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General Comment

To anyone truly interested in improving addictions treatment:

I have been using neurofeedback and/or CES (cranial electrotherapy stimulation) in combination with visualizations of new behaviors to treat addictions and am having tremendous success. Even long term poly substance abusers are having success in maintaining their sobriety - but they are doing this so that they can move more effectively toward their long term, life goals (that they are visualizing multiple times each day).

This treatment strategy is based on the finding of Elmer Green and Steve Fahrion at Meningen Clinic in the early 90's. It was extremely effective then and continues to be the most effective treatment currently available. I have used it successfully for many different addictions (food, alcohol, amphetamines, marijuana, cocaine, benzodiazepines, etc.) and it is very effective and reliable.

Neurofeedback (brainwave biofeedback) and CES (microcurrent passed between earclips on the earlobes) are clearly not traditional pharmaceutical or 12 step programs and traditional medicine. But gradually the efficacies of these treatments are leading to some wider acceptance.

Big Pharma, however, will fight these methods - because they are also effective for depression, ADD, anxiety, fibromyalgia, pain, insomnia, PTSD, and the whole variety of other presentations that are exacerbated by anxiety.

Big Pharma is still 'taking everyone's lunch money' and will aggressively fight treatments that do not come in a prescription bottle.

Help put this 'bully' in its place - vote for the increased availability of these new and effective treatments for addiction!

