



OCA Spring Conference – March 21, 2019

Addiction-Heroin Handout

Functional Medicine is a newer and more holistic way to look at treating people; very often, MDs and other health care professionals such as from the mental health care arena are getting certified in this branch. Dr. Mark Hyman, MD, set up a Functional Medicine department at the Cleveland Clinic.

This is rapidly moving into mainstream medicine, according to Dr. Hyman. See this brief video by Dr. Hyman:
<https://www.youtube.com/watch?v=RZN1dcAIVLE>

See Dr. Hyman's podcast on depression, from [The Doctor's Pharmacy](#).

See also the [Therapy Chat Podcast](#) in which host Laura Reagan, LCSW-C interviewed Dr. Leslie Korn, a Harvard-trained body-oriented psychotherapist, about the Food-Mood Connection.

Recommended Books:

- Challem, J. (2007). *The food-mood solution*. Hoboken, NJ: John Wiley & Sons, Inc.
- Gant, C., & Lewis, G. (2010). *End your addiction now: The proven nutritional supplement program that can set you free*. Garden City Park, NY: Square One Publishers.
- Hartzler, C. (2018). *Learning to love differently: A healing pathway for families of addicts*. Columbus, OH: Self-published. Available on amazon.com in paperback and on kindle.
- Larson, J. M. (1999). *Depression-free: Naturally: 7 weeks to eliminating anxiety, despair, fatigue, and anger from your life*. New York, NY: Random House.
- Ross, J. (2002). *The mood cure: The 4-step program to take charge of your emotions – today*. New York, NY: Penguin group.
- Stitt, B. R. (2004). *Food & behavior: A natural connection* (3rd ed.). Available from Natural Press through amazon.com in paperback and on kindle.
- Thomas, P., & Margulis, J. (2018). *The addiction spectrum: A compassionate, holistic approach to recovery*. New York, NY: HarperCollins Publishers.

Peer-Reviewed Journal Articles:

- Baranyi, A., Amouzadeh-Ghadikolai, O., von Lewinski, D., Rothenhaeusler, H-B, Theodas, S., Robier, C. Mangge, H., Reicht, G., Hlade, P., & Meinitzer, A. (2016). Branch-chain amino acids as new biomarkers of major depression: A novel neurobiology of mood disorder. *PLoS One*, 11(8). E0160542. Doi: 10.1371/journal.pone.0160542
- Jenkins, T. A., Nguyen, J. C. D., Polglaze, K. E., & Bertrand, P. P. (2016, January). Influence of tryptophan and serotonin on mood and cognition with a possible role of the gut-brain axis. *Nutrients*, 8(1). 1-15. doi: 10.3390/nu8010056

Other Publication:

- National Institute on Drug Abuse. (2018, June). What is heroin? Retrieved from <https://www.drugabuse.gov/publications/drugfacts/heroin>