

Planning for Success

The First Steps To Recovery Hope~Healing~Health



A Self-help Booklet for Program Participants and Support Persons

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Letter from the Author

When I began to compile the information in this resource, it was intended to serve as a journal of tips and reminders for me. As a Truehope Program Participant, I have found that I often need to refresh my memory about what factors serve to benefit my maintenance on the supplement program. I also need regular reminders about what factors serve to sabotage my maintenance and general health.

As the booklet developed, I found myself wishing that I had had access to this information at the very beginning of my Truehope experience – dating back to 1996. I am confident that if I had used this resource from the very beginning, my road to recovery would have been smoother and a lot easier to traverse.

During the final stages of development, many other long-term Truehope Participants contributed to the information herein. The collection of information has come from a culmination of many hard lessons learned as we have discovered the intricacies of healing and maintenance on the Truehope Program.

I recognize that many of you are suffering terribly and that working through this information before you start the Truehope Supplement program will be difficult. Perhaps the obstacles of Protracted Withdrawal, Adverse Drug Reaction, and Effective Maintenance may seem overwhelming right now. Please trust that it is worth anything that you must endure to be well. Know that others have gone before you and have overcome the obstacles of healing and are living the life of stability and normalcy and joy that you are seeking.

I hope that this resource will be one that you treasure as a self- help support manual and guide.

Sincerely,

Autumn D. Stringam

THE TRUEHOPE MISSION

The Truehope Program is based on three principles of recovery: ***Hope, Healing,*** and ultimately, ***Health.***

HOPE: We hope that *all* who seek may find a restoration of that which is lost through CNS disorder. Hope for success is the first step to recovering as other successful participants have done. We offer an alternative to despair.

HEALING: Coming to a full recovery of health through the application of natural law, common sense, education, and support.

HEALTH: Learning to maintain restored health through lifestyle, peer support and personal intuition. Breaking the pattern of illness in our families by providing our newfound knowledge to our children and planting health and strength in the generations to come.

Introduction

This booklet has been designed for you by long-term, fully recovered, Truehope Program Participants. We have sought to provide a self-help booklet that will serve new participants with clear answers to questions and important support information. *The information here is based solely on our collective experiences and recoveries and is not intended as medical advice.*

Completing this workbook will help you take ownership of the process of your healing and eventual recovery. You are more likely to succeed on the Truehope Program if you have a dedicated support person on whom you can rely for emotional support. This workbook was designed for you *and* your personal support person.

At Truehope, we want you to be successful. Follow the program carefully. Be aware of your limiting factors and potential obstacles, and set up your support team. We hope that you will find this process simple to follow. We feel confident that by working through this information **before you begin taking EMPowerplus**, you will be able to avoid many of the difficulties that we have faced in helping past participants through the recovery process.

PLANNING FOR SUCCESS PROGRESS CHART

	TASK	REFERENCE	DATE ACCOMPLISHED
1	Step One: Understanding the Truehope Support System	Page 2	
2	Step Two: Identify Team of Support	Page 3	
3	Step Three: Understanding Your Current Medications	Page 5	
4	Step Four: Understanding and Identifying Possible Limiting Factors	Page 8	
5	Additional Information and Notes	Pages 9	

STEP ONE: UNDERSTANDING THE TRUEHOPE SUPPORT SYSTEM

The Truehope Support System is a resource that is unique to the Truehope Program. When we receive your telephone call or registration form through our website, a member of our trained support staff will contact you to review the information you've provided and to go over any questions you may have about our program or EMPowerplus.

Our call centre provides support for those transitioning to EMPowerplus and we are here to answer any questions you may have along the way. We have also established a comprehensive participant self-help website as a resource for you. Call us if you have any questions, but most importantly call us if you feel;

1. an increase or decrease in symptoms
2. side effects from medications
3. an over medicated, drugged, or groggy feeling

In addition to your health care provider, our support staff has been trained to help you in the following specific ways.

All Truehope support staff have:

- Access to answers about the supplement including dosage, possible limiting factors, etc.
- Information and resources to help you understand the medications you may be taking.
- Ability to view and analyze the symptoms that you recorded, helping you recognize and understand the reasons for changes in your SEF data.
- Answers to health maintenance questions and tips for improved success with EMPowerplus.
- Ability to provide you with accurate information about every aspect of the Truehope Program.

Note: Although we understand some of the difficulties and struggles you may be experiencing; our Truehope Assistants have **not** been trained in personal or family counseling, psychotherapy or medicine. If you require assistance in areas that are outside of our range of training, we will direct you to other available resources for support.

Participant Support Website

Our participant support website, www.mytruehope.net, has been established to help you get the most out of the Truehope Program and EMPowerplus. In addition to many self-help informational resources, we have provided simple, easy-to-use online Symptom Evaluation Forms (SEF) and Progress Charts. You can track your progress on EMPowerplus by using these forms. Successful Truehope Participants tell us the SEF is the best way to see the ups and downs of recovery. It helps everyone who uses it to take a step back and notice the factors that effect recovery and maintenance. SEF

users recover faster and generally report greater success than those who choose not to use the SEF.

The Progress Charts (generated from your SEF data) allow you to see the improvement in your symptoms day by day in an easy-to-understand visual format. Together, the SEF and the Progress Charts measure your Truehope-EMPowerplus experience. It's exciting to be able to watch your own progress!

Your daily SEF also gives our trained support staff the information they need to offer recommendation as you move through your recovery.

We realize that starting something new can sometimes be challenging. Our support staff are trained to help you with the use of EMPowerplus. They will guide you through the self-help website and assist you in your recovery by making recommendations to help you recover faster. Feel free to go through every part of www.mytruehope.net in an effort to become familiar with its resources. If you have questions or comments, please feel free to contact us.

STEP TWO: IDENTIFYING YOUR PERSONAL TEAM OF SUPPORT

2.0 Available Support Resources

It may be helpful to list your sources for Personal Support, Program Support, and Crisis Support. **Personal Support** may include: family members, friends, clergy, etc. **Program Support** may include: doctor and / or Truehope Assistant. **Crisis Support** in your community may include Community Nursing, Help Lines, 911, etc.

2.1 Sources of Personal Support

We have identified two steps in recovery. **Step One:** The primary healing is becoming stable. **Step Two:** Most participants go through phases of healing that are more than just physical. If you have been sick for many years, it is likely that you have developed behavioral patterns in your personal and family relationships that will make you unhappy or uncomfortable as you become physically well. Many successful participants have drawn on community, family, and religious resources to support them through these changes. *We encourage you to designate a Personal Support Person to help you along the way to recovery.*

Example: "When I was sick, I was often manic and very anxious. It was normal for me to be quick to smack my son when he acted out badly. After a couple of months on the Truehope Program I started feeling really uncomfortable with the pattern that my son and I had developed. At first I thought that if I was really well, I just wouldn't hit him anymore – but after talking to my support person, I realized that the problem was not physical, rather it was behavioral. I sought some personal counseling through my church. Talking it out with an impartial counselor helped me find some new strategies for dealing with my son. It took a few months, but after a bit of practice, my son stopped acting out as badly, and I started dealing with him in a more acceptable way. Both of us enjoy a calmer home and a kinder relationship!"

Ask yourself this question “Who can I depend on for help when I need it most?”

Use the chart at the end of section 2 to organize your list of people whom you can count on for support.

Other sources of *non-personal* support and information are available through the Truehope Program such as: the online symptom evaluation forms (SEF’s) with real time tracking, participant-only chat and message boards, information package for doctors, other successful participant stories, “EMPowerplus Nutrient Profile”, “Evaluating Psychiatric Care”, and “A Pattern of Healing” support booklet. Please let us know if you are interested in these additional resources and we will help you get what you need. These documents are also available for viewing or download on www.mytruehope.net.

What can I offer to the Truehope support staff that helps them help me? (Example: Honest personal evaluation, consistent compliance with our support system protocols including daily symptom evaluation (SEF system), contact with doctor indicating your needs and desire for his assistance in medication evaluation and reduction, etc.)

2.3 Crisis Support

There may be times when what you are facing is more than what your support network can effectively help you with. If the symptoms or emotions that you feel are leading you to harm yourself or others, then emergency medical services need to be contacted. Contacting 911 services in your area is something that your Truehope Support person can assist you with if needed.

This chart is to help you organize your support contacts

PERSONAL & PROGRAM SUPPORT CONTACTS			
	Name	Address	Phone
1			
2			
3			
4			
5			
6			

STEP THREE: RESEARCH YOUR CURRENT OR PREVIOUS MEDICATIONS

Use this section to research each medication you are currently taking for a CNS Disorder or for any other medical conditions. For each medication, answer each of the seven questions below to determine what possible obstacles you may need to overcome after you begin the Truehope Program. Good sources of drug information can be found at www.rxlist.com, www.mentalhealth.com, or from your pharmacist (ask for the full monograph). Completing this step will assist you and your personal support people in identifying *Adverse Drug Reactions*, *Initial Withdrawal*, *Protracted Withdrawal*, and *Drug Flashbacks* (see the “Definitions” section of this booklet).

Note: If you are *not currently medicated*, but have been in the past, you may only need to answer questions 1 to 3 to learn about the possibility (if any) for drug flashbacks or protracted withdrawal.

For each medication;

1. According to the manufacturer’s information, what is the name of this drug, what family of medication does this drug belong to?
2. What are the common and uncommon side effects of using this drug?
3. What side effects have I experienced?
4. What are the signs of overmedication or over dose of this drug?
5. What are the signs of withdrawal?
6. How does the manufacturer recommend that this drug be reduced and eliminated?
7. Does this drug have the potential to create protracted withdrawal (i.e. antipsychotics, benzodiazepines, etc.)?

Drug No. 1 _____

Drug No. 2 _____

Drug No. 3 _____

Drug No. 4 _____

Drug No. 5 _____

Drug No. 6 _____

CONFLICTS WITH MEDICATIONS

If you are taking a prescribed medication from your medical practitioner, we encourage you to complete Step Three of this workbook and consult with your attending physician. Our staff can offer you information based on other participants' successes and failures on the program. We have learned, from our research and experience, that psychotropic medications should be systematically reduced as EMPowerplus begins to work. You may be referred back to your doctor if the symptoms of drug flashback, withdrawal and / or protracted withdrawal become severe (Please see the points 1, 2, and 3 in Definitions/Terms pg. 10). Our support staff members are not physicians or pharmacists and have not been trained in prescribing medication.

The following medications are currently designated by us as 'Red Flag' due to the fact that many of our program participants in the past have experienced various degrees of withdrawal, discontinuation, or protracted effects. In general, these medications are short acting or have a short half-life. The Quick Start Guide provides an overview for working with these medications on the Truehope Program.

Red Flag Medication List

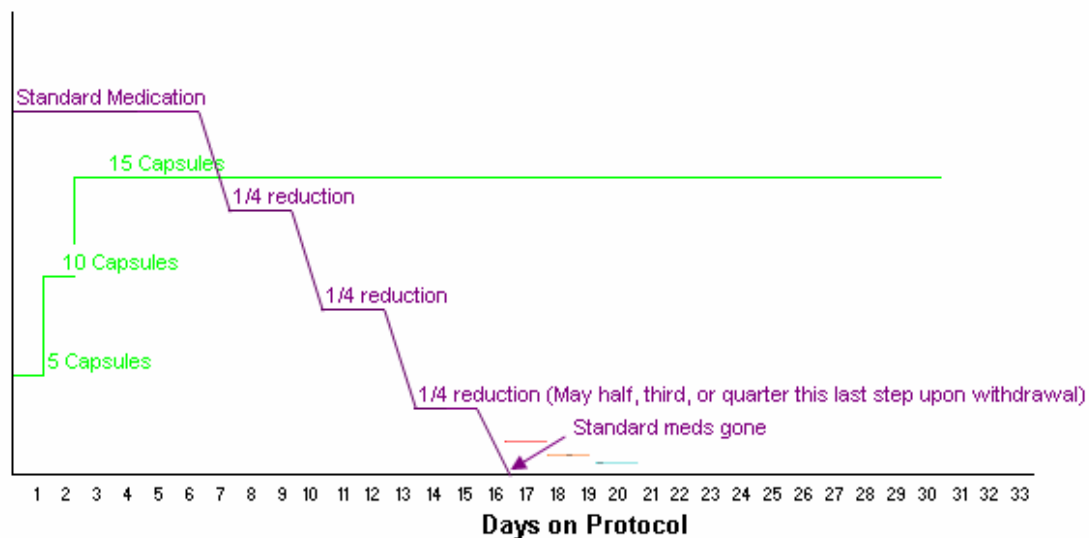
Abilify (Aripiprazole)	Libritabs	Temazepam (Restoril)
Alprazolam (Xanax)	Librium*(Chlordiazepoxide)	T-Quil (Diazepam)
Ativan (Lorazepam)	Lorazepam (Ativan)	Tranxene (Clorazepate)
Centrax (Prazepam)	Lunesta (Eszopiclone)	Trazodone (Desyrel)
Chlordiazepoxide (Librium)	Mogadon (Nitrazepam)	Triazolam (Halcion)
Clonazepam (Klonopin)	Nitrazepam (Mogadon)	Valium* (Diazepam)
Clorazepate (Tranxene)	Opiates	Venlafaxine (Effexor)
Dalmane (Flurazepam)	Orap (Pimozide)	Xanax (Alprazolam)
Desyrel (Trazodone)	Oxazepam (Serax)	Zopiclone (Imovane)
Diazepam (Valium)	Paxipam (Halazepam)	Triple Prescription Pain
Doral (Quazepam)	Prazepam (Centrax)	Killers such as;
Effexor (Venlafaxine)	Pimozide (Orap)	• Fiorinal
Estazolam (ProSom)	Prosom (Estazolam)	• Codeine
Eszopiclone (Lunesta)	Quazepam (Doral)	• Percocet
Flunitrazepam (Rohypnol)	Quetiapine (Seroquel)	• Percodan
Flurazepam (Dalmane)	Restoril (Temazepam)	
Halazepam (Paxipam)	Rivotril (Clonazepam)	
Halcion (Triazolam)	Rohypnol (Flunitrazepam)	
Imovane (Zopiclone)	Serax (Oxazepam)	
Klonopin (Clonazepam)	Seroquel (Quetiapine)	

* Long acting benzodiazepines, such as Librium or Valium, can be used in favor of the short acting variety.

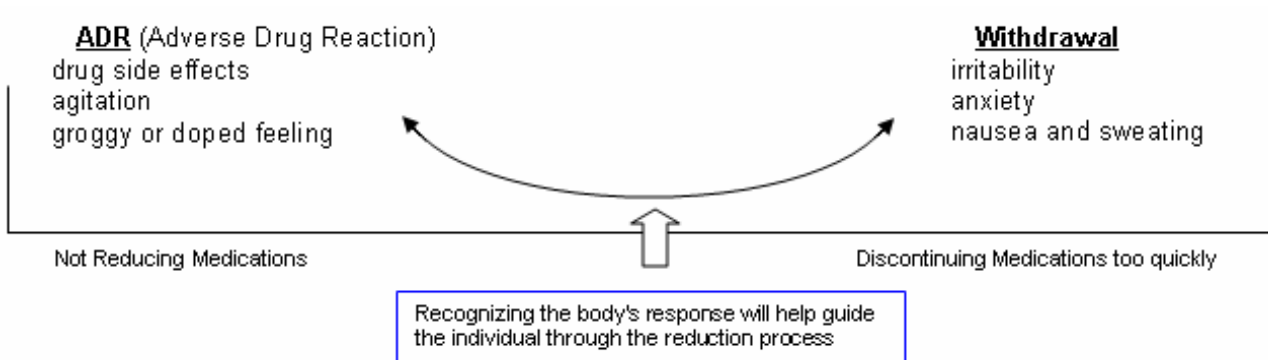
Please feel free to contact Truehope with any questions or concerns you may have.

Suggested Medication Reduction Chart

Based on nine years of observing participant initiated medication reductions on the Truehope Support Program.



Common Symptoms of ADR and Protracted Withdrawal



Call us if you feel;

1. an increase or decrease in symptoms
2. side effects from medications
3. an over medicated, drugged, or groggy feeling

STEP FOUR: POSSIBLE LIMITING FACTORS

Each of the following Possible Limiting Factors may have a negative effect on the potential success of the program. However, the degree of effect may differ dramatically from one participant to the next. If one or more factors apply to you, it does not necessarily mean that you will not be successful on the Truehope Program. However, being aware of, and working to eliminate these factors, will ensure a faster response to EMPowerplus and may likely mean a lower maintenance dose of EMPowerplus in the future. For support and suggestions for help, discuss the limiting factors with one of our Truehope Assistants.

P	Use the list below to check off any Limiting Factors that apply to you
	Dehydration, not drinking sufficient water each day (eight cups)
	Use of street drugs including marijuana, hash, cocaine and all other like substances
	Continued use of central nervous system altering medication
	Current use of oral antibiotics
	History of overuse of oral antibiotics
	Use of coffee or tea including Chinese green tea (Herbal teas are allowed as long as they are caffeine free and not mood altering) and other substances containing caffeine

Use of mood altering herbs (Ginseng, St. John's Wort etc.)
Use of alcohol
Use of tobacco
Systemic yeast infection or Candida
Known parasitic infection or history of such infection
Flu & other transient illnesses
Immunizations
Hormone Replacement Therapy (HRT) and or Birth Control
Fad Diets
Use of previous medications which may have the potential to cause protracted withdrawal
Over-consumption of refined foods like white sugar, white flour, soda pop and "junk" food
Weight gained while using prescribed CNS altering medication or street drugs
Disease of the bowel
Persistent loose or watery stools
Persistent constipation
Irritable Bowel Syndrome (IBS)
Use of laxatives
Lack of regular meals
Irregular / insufficient sleep
Use of antacid medication (Zantac, Prilosec, Tagamet)
Additional mineral products
Surgery or Dental work (exposure to anesthesia)
Rapid Weight Loss
Exercise

1. What steps can you take to limit the effect of these factors while on the Truehope Program?

2. Set a goal for change (one small step at a time).

Additional Information

NUTRITIONAL SUPPLEMENTATION

The Truehope Program of Supplementation and Support uses EMPowerplus, which has been formulated specifically for this program. Required dosage differs from participant to participant. Our support staff will advise you on a reasonable starting level of the supplement. Remember, the supplement is based solely on nutrition and is not a drug, so you may be flexible in finding a dosage that works for you.

SIDE EFFECTS

Although EMPowerplus in general is extremely well tolerated, occasionally **mild stomach upset or nausea** can occur. Be sure to take the supplement with food to minimize the chances of stomach upset.

Occasionally, participants may also experience **headache, loose stool or diarrhea, flatulence and/or constipation**. A small number of participants have reported mild excitability or inability to sleep when the supplement is taken too late in the evening. Because of the interaction between the supplement and medication, side effects of the medication are often thought to be side effects of the supplement. Completion of Step Three of this workbook will help to clarify the root of the symptoms and side effects.

RESPONSE TIME

Although certain disorders may respond faster than others, participant response times can vary dramatically. For example, a participant with six or seven limiting factors will likely respond much slower than a participant with no limiting factors.

Please understand that **all participants** who are medicated or severely ill upon entering the Truehope Program **will have some degree of difficulty in recovery**. Our support staff have been trained to direct you to resources and information that is designed to assist you as you go through the process of healing. Utilize all of the resources available to you and be sure to establish a good personal support system with a friend or loved one who can go through the recovery process with you.

Restoring health is a process that takes time. Remember, you did not get sick overnight. Give your body a chance to heal and balance. The results are worth the wait.

PREGNANCY

There have not been any specific studies on the use of EMPowerplus during pregnancy and lactation. However, there have been many women who have successfully used EMPowerplus during their pregnancy. If you are pregnant, or are considering becoming pregnant, show the nutritional breakdown of EMPowerplus to your caregiver. Please call us if you have any questions.

EFFECTIVE MAINTENANCE

Making the choice to live a healthy lifestyle is the first step to maintaining wellness. Remember that your health is the sum total of what you eat and drink, your physical activity, and your rest. All of these things have a long term effect on your body chemistry in one way or another. Seek to find balance and moderation in the things that you eat and the activities you participate in. Listen to your own personal intuition about what you should and should not eat. You'll find that, with practice, you will be able to establish a routine of health and wellness in your life. Lifestyle changes don't occur overnight, but as you heal, you will find ways to improve your health along the way. Always remember that the nutrition in EMPowerplus never stops working.

DEFINITIONS / TERMS USED

1. Adverse Drug Reaction (ADR): After beginning supplementation, an ADR can occur if you are currently taking medications or if you have used medications in the

past. In Step Three of this workbook, you identified some of the characteristics of the medication(s) you may be taking. The symptoms that will probably manifest themselves if you have an ADR are most likely to be the side effects that you recorded. In theory, ADR occurs when the Participant begins to establish a functional neurochemistry. An ADR can only be eliminated by changing the level of medication that is over-stimulating an otherwise functional nervous system. We recommend that participants discuss this information with their prescribing physician.

2. Initial Withdrawal: Reducing a medication too quickly can lead to withdrawal or Discontinuation Syndrome as it is called in medical literature. Doctor David Healy, a world renowned psychopharmacologist described the basis of withdrawal in his book Let them eat Prozac.

“The SSRIs are not addictive in the sense that they will transform someone into a junkie, who is likely to mortgage their livelihood and their future for an ongoing supply of drugs. They do not lead to a life of crime or dissolution. But this does not mean that the antidepressants – at least the SSRIs - don’t produce significant dependence. SSRI dependence may in fact be more common and serious than benzodiazepine dependence. It may not be possible for many people to get off treatment without great difficulties. In lay terms, you can just as easily become hooked to SSRIs as to benzodiazepines.”

Dr. David Healy, Psychopharmacologist

Let Them Eat Prozac. James Lorimer & Company Ltd. Toronto. 2003.

3. Drug Flashbacks and Protracted Withdrawal: Drug flashbacks can happen with medications that were recently discontinued or with medications that were discontinued years ago. A flashback can last for a few hours or for as long as a few days. Protracted withdrawal may have similar roots as a drug flashback, but the symptoms are generally stronger and last longer. Doctor David Healy, again describes this concept in his book.

“Far from the problem with SSRIs being simply one of dependence that emerges on withdrawal from the drugs, these drugs produce what are more appropriately termed stress syndromes. The SSRIs are alien chemicals rather than replacement chemicals, like insulin or thyroid hormone. As such, they are a brain stressor. The consequences of this stress can be apparent in some individuals when the stress is withdrawn and the system attempts to get back into equilibrium. But in others the stresses can be visible during the course of treatment.”

Dr. David Healy, Psychopharmacologist

Let Them Eat Prozac. James Lorimer & Company Ltd. Toronto. 2003.

A protracted withdrawal of medication can be extremely difficult to endure and may even mimic the primary symptoms of illness. The most common symptoms of protracted withdrawal are intense anxiety, overall fatigue or malaise, restlessness or akathisia, tardive syndromes or involuntary movements, and a feeling often described as “wanting to crawl out of ones skin”. Many participants experiencing protracted withdrawal also report feelings of anxiety preceding loose stool or diarrhea-like bowel movements.

Protracted withdrawal is a condition that is continual with very few periods of relief. There are some nutritional and supplemental products that can help to ease these stress syndromes. Many find that it has been helpful to be able to recognize the many different characteristics of protracted withdrawal. Your Truehope assistant as well as

some of the web resources can provide you with more information on protracted withdrawal.

Both withdrawal and protracted withdrawal occur, but they have been poorly studied. There is evidence that medications are designed to store, and do store, in various body tissues. This leaves little doubt that these medications continue to be released into the blood stream, even after the drug has been discontinued. Either the presence of the drug, or the release of the drug, even at low levels, upsets the equilibrium (re-stimulates neurons) and creates the short effect of a flashback, or the longer and more painful effect of protracted withdrawal. The release of these discontinued medications may be triggered by physical exercise, severe stress, drastic changes in diet, weight loss, or even the body's natural cleansing process. Some participants are encouraged by the occurrence of a drug flashback or the symptoms of protracted withdrawal believing it to be an indication that they are healing and progressing towards better health.

Symptoms of drug flashback may include those listed as side effects in the drug manufacturer's information as recorded in Step Three of this workbook, or other side effects specific to the individual.

Additional information on protracted withdrawal can be found in Dr. Heather Ashton's PHD work on Benzodiazapines, SSRI's and anti-psychotics. *Addicted by Prescription* by Joan Gadsby, and Dr. David Healy's *Let Them Eat Prozac* are also excellent sources of support and information.

4. CNS Disorder: Refers to any disorder of the Central Nervous System. As most of us have multiple diagnoses and names for our condition, we have chosen to refer to all of them as CNS Disorders.

5. Program Participant: The person who is choosing to use the Truehope Program of Supplementation and Support.

6. Support Person: The family member, friend or loved-one who is assisting the participant through each step of the healing process.

7. Natural Law: Refers to the laws of nature. Meeting your body's nutritional requirements is a major part of the Truehope Program. The concept that everything you take into your body affects your body chemistry is crucial to understanding natural law.

8. Truehope Support Staff: Trained Truehope employees who are available to answer your questions, analyze your submitted SEF data, and assist you with your individual supplementation requirements.

9. Self-awareness or Personal Intuition: Most participants who have been medicated or treated in the medical system may have lost their confidence in their own personal intuition. Much of the treatment we have received and accepted may have been in direct contradiction to the instinct that we each have concerning our health. It is difficult to be self-aware or have a true sense of personal intuition when one is severely sick or heavily medicated.

Each participant's response to the program is unique and personal. During the process of healing, Truehope Participants are strongly encouraged to listen to and trust their own personal intuition. We are not referring to fortune telling, predictions, muscle testing or other sources of outside influence. We are referring only to your own sense of good judgment that indicates what *you* need to do in order to be well. No one can give this to you. It is already there.

Keeping a Journal

Take notes of the times of illness, extreme stress or extreme dietary changes. This may help you interpret your SEF chart in the future. This is a very important tool for us, for you, and for your own personal support people. It will help you establish a better understanding of what factors affect your ability to maintain wellness on the Truehope Program.

Example:

June 25th 200_ taking lithium 750 mg 2nd day of the flu – still nauseous

Important Note:

If at any time you experience major changes in your symptoms please call the Truehope Support Center.

Contact Information

If you have any questions or concerns about the Truehope Program or this workbook, please contact us at the number below and we will be happy to answer any questions you may have.

Truehope Nutritional Support Ltd.

Phone: 1-888-TRUEHOPE (1-888-878-3467)
Fax: 1-866 - 610 - 0931
Website: www.truehope.com or www.mytruehope.net
Email: support@truehope.com

A Word of Caution:

*The Truehope Program of Supplementation and Support has been carefully designed for participants who choose to use the entire program. **Please do not share your EMPowerplus with anyone who has not consulted with our Truehope staff.***