

Field Representative News

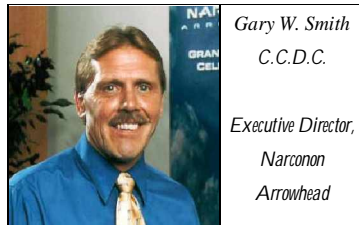
The Life Cycle & Mechanics of Addiction By Gary W. Smith, C.C.D.C.

Volume 5

Special points of interest:

- The fourth installment of The Life Cycle and Mechanics of Addiction, written by Gary W. Smith, C.C.D.C., Executive Director, Narconon Arrowhead. With an explanation of why an addict can stay in a downward spiral of drug addiction.
- Two success stories from staff members of Narconon Arrowhead.
- The question of the month. Where is your program and will I have to go there?
- The Narconon First Step Program Book 2: The Communication Skills Book. You can't effectively communicate if you can't confront another person. Learn how to master confronting a person and other valuable communication skills.

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Part IV

Cravings, depression and guilt make up the harness that keeps an addict in the downward spiral of drug addiction. In almost all cases these symptoms are generated after a long term of substance abuse.

So then what is the best approach to tear down these barriers to successful recovery? Remember cravings are the first barrier to recovery. These are caused by drug or alcohol residues that store primarily in body fat in the form of metabolites. And as mentioned in an earlier article, metabolites are the byproduct of the body trying to digest and breakdown the toxin once ingested into the system. These metabolites are connected to memories the addict has of the time and experience associated with ingestion of the chemical. These metabolites will activate at times when the addict's metabolism increases. Once the metabolite activates, an uncontrollable urge to use more drugs overcomes the addict. The active metabolite triggers or reminds the addict at a physical and mental level of drug use.

There are a number of methods that are being used today to address the fat storage aspect of drugs. Some include intravenous ascorbic acid (Vitamin C) treatments, another is fasting. More and more we are seeing the emphasis being shifted to holistic treatments as a significant component of substance abuse treatment planning. One of the most effective means of ridding the body of drug metabolites has proven to be the use of aerobic exercise combined with a nutritional program that utilizes Vitamin B3 (niacin) and extended periods of sweating in a dry sauna. This detoxification method was researched and developed by L. Ron

Hubbard in 1978 and has helped increase the rate of recovery by eliminating the physical triggers that create drug cravings. It is this process, called The New Life Detoxification Program, that is utilized at the Narconon Arrowhead drug and alcohol rehabilitation program.

Depression is another one of the barriers to recovery. The depression an addict experiences is two-fold. There is a chemical imbalance that drug and alcohol abuse creates in the body. Drug and alcohol abuse inhibits the production of natural body chemicals and in some cases replaces them. This impacts the natural reward system that encourages our physical well being or eliminates pain after an injury. This bio-physical aspect of the chemical imbalance present in drug abusers is driven by nutritional deficiencies that occur when someone uses drugs or alcohol on a regular basis. In most cases the emotional depression that an addict experiences follows after a person comes off drugs or alcohol, not before. This is because of the declining quality of life an addict experiences and a decayed state of health. In most cases an addict has alienated themselves from family members and loved ones. There is often criminal behavior that comes about from the need for money to purchase drugs. Depending on the degree and type of drug abuse, addicts frequently find themselves in trouble with the law. Addicts don't want these situations to occur but cannot control the circumstances in their lives. As broken relationships or legal problems develop, the addict feels down or bad about these situations and will display characteristics of depression or lethargy.

Remember that all addicts are basically good people before the addiction begins. They start encountering problems brought on by their addiction. Then they get involved in the arduous task of trying to hide or cover up the deeds that led to these problems. At this point they begin to feel guilty. This guilt then causes the addict to withdraw

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Narconon Arrowhead Success Story

"To love and care for anything or anybody, you have to care for yourself."



Greg Littlewalker

Before Narconon I was a street person, a lonely person. I had given up on life at that point, wandering off from town to town. At one point in my drunk life I had a vision of my grandfather (a holy man), who told me that everything in my life was going to change.

I know that for 32 years I have been drugged, drunk, call it what you will. But, now that I have finished the Narconon program, I know what my grandfather was trying to teach me about life. To love and care for anything or anybody, you have to care for yourself. And today, I can honestly tell you that I love you and don't have to know you. For I am comfortable in my skin and fear has nothing to do with my life anymore. And I owe all of this to the people at Narconon, to Mr. Hubbard for his technology, and to my grandfather.

I am now a staff member and will continue to be one as long as I am granted the privilege. And I will continue my work here and love unconditionally every day of my life.

Greg Littlewalker
Sauna Supervisor
Narconon Arrowhead



Eric Tenorio

"The mental and physical cravings that are associated with recovery from heroin addiction are gone."

Before Narconon I had been using about \$100 worth of heroin a day. I had also been doing everything associated with getting \$100 dollars a day. I knew I had to make changes in my life or one of two things was going to happen: death or jail. Then I made the decision to live my life without drugs. I went to Narconon Chilocco the very same day.

The program changed my life forever. The mental and physical cravings that are associated with recovery from heroin addiction are gone. I am no longer trapped in the dwindling spiral of addiction. I saw that Mr. Hubbard's drug rehabilitation technology worked and that society needs something done about this problem, so I decided to stay and train.

The training has also changed me forever. I am now able to deliver all parts of this program to people. This not only helps them, but me too. My ability to handle life is at a point I never even dreamed possible.

Eric Tenorio
Deputy/Qualifications
Supervisor
Narconon Arrowhead

Life Cycle & Mechanics of Addiction Continued from page 1



*"All the happiness you ever find lies in you."
-L. Ron Hubbard
A New Start on Life*

from family, loved ones and friends or they will become antagonistic towards those close to them who do not abuse drugs or alcohol. This anti-social behavior is a direct result of his or her wrong doings and dishonest life style.

In order to remove these barriers to successful recovery, addicts must experience a positive change in moral value. They must get honest, which is probably the toughest part of recovery. As a general rule, people do not enjoy admitting their wrongs. This process is particularly difficult for the person

who is addicted. However, the age-old basic premise of effective counseling still holds true, "confession is good for the soul." This is certainly true in remedying drug or alcohol addiction. If an addicted person can confess honestly their sins and can make up the damage that was done by committing these sins, he will experience tremendous relief. They will not feel guilty any longer and will be able to better calculate how to improve their quality of life.

By Gary W. Smith, C.C.D.C.

Question of the Month

This month's most commonly asked field representative question is: "Where is the program and will I have to go there?"

Staff Answer: Well there are multiple Narconon drug rehabilitation programs all around the world but Narconon Arrowhead, located in Southeastern Oklahoma, is the premier facility in the network. We are the largest of these facilities. Ask the prospective student and their family where they are located and let them know that we have multiple people at Narconon Arrowhead from their area. At this point you would want to start a presentation about the Narconon Arrowhead facility and point out different key factors about our facility.

Win of the Month

"I finally have control of my finances and am moving ahead instead of backwards. I am also in a position now to get married to the love of my life, and we are going to be married within a year!"

"I have been clean for 11 months and counting. I am happy to continue correspondence with Narconon Arrowhead and to represent such a great organization. I am interested to see what else I can do to promote the life changing experiences Narconon Arrowhead can provide.

Richard Tholkes

That is great Richard!

Throughout your experiences as a field representative you are going to have wins. Your wins not only make you feel good, but make others who you share those wins with feel good also. If you have a win that you would like to share, please mail it to:

DannaSue Kelley, Field Rep I/C
Narconon Arrowhead
HC 67 Box 5
Canadian, OK 74425

Successful Field Representative Activities

Contact and communication with people who are looking for rehabilitation services is vital to the survival of any Field Rep. You must make contacts with the public. As with any activity the field representative needs to have confidence with whomever they speak to, that the service they are recommending works and is valuable. The individual also needs to remember that he is communicating and attempting to get others to communicate with Narconon Arrowhead. You should have a business card with an available phone number and the best times to reach you. There are numerous services in every city that see the damage of drugs and would be a possible referral source. Therefore, the first action would be to let them know who you are and what you are doing.

This is the fifth installment of a series of helpful suggestions that will be provided to you.

Suggestion Number 5: Methadone Clinics.

Methadone is a synthetic narcotic drug similar in its painkilling effect to morphine and often prescribed as a substitute for heroin.

Many heroin addicts have gone to a methadone clinic at one time or another for treatment. Be aware that due to serious withdrawal effects from Methadone, medical detoxification may be needed. Get into communication with the administrative personnel and let them know the services you can provide. Call them on a regular basis to see if they have anyone that they would like to refer to you. Provide the clinic with your information and let them know that you represent a long term drug rehabilitation program located in Oklahoma that has an excellent success rate. Take the counselor a few of your business cards and 5-10 of the Narconon Arrowhead tri-fold color brochures to have on hand.

Books and Videos

Narconon Arrowhead has a wide variety of books and videos that can provide you with valuable information when working in the field. This week's featured item from the Narconon Arrowhead bookstore is:

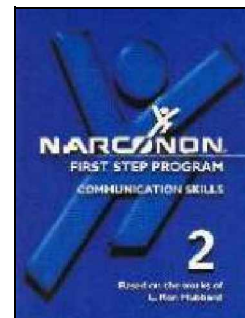
[The Narconon First Step Program Book 2:](#)
[The Communication Skills Book.](#)

The Narconon First Step Program Book 2, The Communication Skills book is intended for use in real life. Problems get worse because a person can't confront them. Upsets occur between people because they don't understand each other. Communication

can't take place unless the people doing it confront each other. The good news is that the ability to confront can be learned, drilled, and mastered. This book shows you how to master confronting and other communication skills!

The Narconon First Step Program Book2, The Communication Skills Book is being offered at the low price of \$19.95 plus shipping and handling.

For ordering information please contact:
DannaSue Kelley
Phone: 1-918-339-5877.





*Drug Rehabilitation and Education Services
HC 67 Box 5
Canadian, OK 74425-9700*

*Phone: 1-800-468-6933
Phone: 1-918-339-5800*

www.stopaddiction.com

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Delivering a new, proven approach to Drug Rehabilitation and Prevention.

Become a Narconon Arrowhead Field Representative

Narconon Arrowhead is always looking for drug-free people to represent us in all parts of the world. We can provide full training and help you save people's lives in your area. For more information, please call DannaSue Kelley at 1-918-339-5877

I want to be a Field Representative
for Narconon Arrowhead!
Please send me more information.

Name: _____
Address: _____
City: _____
State/Zip: _____

Please mail completed form to:
Narconon Arrowhead
Attn: Field Rep In Charge
HC 67 Box 5
Canadian, OK 74425