

# FREE E-BOOK

ADDICTION RECOVERY:  
THE MISSING LINK  
TOOLS FOR SUCCESSFUL  
ADDICTION TREATMENT USING  
BIOCHEMICAL RESTORATION



## WHAT IF:

There was an alternative treatment for substance abuse that had an outstanding client satisfaction rate of 86% for all participants surveyed after completing the program?

## There is.

A proven method to better understand the physiological effects of drug and alcohol addiction is biochemistry analysis. This leads to better addiction treatment for the patient. Certain imbalances can make a person more prone to the addictive cycle, by restoring the body's chemical balance, one is more capable of overcoming an addiction.

A client's recovery is only as effective as the treatment plan they implement. If the plan is flawed, or incomplete, then the patient's long term sobriety success will be lessened. Detoxification and traditional talk therapy aren't enough to heal the whole body which is fighting chemical imbalance - a key component in the process of treatment.

Up to **98%** of InnerBalance Health Center's incoming alcohol patients and **55%** of incoming drug patients have been diagnosed with hypoglycemia, which causes over 40 significant symptoms.

The difference for InnerBalance Health Center lies in the "Missing Link" of recovery. By including 'whole body' healing of biochemical restoration, nutritional balance, and spiritual connection and emotional healing to the traditional talk therapy and detoxification process, we have found the "Missing Link" that has for so long hindered true, long-term addiction recovery.



## WHAT:

Joe Eisele, co-founder of InnerBalance Health Center, and the extensive team of doctors, therapists, nutritionists and health practitioners have created a process of treatment that is not only successful, but sustainable for patients suffering from drug or alcohol dependency.

The dependency cycle starts with physiology. Studies have proven that cravings and addictive behavior can be caused by chemical imbalances. Eighty percent of the time, a person can return to using drugs and alcohol in response to physical cravings, depression, fatigue and anxiety. By determining the biochemistry and nutrition needs of the patient, the team at InnerBalance Health Center brings the body back into balance. Their individualized program treats a patient's specific issues. Talk therapy, counseling and stress management tools begin after the body begins to gain balance back through biochemical restoration.

Patients are not only taught the importance of a nutritional diet to long-term success, they are given an abundance of healthy food to get them in the habit including regular meals, healthy snacks and recipe ideas for long-term success.

Supportive supplements and amino acids help to correct medical conditions that contribute to the overall health of the patient. They are a crucial piece of the InnerBalance program as they assist with initial detoxification and regulation of things like gut health through probiotics and essential amino acids which affect the natural ability to regulate and produce efficient serotonin and dopamine levels.

An added benefit to sending clients to InnerBalance Health Center is that they are one of the only addiction treatment centers to offer genetic testing for their patients. They know that each patient is an individual and use these tests to determine the best course of action to lead to long-term recovery.

Some people are born with specific genetic issues that impede the production of serotonin and dopamine in the brain, which is why they have struggled their whole lives with depression, insomnia, and other symptoms. They were born with this affliction and have been compensating for ways to stimulate dopamine and serotonin production with chemicals, instead of naturally. Innerbalance Health Center tests for the CDS gene and the MTHFR gene among others. The patient is also tested for B Vitamin levels to ensure that they are being properly created in the brain.

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## **WHO:**

Dr. William Billica has been with InnerBalance Health Center since 2005 and specializes in functional integrated medicine. He evaluates all incoming patients to ensure they are safe to participate in the program by ordering labs that include testing of chemistry, blood counts, genetics, toxicities, heavy metals and metabolism. The process includes specialized tests for underlying biochemical issues including ADD, Depression, Insomnia and Anxiety – all closely related to drug and alcohol addiction. The entire staff at InnerBalance Health Center always ensures the safety and well-being of their clients.



**“We want to be sure people are a good fit for the program and are willing to change their life to “fix” their brain (read chemistry).”  
– Dr. William Billica**

## **HOW:**

The team at InnerBalance Health Center utilizes extensive lab work to better understand the physiological effects of the patient’s alcohol or drug addiction.

An understanding of specific biochemical imbalances aids the medical team in treatment and recovery of the patient. Knowing the “How” will enable the team to close the circle of care which includes biochemical restoration, talk therapy and emotional and lifestyle counseling.

The Lab Work performed at InnerBalance Health Center includes:

- CMP
- Vitamin D
- CBC
- TSH
- T3
- T4
- DHEA Sulfate
- Histamine
- Pyrroles
- Testosterone-Free
- An Optimal Nutrition Evaluation
- Adrenal Function
- Whole Blood Elements
- MTHFR 1298/677 Gene
- Glucose Tolerance 4-Hours with insulin levels

Each medical lab conducted contributes to restoring the body's biochemical imbalance that causes cravings. Please contact InnerBalance Health Center for a full explanation of the necessity of these labs and why they are integral to long-term recovery for your patient.

*The following list describes what is being analyzed with each lab test performed on behalf of the individual patient.*

## **LAB TESTING INFORMATION**

### **1. CBC & CMP:**

Complete Blood Count (CBC) and Comprehensive Metabolic Panel (CMP), which are used as a broad screening tool to evaluate organ function and general health status. We are looking for conditions such as diabetes, liver disease, kidney disease, and hypertension as well as nutritional deficiencies and malnutrition.

### **2. Vitamin D:**

Vitamin D testing to check Vitamin D levels in the blood looking for levels that are correlated to cancer and mood issues like depression, Homocysteine levels related to heart disease, mood and cancer issues

### **3. TSH:**

Thyroid Stimulating Hormone (TSH) test to evaluate thyroid function. Looking for symptoms of a thyroid disorder, including hyperthyroidism or hypothyroidism. They do not offer long term treatment for thyroid issues.

### **4. T3:**

T3 test to assess thyroid function looking for signs of hyperthyroidism. This test may also be ordered to help monitor treatment of a person with a known thyroid disorder.



**5. T4:**

T4 tests to help evaluate thyroid function looking for thyroid diseases, including hyperthyroidism and hypothyroidism.

**6. DHEA Sulfate:**

Test for Dehydroepiandrosterone Sulfate (DHEAS) to evaluate adrenal gland function looking for hormonal imbalances.

**7. Histadelia:**

Testing is done to evaluate the level of histamine in the blood. Elevated levels can cause psychological, and behavioral symptoms such as racing thoughts, difficulty falling asleep, ADD like symptoms, obsessive compulsive behaviors, seasonal depression and others. For more information on Histadelia, please reference work done by [Jeremy Kaslow](#).

**8. Pyroluria:**

We do testing to examine genetic mutations, looking for excessive pyrroles which can appear as a deficiency in Zinc and B6 which can cause mood disorders such as poor stress control, anxiety, nervousness, mood swings, severe inner tension, episodic anger (an explosive temper), poor short term memory, depression, severe social anxiety and a propensity toward alcohol abuse.

**9. Testosterone-Free:**

Do a moderate hormonal panel in correlation of adrenal functions. and treat the hormones by treating adrenal function which is directly correlated to the hormonal panel.

**10. An Optimal Nutrition Evaluation:**

Optimal Nutritional Evaluation (ONE) metabolic testing to help understand individual diet and supplementation needs and are looking for gastrointestinal function metabolic impairments, and nutritional deficits.

**11. Adrenal Function:**

Adrenal function test to gauge cortisol levels that are really important for energy and are looking for low levels of cortisol which will cause an inability to meet life's needs.

**12. Whole Blood Elements:**

Minerals and heavy metals test to view basic essential minerals levels and are looking for low mineral levels which can cause anxiety and affect mood support as well as toxic metals which can cause long term health issues.

**13. MTHFR 1298/677 Genes:**

Test to examine the MTHFR 1298/677 genes and are looking for gene mutations that can cause an inability to activate folic acid in the body. Gene 1298 is related to addiction because they can create an imbalance in one's ability to create serotonin and dopamine. Research has shown that people with the Gene 677 are more likely to have heart conditions and Cancer.

**14. Glucose Tolerance 3 Hours with insulin levels:**

We perform blood glucose testing to detect blood glucose levels and are looking at how quickly the glucose rises, how quickly levels drop, and the symptoms associated with change in glucose levels. These imbalances can trigger the craving for alcohol. These symptoms can be alleviated through balancing glucose in the body.

## MESSAGE:

The entire team at InnerBalance Health Center has one goal: to heal those coming through the doors. Healing is more than just talking. It is a holistic combination of biochemical, spiritual, emotional, nutritional, therapeutic processes that build a person up to succeed in their recovery.

The medical community is integral in moving this approach forward. We are happy to schedule a phone call or facility tour with you and answer any additional questions you may have. We would love to share with you just how successful the program can be for your patients in need of addiction recovery.

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### About InnerBalance Health Center

InnerBalance Health Center is an alcohol and drug treatment center located in Loveland, Colorado and has been helping people suffering from alcohol and drug addiction since 1998. Our combination of Biochemical Restoration, Spiritual Counseling, Emotional Counseling, Nutritional Counseling, Talk Therapy and Life Coaching help separate InnerBalance Health Center from other alcohol and drug treatment centers and has resulted in successful sobriety much higher than industry averages.

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