



Drug and Alcohol Rehabilitation and Education Centre

NAKLONON PROGRAM ACHIEVES A 75% SUCCESS KATE!



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NARCONON Melbourne's mission is to eradicate the problem of drug and alcohol abuse Australia-wide through effective rehabilitation and education. Our graduated return to their families and communities drug-free and fully in control of their lives. By working together we can salvage a society ravage by drugs and bring new hope and brighter future for all.

Finding a highly successful drug and alcohol treatment center can be a difficult task for a family. Here at Get Off Drugs Naturally, you will find a long term, successful, and drug free program. Seven out of ten graduates are still clean after two years. We will also make sure your loved one goes through a closely monitored withdrawal program, along with a 100% natural biophysical treatment.

Unique only to Get Off Drugs Naturally, the biophysical program is a natural sauna detoxification, cleansing the body of all poisons and toxins left behind from drug and alcohol use. With admission being able to happen right away, Get Off Drugs Naturally intake counsellors are available to speak with you from 9am-8pm, 7 days a week. With no waiting list, and availability 365 days a year, Get Off Drugs Naturally is the best choice for a family in need.

Our residential treatment program at Narconon will provide everything an individual will need to be extremely comfortable while staying with us. Located in a remote location, Get Off Drugs Naturally provides a distraction free environment for our clients to truly focus on themselves.

Our in-depth life skills and our cognitive treatment methods will help an individual regain complete control of their life. It will give them the abilities and skills to maintain a drug free life, and prevent relapse.

Our philosophy is to help all of those who are addicted to drugs achieve life long sobriety, and to help families save the life of there loved ones.

Call us now for more information.





Drug and alcohol dependency

In medical terms, a drug is any substance that when taken into a living organism may modify one or more of its functions. Drugs can provide temporary relief from unhealthy symptoms and/or permanently supply the body with a necessary substance the body can no longer make. Some drugs produce unwanted side effects; some drugs lead to an unhealthy dependency that has both physiological and behavioural roots.

Addictive drugs and alcohol are basically painkillers. They chemically kill physical or emotional pain and later the mind's perception of reality. They make people numb. For drugs to be attractive to a person, there must first be some underlying unhappiness, sense of hopelessness or physical pain.





How do drugs affect the mind?

The mind is our most important tool. With our mind, we solve the problems we face in life. Drugs do several things that harm one's ability to think or be fully aware of the present surroundings. These effects continue long after the effects of the drug appear to have worn off.

Addictive drugs activate the brain's rewards systems. The promise of reward is very intense, causing the individual to crave the drug and to focus his or her activities around taking the drug. The ability of addictive drugs to strongly activate brain reward mechanisms and their ability to chemically alter the normal functioning of these systems can produce an addiction. Drugs also reduce a person's level of consciousness, harming the ability to think or be fully aware or present surroundings.

Because of the effects of drugs on the mind, a person with a history of drug use isn't quite tracking with what's going on around him. Right before your eyes, while apparently in the same room as you are, doing the same things, he is really only partially there and partially in some past events.

The drug taker is not moving in the same series of events as others. This can be slight, wherein the person is seen to make occasional mistakes, or it can be as serious as total insanity; where the events apparent to him are completely different from those apparent to anyone else and it can be all grades in between.

It isn't that the drug user doesn't know what's going on. It is that he perceives something else going on instead of the actual series of events, which are happening around him.





The lifecycle of drug addiction

The lifecycle of addiction begins with a problem, discomfort or some form of emotional or physical pain, which a person is experiencing. They find this difficult to deal with. We start off with an individual who, life most people in our society, is basically good. This person encounters a problem or discomfort, such as an injury or chronic pain.

The person experiencing the discomfort has a real problem. He feels his present situation is unendurable, yet sees no clear solution to the problem. Everyone has experienced this in his or her life to a greater or lesser degree. The difference between an addict and a non-addict is that the addict chooses drugs or alcohol as a solution to the unwanted problem or discomfort.

Drugs and problems

This person tries drugs or alcohol. The drugs APPEAR to solve the problem. He feels better because he now SEEMS better able to deal with life, the drugs become valuable to him. The person looks at drugs or alcohol as a cure for unwanted feelings. The painkilling effects of drugs or alcohol become a solution to the discomfort. Inadvertently, the drug or alcohol now becomes valuable because it helped him feel better. It is just a matter of time before he becomes fully addicted and loses the ability to control his drug use. Drug addiction therefore, results from excessive or continued use of physiologically habit-forming drugs in an attempt to resolve the underlying symptoms of discomfort or unhappiness.

The addicted person is trapped. Whatever he was initially trying to solve by using drugs or alcohol fades from memory. At this point, all he can think about is getting and using drugs. He loses the ability to control his usage and disregards the horrible consequences of his actions.





How drugs affect behaviour

The addict will now attempt to withhold the fact of his drug use from his friends and family members. He will begin to suffer the effects of his own dishonesty and guilt. The more he uses drugs and/or alcohol, the guiltier he will feel and the more depressed he will become. He will sacrifice his personal integrity, his relationships with friends and family, his job, his savings and anything else he may have in an attempt to get more drugs. The drugs are now the most important thing in his life. His relationships and job performance will go drastically downhill.





Alcohol and drug tolerance

In addition to the mental stress created by his unethical behaviour, the addict's body has also adapted to the presence of drugs. He will experience an overwhelming obsession with getting and using the drugs and will do anything to avoid the plan of withdrawing from them. This is when the newly created addict begins to experience drug cravings.

He now seeks drugs both for the reward of the "pleasure" they gave him and also to avoid the mental and physical horrors of withdrawal. Ironically, the addict's ability to get "high" from the alcohol or drugs gradually decreases as his body adapts to the presence of foreign chemicals. He must take more and more, not just to get an effect but often just to functional at all.

At this point, the addict is stuck in a vicious dwindling spiral. The drugs he abuses have changed him both physically and mentally. He has crossed an invisible and intangible line. He is now a drug addict or an alcoholic.

Drugs and personality change

There is such a thing as a "drug personality". It is artificial and is created by drugs. Drugs can change the attitude of a person from his original personality to one secretly harbouring hostilities and hatred he does not permit to show on the surface. This establishes a link between drugs and increasing difficulties with crime, production and the modern breakdown of social and industrial culture.

The drug personality includes such characteristics as:

- Mood swings
- Unreliability and inability to finish projects
- Unexpressed resentment and secret hatreds
- Dishonesty- lies to family, friends and employers
- Withdrawal from those who love him, isolation of self
- Appearance of being chronically depressed
- Beginning to steal from family and friends



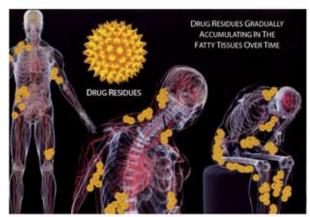
Eliminating drugs from the body

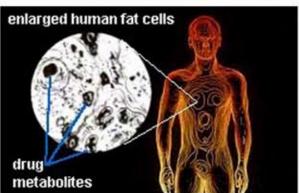
Drugs and alcohol are broken down in the liver. These metabolites, (the substance the body converts the drugs and alcohol into) although removed rapidly from the bloodstream, become trapped in the fatty tissues. These are various types of tissues that are high in fat content. The problem that needs to be addressed is that these drug residues now remain in the body for years. Tissues in our bodies that are high in fats are turned over very slowly and when they are turned over, the stored drug metabolites are released into the blood stream and reactivate the same brain centres as if the person actually took the drug. The addict of former addict now experiences a drug re-stimulation or "flashback" and drug craving. This is common in the months after an addict quits and can continue for years, even decades.





The cycle of quitting, withdrawal, craving and relapse





When the addict initially tries to quit, cells in the brain that have become used to large amounts of those metabolites are now forced to deal with greatly decreased amounts. Even as the withdrawal symptoms subside, the brain "demands" that the addict give it more of the drug. This is called drug craving. Craving is an extremely powerful urge and can cause a person to create all kinds of "reasons" they should begin using drugs or drinking again.

He is now trapped in an endless cycle of trying to quit, craving, relapse and fear of withdrawal. Eventually, the brain cells will again become used to having lowered drug metabolites. But, because deposits of drug and alcohol metabolites release back into the blood stream from fatty tissues for years, craving and relapse remain a cause for concern. Left unhandled, the presence of metabolites even in a microscopic amounts cause the brain to react as if the addict had again actually taken the drug and can set up craving and relapse even years after sobriety.

Addicts cannot stop using drugs for two reasons:



- Mental and physical carvings caused by drug residues which remain in the body
- The Biochemical Personality caused by drugs and the lifestyle the person adopts to get them

Left unhandled, these manifestations will haunt a person for years even if they have sobered up. Left untreated, this will trigger a relapse. These unresolved symptoms, whether physical or mental in origin, create an underlying low-level type of stress, which cannot be completely ignored by the addict. The addict can "just say no" a thousand times but it only takes him saying "yes" one time to start the cycle of addiction again.





The Narconon Program Resolves Drug Cravings

The Narconon Program, first established in 1966, is unique. It is a proven "get off and stay off drugs" program. The key to the successes of the Narconon program is the Drug Rehabilitation Technology developed by author and humanitarian L. Ron Hubbard.

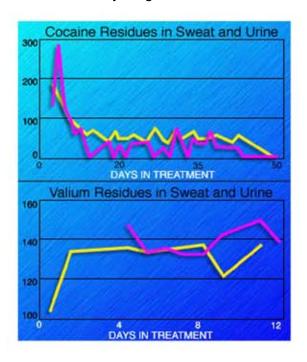
This methodology has been used successfully by hundreds of thousands of people around the world to rid themselves of the need for drugs and regain control of their lives. The Narconon program, unlike more traditional treatment, deals with both the physical and mental problems brought about by drug use. We restore the addict both mentally and physically to the person he was before he began using drugs or alcohol. The end result is a success rate that is 3 to 4 times that of other programs. None of these solutions involve the use of any drug.

This graph depicts cocaine metabolites being excreted in the sweat and urine of clients participating in the Narconon New Life Detoxification Program. Levels of the drug metabolites are not detectable in clients prior to the start of this program, then increase dramatically and slowly taper off as the program is continued. This supports the argument that drug residues remain in the fatty tissues and that the correct treatment can remove them.

While drugs and their metabolites quickly become undetectable in blood and urine, some as rapidly as 3 days after last usage, drug metabolites remain stored in fatty tissues for years. That accumulated drug residues continues to cause adverse symptoms led L. Ron Hubbard to develop a program aimed at reducing levels of toxins in the body to assist in recovery.

The New Life Detoxification Program utilises a combination of exercise, induced sweating in a sauna and nutritional supplements to produce the following results:

- Reduction or elimination of drug and alcohol craving
- Reduction or elimination of many symptoms associated with drug addiction and alcoholism. These can include anxiety, depression, irritability and fatigue.
- Ability to think more clearly
- Increased energy
- Increased sense of well being
- Enthusiasm towards life



William Benitez, founder of the Narconon program, recognised that drug addiction was a type of disability. Utilising the Hubbard method of detoxification, he began the evolution of what was to become a comprehensive program designed to overcome the disability of addiction by restoring the natural abilities of the addicted person.





A combination of physical detoxification, unique forms of cognitive and objective therapies and life skills training, the Narconon Program is delivered in phases where our "students" complete a series of distinct courses designed to complement and expand on each other.

Phase 1

Drug-free withdrawal assists the individual to cease current drug use rapidly and with minimal discomfort through proper nutrition, vitamins and 24hour care from experienced Withdrawal Specialists.

The Therapeutic Training Routines Course extroverts the student and gets him into better communication with others and the environment.

The Narconon New Life Detoxification Program is an exact regimen of exercise, sauna and nutritional supplements that rid the fatty tissues in the body of drug residues and other accumulated toxins.

Phase 2

The Learning Improvement Course gives the student the ability to study and retain knowledge by recognising and overcoming the barriers to study and learning.

The Communication and Perception Course increases awareness and helps the student control and be in better communication with the world. The student also helps another student do the exercises. By taking responsibility for helping another, the student increases his won responsibility and gains the ability to handle life and help others.

Phase 3

The Ups and Downs in Life Course give the necessary knowledge to achieve greater personality as well as the anti-social personality so he can spot the difference and better choose friends and associates.

The Personal Values and Integrity Course give the knowledge necessary to determine one's own values and achieve high personal integrity and honesty. It shows how to correct contra-survival actions by ridding himself of past harmful deeds.

The Narconon Changing Conditions in Life Course uses the ethics technology developed by L. Ron Hubbard to apply exact steps that improve conditions in life and repair previous bad conditions.

The Narconon Way To Happiness Course teaches the student a secular moral code as a guide to living a happy life.



NARCONON PROGRAM ACHIEVES A 75% SUCCESS RATE!

Narconon Melbourne, unlike other programs, deals with all aspects of addiction. We restore the addict, both mentally and physically. With a 75% success rate, the Get Off Drugs Naturally drug treatment center has proven that its completely drug-free and long-term drug treatment program works.

Our expertise and unique methods allow us to provide a comprehensive drug addiction treatment that uses no substitute drugs, and provides the drug addict with the necessary tools to go on and live a stable, balanced and productive life. The drug rehabilitation program of Get Off Drugs Naturally has results. Our drug rehabilitation program has helped hundreds of individuals go on to live productive, drug-free lives.



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