

Alcohol 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

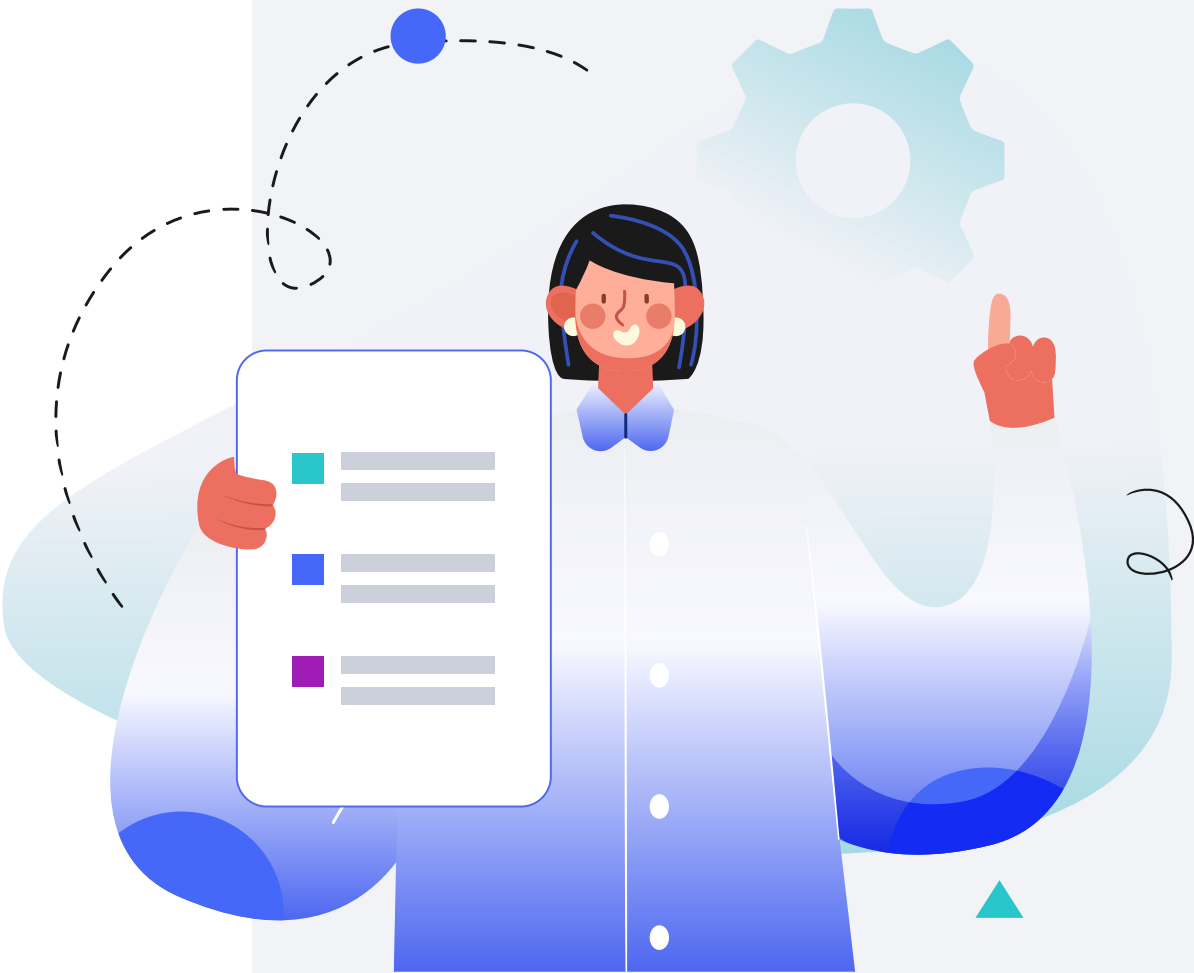
Male

HEIGHT

5ft 5" 165cm

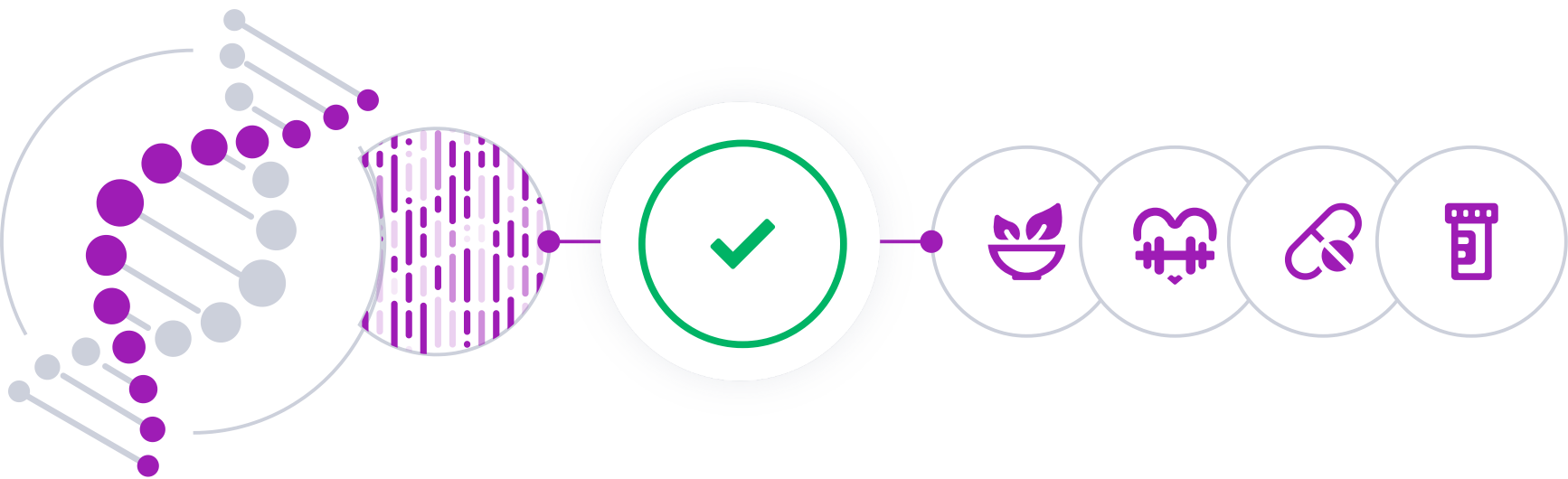
WEIGHT

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.

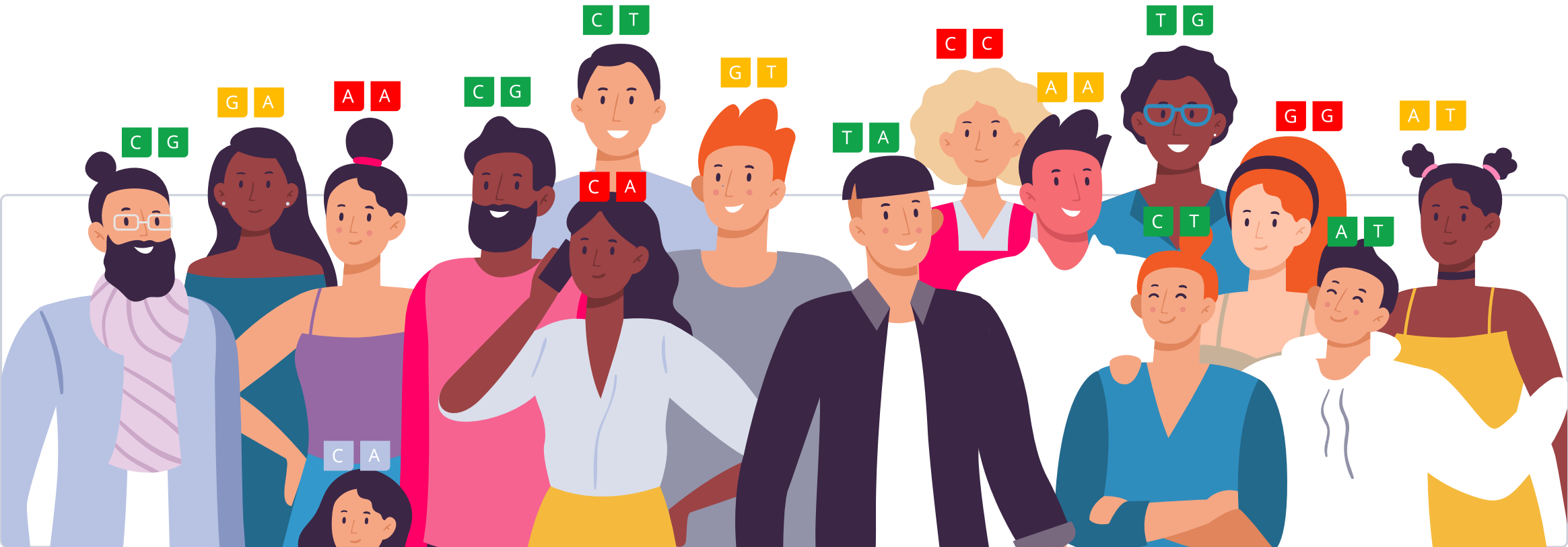


Similarly, our Trait Reports look at how your DNA influences your traits.



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

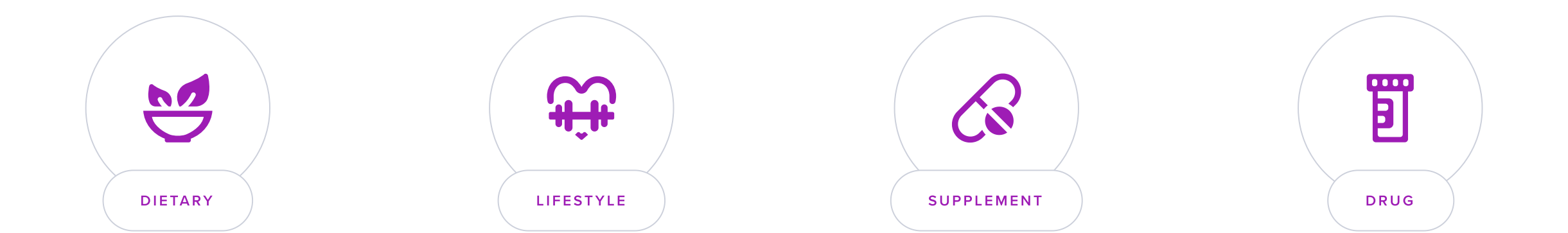
You have 2 risk alleles

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

Many people drink alcohol in their free time. People tend to like it because it can temporarily boost their mood and mental state. However, about 10% of people 12 and older are addicted to alcohol [\[R\]](#), [\[R\]](#).

Experts agree that having 1-2 drinks a day likely won't cause harm. However, heavy drinking can affect your speech, coordination, and decision making [\[R\]](#).

Heavy drinking over a long period of time impacts your health. It can increase the risk of [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Pancreas inflammation (pancreatitis)
- Heart problems
- Stroke
- Liver disease
- Mental health problems
- Injury or death
- Birth defects (if drinking while pregnant)
- Some cancers

Combining alcohol with other substances, such as cannabis or opioids, may worsen its effects on the body [\[R\]](#).

If alcohol is causing you stress and interfering with your day-to-day life, it may be a sign of **alcohol addiction** [\[R\]](#).

People with this addiction may have intense cravings for alcohol. Because of this, they may have trouble limiting the amount of alcohol they drink. They may also not be able to quit drinking, despite having work, relationship, or health problems [\[R\]](#), [\[R\]](#).

Risk Factors and Treatment

Key Takeaways:

- About **50%** of the differences in people's chances of developing alcohol addiction may be due to genetics.
- Other risk factors include mental health conditions like anxiety and depression, previous trauma, binge drinking at an early age, steady drinking over time, social and cultural influences.
- About **10%** of people aged 12 and older have an alcohol addiction.
- If you have high genetic risk, you may lower your overall risk by taking action on those factors you can change. If you have symptoms, speak to a healthcare professional about your options.
- Click the **Recommendations** tab for potential dietary and lifestyle changes.

Some people can drink alcohol once in a while and not think twice about it. Others crave alcohol daily. These differences may be partly due to genetics. In fact, genetics may account for up to **50%** of the differences in developing alcohol addiction [R].

Other risk factors for alcohol addiction include [R]:

- Mental health conditions like anxiety and depression
- Previous trauma
- Binge drinking at an early age
- Steady drinking over some time
- Social and cultural influences

If you are struggling with alcohol addiction, talk to your doctor. There are many treatment options. These include [R]:

- Detox and withdrawal
- Counseling
- Support groups
- Medications



TYPICAL LIKELIHOOD

Typical likelihood of alcohol addiction based on 461,824 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ADH1B	rs1229984	TC
ADH1C	rs1042026	TC
MYC	rs72716801	GG
ADH1B	rs2066702	GG
CLOCK	rs2412646	CC
CENPQ	rs74745534	CT
HNRNPA1P48	rs11076221	GG
NPSR1	rs324981	AA
MRPL39	rs59551326	AA
ADH4	rs6822348	TT
ADH4	rs17028615	AA
DHRS4L2	rs10483282	TT
ADH1A	rs1789882	GG
ADH1A	rs1693457	TT
ADH1A	rs904092	GG
SRD5A3	rs11240	CG
CLOCK	rs2412648	GT
CLOCK	rs3805151	CT
ADH1C	rs2173201	CA
ADH1C	rs4699741	CT
FBXO8	rs55768019	GG
TSPAN5	rs72900220	AA
RBPJ	rs6810498	AG

GENE	SNP	GENOTYPE
ADH1C	rs1614972	CT
ADH1C	rs2241894	TC
ADH1C	rs12639833	CT
SLC39A8	rs13107325	CC
GLRX3	rs10741210	AG
OPRM1	rs1799971	GA
GNAL	rs75433892	GG
CAMTA1	rs75562159	CC
ABI3BP	rs12632235	CC
CNTN5	rs117557854	GG
/	rs181048070	GG
RTN4	rs1437396	CC
GET1	rs79978308	CC
NRIP1	rs57126985	GG
MSR1	rs13340561	TT
GINS3	rs7199896	AA
AOX1	rs2253612	TT
SUGCT	rs17620991	GG
TWIST2	rs62191099	GG
PPFIA2	rs2400954	TT
MICB	rs9378160	AA

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

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	Yoga	30 minutes
5	Exercise At Least One Hour a Day	1 hour	6	Aerobic Exercise (Cardio)	1 hour
7	Pregnenolone	5 mg	8	Kudzu Root Extract	
9	Lactobacillus Rhamnosus	10 billion CFU	10	Lactobacillus Rhamnosus GG	10 billion CFU
11	Benfotiamine	300 mg	12	Tinospora Cordifolia	300 mg
13	Behavioral Sleep Extension		14	Emoxypine	
15	Tryptophan	500 mg	16	CBD	10 mg
17	Motivational Enhancement Therapy		18	Avoid Illicit Drugs	
19	Transcranial Direct Current Stimulation (tDCS)	30 minutes	20	Qigong	1 hour
21	Contingency Management and Community Reinforcement		22	Regular Sleep Schedule	
23	Lithium Orotate	5 mg	24	B Vitamins	
25	Mindfulness-Based Cognitive Therapy (MBCT)	2 hours	26	Avoid Substance Abuse	
27	Art Therapy	1 hour	28	Breathing Techniques	10 minutes
29	Acceptance and Commitment Therapy (ACT)		30	Transcranial Magnetic Stimulation (TMS)	1 hour

31	Biofeedback		32	Family Therapy	
33	Social Activity	1 hour	34	Cognitive-Behavioral Therapy (CBT)	
35	Keto Diet		36	Meditation	30 minutes
37	Mindfulness-Based Stress Reduction (MBSR)	2 hours	38	N-acetylcysteine (NAC)	1200 mg
39	Acetyl-L-Carnitine	500 mg	40	Mindfulness	30 minutes
41	Massage	30 minutes			

1



Psychotherapy

IMPACT

5 / 5

EVIDENCE

4 / 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 alcohol addiction. Individual or group therapy may help [\[R, R\]](#).

Talk therapy, such as CBT, may help with alcohol addiction. It may also help people dealing with multiple addictions [\[R, R, R, R, R, R\]](#).

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

- **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** [\[R, R\]](#).

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

2



Support Groups

IMPACT

4 / 5

EVIDENCE

3 / 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 alcohol use disorders [\[R\]](#), [\[R\]](#).

Support groups are generally cheap and easy to access. They may help people stay away from alcohol [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Examples of support groups for people with alcohol use disorder include [\[R\]](#):

- Alcoholics Anonymous
- Women for Sobriety
- Celebrate Recovery
- SMART Recovery

3



Relaxation Techniques

IMPACT

4 / 5

EVIDENCE

3 / 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 alcohol addiction and other substance use disorders. It may also make recovery from addictions more difficult [\[R, R, R, R\]](#).

As part of a treatment plan, **relaxation techniques may 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

Relaxation techniques may help by reducing stress and taking the mind off alcohol. 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



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 alcohol addiction and other substance use disorders. It may also make recovery from addictions more difficult [\[R, R, R, R\]](#).

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

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

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

5



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

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

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

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

6



Aerobic Exercise (Cardio)

IMPACT2 / 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 (Cardio) helps in Alcohol Addiction therapy by releasing endorphins, the brain's feel-good neurotransmitters, reducing anxiety and depression which often underlie addiction. It also provides a healthy coping strategy for cravings or stress that previously led to alcohol consumption.

A [meta-analysis of 10 studies](#) concluded that exercise **improves physical fitness (VO2 max and HRmax) and mental health (quality of life)** in people with alcohol use disorder. **Aerobic exercise improves anxiety and depression better than yoga and mixed types** [\[R\]](#).

7



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, a natural hormone produced in our bodies, is associated with improved brain function and reduced stress and anxiety. Since these effects can help reduce cravings for alcohol, pregnenolone supplementation could benefit individuals struggling with alcohol addiction.

In a pilot trial with 43 individuals seeking treatment for alcohol use disorder (AUD), high doses of pregnenolone (300 mg or 500 mg/day for 8 weeks) reduced cravings triggered by stress and alcohol cues. The 300 mg dose also lowered stress-induced anxiety and normalized certain physiological responses [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].

8



Kudzu Root Extract

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Take a capsule of kudzu root extract, typically available in 500mg to 2000mg doses, once daily with a glass of water. It is advisable to follow the specific dosage recommendations on the product label or consult a healthcare provider for personalized advice.

Description

Kudzu (*Pueraria*) is a climbing vine native to Southeast Asia. It’s been used in traditional Chinese medicine for its potential help with alcohol addiction.

Kudzu (*Pueraria*) is a climbing vine native to Southeast Asia. It’s been used in traditional Chinese medicine for over 2,000 years [R].

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

How it helps

Based on a couple of small studies, kudzu root extract taken for 1-4 weeks may help people with **alcohol use disorder** drink less. Studied doses include [R, R]:

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

However, kudzu root extract did not help people drink less in one study [R].

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].

9



Lactobacillus Rhamnosus

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a probiotic supplement containing Lactobacillus rhamnosus. Typically, the suggested dose is 10 billion CFUs (colony-forming units) per day. This can be taken as a single daily dose or divided into two doses, morning and evening, with or without food. Continue this regimen for at least 4 weeks to observe benefits.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus rhamnosus is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

[Lactobacillus rhamnosus](#) is a [probiotic](#) bacterium, part of the normal gut microflora. Various foods may have added *L. rhamnosus*, including yogurt, cheese, and fermented legumes [\[R, R\]](#).

People take *L. rhamnosus* supplements to balance their immune system and help with infections, allergies, and dermatitis [\[R\]](#).

How it helps

In a placebo-controlled trial of 46 participants with alcohol use disorder, supplementation with *Lactobacillus rhamnosus* GG for 1 month reduced liver injury and heavy drinking levels [\[R\]](#).

10



Lactobacillus Rhamnosus GG

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus rhamnosus GG (LGG) is a probiotic that has been shown to have a number of health benefits, including reducing the risk of diarrhea, improving gut health, and boosting the immune system. LGG can be taken as a supplement or found in some yogurts and other fermented foods.

How it helps

In a placebo-controlled trial of 46 participants with alcohol use disorder, supplementation with *Lactobacillus rhamnosus* GG for 1 month reduced liver injury and heavy drinking levels [\[R\]](#).

11



Benfotiamine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 300-600 mg of benfotiamine per day, in divided doses with meals to improve absorption. This regimen should be followed daily, potentially long-term, especially for conditions like diabetic neuropathy or for general B1 vitamin supplementation.

TYPICAL STARTING DOSE
300 mg

Description

Benfotiamine is a special form of vitamin B1. It's highly beneficial for the body as it helps convert the food we eat into energy. It also contributes to the overall health of our nerve cells protecting us from nerve-related diseases.

How it helps

Benfotiamine is a vitamin B1 supplement that can potentially alleviate some symptoms of alcohol addiction by reducing the risk of neurotoxicity, as chronic alcohol consumption can cause a deficiency in this vitamin. However, it should be supplemented with other treatments and therapies for effective addiction management.

A study involving men with high alcoholism severity (HAS) showed that those treated with benfotiamine (BF) had reduced psychiatric distress, particularly in depression scores, suggesting it could be beneficial in alcohol rehabilitation. [\[R\]](#)

A 24-week trial on alcohol-dependent individuals (N=120) found that benfotiamine (BF) supplementation reduced alcohol consumption, especially in women. No significant adverse events were observed, indicating BF's potential in discouraging alcohol intake. [\[R\]](#)

12



Tinospora Cordifolia

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a Tinospora cordifolia supplement in a dosage of 300 to 500 mg per day, ideally with meals to improve absorption. This should be continued for a duration of 8 to 10 weeks to observe beneficial effects. Always check the supplement label for specific instructions regarding dosage.

TYPICAL STARTING DOSE

300 mg

Description

Tinospora cordifolia, also known as Guduchi or Giloy, is a climbing plant native to India used in traditional Ayurvedic medicine. It is believed to have immune-boosting and anti-inflammatory properties, due its main compounds, including alkaloids, glycosides, and steroids.

How it helps

In a non-placebo-controlled trial of 12 chronic alcoholics and 14 healthy individuals, supplementation with *Tinospora cordifolia* extract (100 mL/day) for 14 days normalized steroid levels and significantly improved the testosterone to androstenedione ratio. The same treatment also reversed blood markers of alcoholism in 26 alcoholic men and 28 healthy men [\[R\]](#), [\[R\]](#).

Tinospora cordifolia may help by boosting the function of the liver, which detoxifies alcohol, and reducing the urge to drink by regulating brain chemicals like serotonin. It might also manage alcohol-induced liver damage and withdrawal symptoms.

13



Behavioral Sleep Extension

IMPACT

1 / 5

EVIDENCE

1 / 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

Behavioral Sleep Extension aids in Alcohol Addiction by helping to regulate sleep patterns, which are often disrupted by excessive alcohol consumption. This improved sleep can reduce cravings and dependence on alcohol, aiding in the recovery process.

In a non-placebo-controlled trial of 42 heavy-drinking students, a 4-week sleep intervention reduced typical week drinking and alcohol-related consequences [\[R\]](#).

14



Emoxypine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Emoxypine is typically available in oral capsules, tablets, or injectable forms, with the dosage depending on the condition being treated. For general antioxidant or neuroprotective purposes, the oral dose ranges from 125–250 mg taken 2–3 times daily, while more intensive treatments may require higher doses or injectable administration under medical supervision. It is usually recommended to take Emoxypine with meals to minimize gastrointestinal discomfort. Treatment duration can vary from a few weeks to several months, depending on the therapeutic goal.

Description

Emoxypine (2-ethyl-6-methyl-3-hydroxypyridine succinate) is a synthetic antioxidant and nootropic compound primarily used in Russia and some Eastern European countries. It is derived from pyridoxine (vitamin B6) and known for its neuroprotective, anti-stress, and anti-inflammatory properties.

Emoxypine can reduce anxiety, stress, and symptoms of depression by normalizing neurotransmitter levels and protecting brain cells from oxidative stress. Additionally, it has applications in managing cognitive impairment, improving memory, and protecting against age-related neurodegeneration. Emoxypine is also used for cardiovascular health, as it can improve blood flow and protect tissues from ischemia-reperfusion injuries.

Emoxypine works by scavenging free radicals, enhancing membrane fluidity, and improving the body's antioxidant defenses.

How it helps

In a placebo-controlled trial of patients with alcohol use disorder, Emoxypine and other 3-oxypyridine derivatives reduced the duration of anxiety and depression symptoms. Emoxypine reduced «dread», «respiratory», and «cardiovascular» anxiety symptoms, as well as appetite and concentration difficulty [\[R\]](#).

15



Tryptophan

IMPACT1 / 5

EVIDENCE1 / 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

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 [\[R, R\]](#).

16



CBD

IMPACT

1 / 5

EVIDENCE

1 / 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

CBD may help reduce the number of drinks per day, number of drinking days, and alcohol and cannabis co-use based on a single study [\[R\]](#), [\[R\]](#).

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

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* [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

17



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 aims to elicit rapid, internally motivated change, rather than guiding the patient stepwise through the recovery process.

18



Avoid Illicit Drugs

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Refrain from using any illegal substances, including but not limited to, narcotics, stimulants, hallucinogens, and cannabis where it's not legalized. This means not purchasing, possessing, or consuming these substances in any form or amount. Commit to this practice indefinitely for long-term health benefits.

Description

Avoiding the use of illicit drugs is essential for preserving physical and mental health, as these substances can lead to addiction, mental health disorders, and other physical health issues. Abstaining from their use supports a safer and healthier lifestyle.

Illicit drugs are highly addictive, illegal drugs. Examples include **marijuana, cocaine, meth, and MDMA (ecstasy)**. The term can also refer to a non-medical use of drugs that are legally available (e.g., medical marijuana in some countries and states) [\[R\]](#).

Illicit drug use can have a **devastating impact on all aspects of your health and wellbeing**. It can lead to [\[R\]](#):

- Dependence and addiction
- Injury and accidents
- Health and sleep problems
- Problems in family and social life

How it helps

Avoiding illicit drugs is crucial as they can compound addiction issues and potentially lead to relapse in individuals trying to recover from alcohol addiction.

19



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

tDCS can stimulate brain areas involved in addiction, helping reduce cravings and impulsivity that often drive alcohol abuse. It's non-invasive and may provide a novel approach to managing and potentially reducing alcohol addiction.

20



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

Qigong is a mind-body practice that can help ease stress and improve mental and physical balance, supporting recovery from addiction.

21



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

These behavior therapy techniques use positive reinforcement to encourage sobriety, which can be an effective approach for those recovering from alcohol addiction.

22



Regular Sleep Schedule

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Go to bed and wake up at the same time every day, even on weekends and holidays. This helps regulate your body's internal clock, leading to better sleep quality. Aim for 7-9 hours of sleep per night.

Description

Maintaining a regular sleep schedule involves going to bed and waking up at consistent times each day. This practice helps regulate the body's internal clock and promotes better sleep quality, mood, and cognitive function.

How it helps

Maintaining a regular sleep schedule can improve overall well-being and help regulate mood, which might reduce the risk of relapse.

23



Lithium Orotate

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 5 mg of lithium orotate supplement daily, preferably with a meal to enhance absorption. It is recommended to consult with a healthcare provider prior to starting the supplement, particularly for long-term use.

TYPICAL STARTING DOSE

5 mg

Description

Lithium orotate is a mineral supplement that has been studied for its potential to support mood stability and mental health. It is sometimes used as an alternative to prescription lithium for certain mood disorders.

[Lithium](#) is a chemical element found in very low levels in the body. It helps support the immune system and protect the brain [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Lithium is naturally occurring and can be found in drinking water in some areas. Food sources of lithium include [\[R\]](#):

- Fruits
- Vegetables
- Grains
- Seafood

Lithium orotate is a form of lithium commonly found in supplements [\[R\]](#).

How it helps

Lithium Orotate may help with alcohol addiction by stabilizing the mood and reducing cravings. However, the evidence is not conclusive and it should be used under medical supervision due to potential side effects.

A [study with 42 alcoholic patients \(33 males and 9 females\)](#) found that lithium orotate (150 mg/day for 6 at least months) with a diet low in simple carbohydrates, as part of an alcohol rehabilitation program **promoted cessation of alcohol abuse**. 10 of the patients had no relapse for over 3 and up to 10 years, 13 patients remained without relapse for 1 to 3 years, and the remaining 12 had relapses between 6 to 12 months [\[R\]](#).

Note: the dosage used is quite high and could be dangerous, and should not be used without a doctor's supervision.

24



B Vitamins

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a B vitamin complex supplement once daily, preferably with your morning meal to enhance absorption. The supplement should include a range of B vitamins such as B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate), and B12 (cobalamin). Ensure consistency by taking it at the same time each day.

Description

B vitamins help the body function properly. Two examples are [vitamin B9 \(folate\)](#) and [vitamin B12](#). They play essential roles in [\[R, R, R, R\]](#):

- DNA formation
- Metabolism
- Energy production

You can get these vitamins from [\[R, R, R, R, R\]](#):

- Animal products
- Green leafy vegetables
- Citrus fruits
- Fortified foods
- Supplements

Adults should be getting **400 micrograms (mcg) of folate** and **2.4 mcg of vitamin B12** every day [\[R, R\]](#).

Folate deficiency is rare but can happen in people that don’t eat enough fruits and vegetables. Alcoholics and lactating mothers may also be at an increased risk [\[R\]](#).

Vitamin B12 deficiency often takes years to develop, as the body is able to store large amounts in the liver. Groups that may be at an increased risk include [\[R, R\]](#):

- Vegans
- Pregnant women
- Older people
- People with gut issues

How it helps

B vitamins, particularly thiamine (Vitamin B1), are often depleted in individuals with alcohol addiction. Supplementing with B vitamins can help restore normal brain function, improve liver health, and reduce symptoms of withdrawal.

25



Mindfulness-Based Cognitive Therapy (MBCT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in an 8-week course of Mindfulness-Based Cognitive Therapy (MBCT), which typically includes weekly group sessions (each lasting about 2 hours), daily homework practices (about 1 hour per day), and one all-day session after the fifth week. Sessions are led by trained instructors and focus on mindfulness meditation practices and cognitive behavioral exercises.

TYPICAL STARTING DOSE

2 hours

Description

Mindfulness-Based Cognitive Therapy (MBCT) is a therapeutic approach that combines mindfulness practices with cognitive-behavioral techniques to help individuals manage and prevent recurring episodes of depression and anxiety.

How it helps

MBCT combines cognitive therapy with mindfulness strategies to help break the cycle of depression and prevent relapse in those recovering from alcohol addiction.

26



Avoid Substance Abuse

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Eliminate the use of illegal drugs, excessive alcohol, and tobacco from your daily routine. Seek professional help if needed to stop substance use and engage in support groups or counseling for sustained recovery. Implement this change permanently for long-term health benefits.

Description

Substance abuse is the excessive use of alcohol or drugs. It can lead to dependence on the substance. Abusing drugs or alcohol can have long-term health and social consequences.

Substance abuse is the excessive use of alcohol or drugs. It can lead to dependence on the substance [\[R\]](#).

Abusing drugs or alcohol can have long-term health and social consequences [\[R\]](#).

How it helps

Steering clear of all substances of abuse is essential during recovery from alcohol addiction to prevent cross-addiction and to focus on sobriety.

27



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

Art therapy provides a creative outlet for expressing emotions and can be a therapeutic way to deal with the stresses and triggers that may lead to alcohol misuse.

28



Breathing Techniques

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice deep breathing exercises for 10 minutes daily, preferably in a quiet space where you won't be disturbed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose. This can be done at any time of day to reduce stress and improve focus.

TYPICAL STARTING DOSE

10 minutes

Description

Breath awareness and specific breathing techniques, such as deep breathing or mindfulness-based practices, can help reduce stress, improve focus, and enhance overall mental well-being. These techniques are valuable tools for managing anxiety and promoting relaxation.

Most breathing techniques involve taking slow and even breaths. Their main goal is to prevent rapid breathing (**hyperventilation**) [\[R\]](#).

Breathing techniques tend to help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Stress
- Anxiety
- Sleep problems
- Asthma

One example is the **Buteyko breathing technique**. It's often used by people with asthma or other conditions that affect the lungs [\[R\]](#).

Another example is **yogic breathing**. [Yoga](#) is a practice that combines breathing techniques with exercise and meditation [\[R\]](#), [\[R\]](#).

How it helps

Breathing techniques can help manage stress and reduce anxiety, which are common triggers for alcohol use, aiding in the recovery process.

29

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 is a form of cognitive-behavioral therapy that helps individuals accept their thoughts and feelings rather than fighting or feeling guilty for them. This can reduce stress and improve mental resilience, aiding in the process of overcoming addictive behaviors.

30

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

TMS works by using magnetic fields to stimulate nerve cells in the brain involved with mood control and depression, which are often dysregulated in individuals struggling with alcohol addiction. This can help reduce cravings and dependence on alcohol, supporting recovery and lessening the risks associated with alcohol addiction.

31



Biofeedback

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Attend biofeedback sessions once or twice a week for about 8 to 10 weeks. During these sessions, a therapist will guide you through exercises to control different body functions, such as heart rate or muscle tension, using monitors that provide feedback on your physiological state. Practice the techniques learned during sessions at home daily to improve symptoms and manage your condition.

Description

Biofeedback is a type of therapy that teaches people how to control certain body functions, such as heart rate, blood pressure, and muscle tension. It can be used to treat a variety of conditions, including stress, anxiety, and chronic pain.

Biofeedback is a kind of “**brain training**” in which sensors are attached to your body. They detect information like your heart rate, temperature, and breathing rate. By seeing this information, you may be better able to control these functions [\[R\]](#), [\[R\]](#).

Biofeedback is used to help with [\[R\]](#), [\[R\]](#):

- Gut problems
- Chronic pain
- Migraines
- Insomnia
- Attention

[Neurofeedback](#) is a form of biofeedback that measures brain activity in real time [\[R\]](#).

How it helps

Biofeedback helps individuals gain control over physiological functions that are normally involuntary, which can aid in stress reduction and managing the physical symptoms of alcohol withdrawal.

32



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

Family therapy can help address and improve the family dynamics that may contribute to or exacerbate alcohol addiction.

33



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 healthy social activities can provide a sense of community and support, distracting from the urge to drink and fostering a non-alcoholic lifestyle.

34



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 alcohol addiction by teaching you to recognize and change thought patterns that lead to harmful behaviours such as heavy drinking. It can assist in strengthening your self-control and coping skills, aid in resisting temptations, and handling relapse situations.

35



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

The Keto Diet forces the body into a state of ketosis, which can lessen alcohol cravings and impulse-driven behavior related to alcohol addiction. However, it's crucial to note that it's not a cure-all and should be combined with traditional treatment methods.

36

Meditation

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Set aside 10-20 minutes each day in a quiet space without distractions to practice meditation. Focus on your breath or perform guided meditation using an app or audio track.

TYPICAL STARTING DOSE

30 minutes

Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

Meditation is a relaxation technique that trains your mind to focus and redirect your thoughts. Some of the main types of meditation are [\[R\]](#):

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

People use meditation to improve [\[R\]](#), [\[R\]](#):

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

Meditation can enhance mindfulness, reduce stress, improve emotional regulation, and reduce cravings associated with alcohol addiction.

37



Mindfulness-Based Stress Reduction (MBSR)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Enroll in an 8-week MBSR course, which includes a weekly 2.5-hour class, one all-day class after the sixth week, and 45 minutes of daily home practice guided by assignments and instructional recordings.

TYPICAL STARTING DOSE

2 hours

Description

Mindfulness-Based Stress Reduction (MBSR) is a structured program that teaches mindfulness techniques to reduce stress and improve overall mental and emotional health. MBSR has been shown to help individuals cope with chronic pain, anxiety, and other stress-related conditions.

How it helps

MBSR teaches mindfulness meditation practices to help manage stress, which can be a trigger for alcohol use and a barrier to recovery.

38



N-acetylcysteine (NAC)

IMPACT

0 / 5

EVIDENCE

0 / 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
1200 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) acts as an antioxidant and a precursor to glutathione, which can help protect the liver from the harmful effects of alcohol consumption. It can also reduce alcohol cravings and withdrawal symptoms by modulating glutamate levels in the brain.

39



Acetyl-L-Carnitine

IMPACT

0 / 5

EVIDENCE

0 / 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

Acetyl-L-Carnitine, a naturally produced substance in the body, can aid in alcohol addiction by protecting the brain from damage caused by alcohol. It might also help by decreasing cravings and withdrawal symptoms associated with alcohol cessation.

40



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

Practicing mindfulness supports alcohol addiction recovery by helping individuals gain control over their emotions and responses rather than impulsively acting upon urges to drink. By improving awareness of triggers, thoughts, and feelings, it reduces stress levels and the likelihood of relapse.

41



Massage

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Schedule a massage session, ideally with a licensed therapist, for 30-60 minutes, once a week. Choose a type of massage that suits your specific needs, such as Swedish for relaxation or deep tissue for muscle tension.

TYPICAL STARTING DOSE

30 minutes

Description

Massage therapy involves the manipulation of soft tissues to relax muscles, reduce stress, and alleviate pain. It can improve circulation, promote relaxation, and provide relief from various physical and mental health concerns.

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

Reflexology is a type of massage. It involves applying pressure to specific parts of your feet or hands. In theory, by pressing on these areas, you can relieve tension from other parts of the body [\[R\]](#).

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

How it helps

Massage therapy can help those with alcohol addiction by reducing stress and promoting relaxation, which can lessen cravings and provide a healthy coping mechanism. This complements other interventions and therapies, forming a holistic approach to the treatment of alcohol addiction.

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.