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Beating an Addiction – by a Mile

Nicholas Pollak / February 20, 2012 /

[OP-ED \(http://www.thefrontpageonline.com/category/op-ed\)](http://www.thefrontpageonline.com/category/op-ed)



560|left|Nicholas D. Pollak|remove link|no_popup[/img]I received a call recently from a client who is a heroin addict and wants to stay clean and sober. Even though he had been clean for almost a year, he wanted to use again.

When he asked if hypnosis could help, I told him yes. I would take his case provided he followed certain guidelines. He was extremely grateful, and he showed up sober to his first appointment.

It turns out he had been released a year ago after a 2_-year prison sentence for possessing a large quantity of cocaine with intent to sell. Originally, his desire to sell drugs was to make money, stemming from the fact that his father had been murdered by business partners in Korea after an investment went bad. This killing left my client and his mother destitute. He vowed to do whatever necessary to the two of them.

A Fast Answer

Selling drugs was the quick way.

Since leaving prison, he has found a great job in which he excels. When he felt the urge to do heroin again, he realized he had worked too hard and did not want to lose what he had gained.

He vividly remembered the day he decided to stop drugs. After being sentenced to jail, he was waiting in his cell when he saw a flash of light that changed his life forever. He believed at that instant he had seen God, who redirected his path. Many addicts have said that there is a point when they wake up to being sick and tired of being sick and tired. At the bottom of their lives, they had a choice to make: Stay or work their way out. Thankfully, my client he chose the latter.

The worst part of his addiction was the sweats after he had used. They lasted two to three days.

There was no doubt in my mind he was sincere in wanting to quit. I took the case because of his sincerity. In too many cases with addicts, their apparent sincerity and desire to be sober is lip service. Generally, the addict knows it. This time, something about him told me he would be successful.

As we talked, it became clear to me the nature of his problem was easily solved. He had become complacent. Every day he went to work the same way, did the same thing at work, acted the same way. He was bored. He was not exercising and only eating junk food. Complacency was leading him back to drugs. He wanted to feel, and drugs gave him that feeling.

I had cautioned him that unless he followed my program, he would be done. He was to get out of bed an hour early every day, run and walk fast as he could for 45 minutes. I gave him a diet rich in protein. He should eat small amounts every two hours. He was to drive to work a different way every day. He also should prepare meals the night before so that when he was at work he had no excuse not to eat because he had his food with him.

Why Do It This Way

My reasoning was, by exercising he would feel. By eating protein rich foods he would maintain a steady blood sugar level, keeping his higher functioning, critical thinking levels nourished while reducing moodiness and impulse before eliminating them. By taking a different route each day, he had to think how he was going to get there.

Following these guidelines while attending Narcotics Anonymous for additional support and his hypnotherapy sessions, his desire to use melted. Once he had to start thinking again, working out and physically feeling again, his whole attitude changed.

If you have any questions please do not hesitate to contact me by telephone, 310.204.3321, or by email at nickpollak@hypnotherapy4you.net (mailto:nickpollak@hypnotherapy4you.net). See my website at www.hypnotherapy4you.net (<http://www.hypnotherapy4you.net>)



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