

about salt and blood pressure, we suggest that you use potassium chloride. Most grocery stores carry this as a salt substitute.

The answer to this problem is not simply chemical however. You cannot take a pill and have stress go away. It changes your perception, changes the way that you feel but does not address the underlying cause which is/are the problem/s of life which lead to the initial reduction of your natural chemistry. It is true, however, that in order to win the war against benzo's you must make peace with your biochemistry. Neu-Relieve will assist with this.

The Second Front of the attack on this dependency: Each person suffering from this problem must learn and utilize daily a problem solving technique to deal with the "stressors" in their lives. There are three main stressors in life today: (1) money problems, (2) job problems and (3) relationship problems. The trauma of any or all of these issues will continue to deplete GABA and the supporting calming chemistry enkephalin. A good way to deal with many problems is to solve each one of them separately. A useful problem solving technique follows:

1. What is the problem?
2. Exactly what is causing the problem?
3. What are three alternative solutions for the problem and the possible consequences of each?
4. Choose one alternative and try it for a period of time (about a month.)
5. If it works, keep on doing it. If it doesn't work, choose another alternative.

An Example:

1. What is the problem? The problem is that there are too many bills for the money that is available.
2. Exactly what is causing the problem? Too many credit card bills, not enough salary for all the bills.
3. Three alternatives:
 - a. Put away the credit cards. Contact creditors and make arrangements for payment. Consequence: Not going further in debt; developing a plan to pay the bills. Reduced stress.
 - b. Get a second job. Consequence: more money to pay on bills.
 - c. Do nothing different. Consequence: More stress, more panic, more debt, more problems.
4. Choose one: your decision!

You will be unable to get off tranquilizers and be comfortable if all you attempt is to taper and take pills. You must take charge of your life one issue at a time. If you do not, it will only get worse. Structure and discipline

are your allies.

Facts are friendly. Do not avoid information. Get it, *deal with it*, conquer the problem, and anxiety goes away.

The Third Front: When and what do you eat: It is common for persons using benzo's to have little or no appetite. When in some stage or phase of withdrawal and adrenaline is pumping and anxiety is high, you have no appetite. (Survival says do not stop to eat when threatened - run or fight).

You must consume enough food for your body to be able to repair its damaged systems. This is no time to "diet". Eat small portions of quality food several times during the day. Avoid caffeine, chocolate, cola drinks (diet or regular) and refined sugar. These substances will add to adrenaline or quickly boost blood sugar which will produce anxiety. For ease of falling asleep we suggest you drink low fat milk or eat cheese and fruit (any fruit such as apple or grapes will do) before bed to gain the nutrient tryptophan. Use common sense, take care of yourself and you will recover just fine. Many have done so with complete success.

Continue the use of Neu-Relieve daily, up to six per day. If it seems necessary for a larger dose, it is safe to do so. It is interesting to note that as you use a drug such as a benzo, over a period of time the body develops tolerance to the drug and the desired effect diminishes, requiring increased dosage.

Tolerance does not occur with amino acid adjuncts to recovery, such as Neu-Relieve, as they are in fact just concentrated highly nutritional food, giving your brain and body the "raw materials" needed by your "manufacturing" cells.

We suggest you use the supplement Neu-Relieve for at least 30 days after your last benzo use, just as you did while tapering. Continued use may be helpful for continuing the repair process and keeping withdrawal problems to a minimum until you are free of symptoms.

Conclusion:

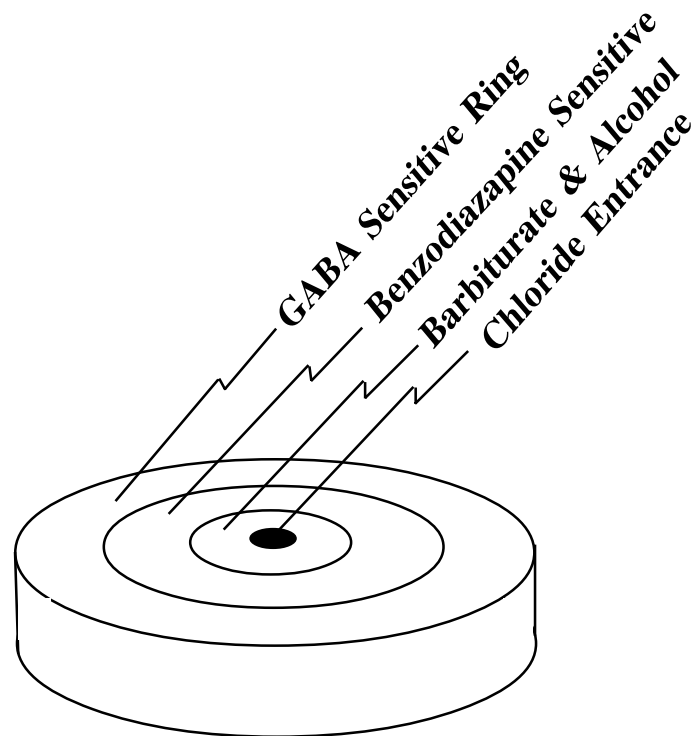
You must win this War on all three Fronts: repairing GABA, dealing with the problems, and eating well. There is no other way to be really successful: Again! Taper down your tranquilizer use, and take your supplement. (Neu-Relieve has the building blocks for GABA, Enkephalin, and Serotonin,) problem solve your issues, and eat in a healthy manner.

You *can* do it, *just do it*. Ask yourself if you would like a normal life, with normal issues and normal solutions. If so, then JUST DO IT.

You will also find that helping your friends with problem solving solutions will help you with yours. Remember, *practice makes perfect*.



'BATTLING THE BENZO'S'



Understanding this terrible dependency, protracted withdrawal, and successful freedom from the use of benzodiazepines (tranquilizers) is best understood if approached from several fronts.

The First Front: How a dependency develops. Every thought, every feeling, every action we as humans experience requires the interaction of various neurotransmitter systems within our brains. Neurotransmitters are chemicals which interact with receptors in our brains to produce these thoughts, feelings and actions. In the case of tranquilizer drugs there are four neurotransmitters which are important to understand.

This is neither a complete list of neurotransmitters nor of their functions.

Neurotransmitter	Function In	Deficiencies Result In
GABA Enkephalin	Maintaining calm Positive self concept, internal calm	Anxiety, panic, racing mind, fast heart rate, etc. Low self esteem, feelings of inadequacy
Serotonin Norepinephrine	Emotional stability Energy, excitement, alert	Irritability, sleep problems Lack of energy, depression

However, it can serve as a foundation for understanding what has happened to you and why it is so difficult to "just stop" the use of tranquilizers.

The most important neurotransmitter in this issue is GABA. It keeps things on an even keel, maintains calm, allows rational thoughts and feelings and keeps you in balance. Picture, now, a doughnut made up of three rings surrounding the center hole or channel (see figure on page 1) This is how a GABA receptor complex looks through a microscope. Receptors for GABA are arranged in the outer ring of the doughnut. When GABA binds (hooks onto) these specific receptors it "tightens" the GABA sensitive ring and enlarges the hole. This allows chloride (see figure on page 1) to enter the cell through the hole. It is this chloride which slows down firings, slows down thoughts and allows calm feelings.

In the second ring, which is inside the GABA sensitive ring, are receptors which attract and attach benzodiazepines. When these drugs attach to the receptors they ASSIST GABA in opening the hole and letting chloride in, slowing things down.

Further in, located in a ring adjacent to the channel (hole), are receptors which attach barbiturates, (see figure on page 1) such as phenobarbital and seconal. The alcohol molecule from beer, wine or liquor also attaches at these same receptors, which is one reason to NEVER drink alcohol and take tranquilizers.

What we are concerned with in this writing are the GABA receptors and the next row of receptors utilized by benzodiazepines. When benzo's are used to assist GABA there is less need for large amounts of GABA to be present and, consequently, the brain reduces the available GABA. The brain is not wasteful, it will not make what it does not appear to need. Brain chemistry has NO value system. Brain chemistry does not know right from wrong or good from bad. It only knows chemistry. However, our thought processes *are* based upon available brain chemistry. And thus, in the final analysis, poor brain chemistry results in poor value systems.

Over a period of a few weeks using benzo's your GABA is reduced to the point that you MUST use a drug to activate secondary sites, and assist the GABA in opening the chloride channels. As more and more GABA is

depleted you must use more benzo's and so on. This is dependency. You have become dependent on a drug to produce a function of life. If you try to stop the use of the benzo you have no way to open the chloride channels and slow down the firing of adrenaline throughout your body. Everything races, everything is a threat, You are now in a constant state of flight or fight. With no GABA, there you can be neither calm nor sleep because your brain won't "turn off". Under these circumstances, thought becomes negative and threatening, and with constant anxiety, leads to panic.

Scientists working at NeuroGenesis in the 1980s discovered that stress dramatically reduces GABA. Stress also reduces Enkephalin (see chart) and Serotonin. In fact, in just 30 minutes time laboratory animals placed under stress experienced a 50% loss of GABA and Enkephalin. If these lab animals had sought a physician at the time they would have been given a benzodiazepine to "relieve the stress". As we have described, however, this drug would worsen the problem of GABA availability. Now GABA is not only threatened by stress (trauma) but by a drug which uses secondary receptors and further reduces available GABA. The animals would have become addicted to (dependent upon) benzo's. When the benzo would have been stopped the animals would have become "berserk" with activity and flight or fight would have become their life until they died of a heart attack or stroke.

Tapering off of the drug is very necessary. That is, it is important to slowly reduce the use of benzo so as not to overstimulate the sympathetic nervous system (adrenal system) and cause potential life threatening events. **It is thus obvious that tapering off the drug should be monitored by your prescribing physician.**

However, tapering does not do enough for the repair of the damaged GABA system. This is why the scientists at NeuroGenesis became determined to develop a supplement which would help build GABA and the supporting chemistries of Enkephalin and Serotonin. Neu-Relieve does this.

The GABA system also requires the presence of sufficient chloride in the blood stream in order to efficiently reduce anxiety. Salt (sodium chloride) is the obvious source of chloride molecules. If you are concerned