily diet.

Description

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA. **EPA and DHA are vital for mental and heart health** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal health, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

Omega-3 fatty acids support brain health and neurotransmitter balance, which may help in reducing the likelihood of addictive behaviors.

48



Social Activity

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in group activities or gatherings with friends, family, or community members at least twice a week. This could include joining clubs, attending local events, or scheduling regular outings with friends. Aim for these social engagements to last at least an hour each time to foster meaningful connections and conversations.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in social activities, such as spending time with friends and family or participating in group events, can have numerous mental and emotional health benefits. It helps reduce feelings of loneliness, enhances mood, and promotes a sense of belonging and well-being.

Social activities involve physical and mental activities with others that you enjoy and find meaningful. There are plenty of ways to stay socially active and maintain social well-being as you age.

Research has shown that a socially active lifestyle [\[R\]](#):

- Makes you less likely to develop certain chronic conditions.
- May promote a longer lifespan.
- Can improve mood and mental health.
- Can improve memory and other aspects of cognition.

How it helps

Engaging in social activities can alleviate feelings of isolation and provide support networks that discourage addictive behaviors.

49



Cognitive-Behavioral Therapy (CBT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Schedule weekly sessions with a certified cognitive-behavioral therapist for a period of 5 to 20 weeks. Engage actively in exercises assigned by your therapist both during sessions and as homework to apply CBT strategies to daily life.

Description

Cognitive-behavioral therapy (CBT) is a psychotherapeutic approach that has been effective in treating various mental health conditions by helping individuals identify and change negative thought patterns and behaviors. It is widely used for conditions like depression, anxiety, and phobias.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences [\[R\]](#).

Talk therapy is a great way to improve many conditions, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Substance use disorder
- Bipolar disorder

Cognitive-behavioral therapy (CBT) is a type of talk therapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

Cognitive-Behavioral Therapy (CBT) helps with Addictions by teaching you how to change your thought patterns, which in turn changes your behaviors and emotions. This can make it easier for you to resist substances or behaviors you are addicted to.

How to implement

TYPICAL STARTING DOSE

30 minutes

Description

If you've ever had a professional [massage](#), then you probably know how much good it can do. Massages may help with [\[R, R, R\]](#):

- Anxiety
- Pain
- Fatigue

Acupressure is a similar technique, in which pressure points are used to help with stress and pain [R, R].

How it helps

Massage can help with addictions by reducing stress and anxiety, which are often triggers for substance use. It can also provide a soothing, healthy coping mechanism, replacing the addictive behavior over time.

51



Transcranial Magnetic Stimulation (TMS)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Schedule sessions with a certified healthcare provider who specializes in TMS therapy. Initially, treatment typically involves sessions 5 days a week for 4 to 6 weeks. Each session lasts about 30 to 60 minutes. This therapy should be conducted in a professional setting with the appropriate TMS equipment.

TYPICAL STARTING DOSE
1 hour

Description

TMS is a non-invasive medical procedure that uses magnetic fields to stimulate specific areas of the brain. It is primarily used as a treatment for depression and certain neurological conditions by modulating brain activity.

How it helps

Transcranial Magnetic Stimulation (TMS) helps with addictions by using magnetic fields to stimulate nerve cells in the brain region associated with mood control and depression. This stimulation potentially reduces cravings and withdrawal symptoms, thereby aiding addiction recovery.

52



Contingency Management and Community Reinforcement

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in a contingency management program by attending scheduled meetings or therapy sessions where positive behaviors towards sobriety are rewarded. Simultaneously, participate in community reinforcement activities like joining support groups, engaging in sober recreational activities, or volunteer work, focusing on building a network that supports recovery. This approach should be integrated into your daily lifestyle for a minimum of several months to effectively reinforce positive behaviors and support sobriety.

Description

Contingency management and community reinforcement are behavioral therapies that provide incentives and positive reinforcement to individuals as they work towards overcoming substance abuse issues. These approaches can be effective in promoting abstinence and improving overall mental health and social well-being.

How it helps

Contingency Management creates tangible rewards for positive behaviors such as staying sober, reducing addictive behavior. Community Reinforcement enhances social, recreational, family, and vocational activities, replacing addictive behaviors with healthier relationships and activities.

53



Avoid Refined Sugar

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Eliminate foods and beverages high in refined sugars, such as sodas, candies, pastries, and white bread, from your diet. Replace them with natural sugars found in fruits and whole grains. Implement this change immediately and maintain it indefinitely for long-term health benefits.

Description

Reducing the consumption of refined sugar and high-sugar foods can help prevent dental problems, manage blood sugar levels, and support weight management.

How it helps

Refined sugars can lead to blood sugar spikes and crashes, which may influence cravings and addictive behaviors. Avoiding them helps maintain steady blood sugar levels.

How to implement

TYPICAL STARTING DOSE

2 hours

Description

Spending over 2 hours in nature every week is linked to better health and well-being [R]

- Healthy weight
- Blood sugar control
- Heart health
- Mental health
- Eye health

- Go on a walk
- Go biking or camping
- Garden
- Visit a park

How it helps

Time spent in nature is linked to reduced stress and improved mental health, which can lessen reliance on addictive substances.

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.