

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. I pray that anyone using this booklet will find the blessings of health and stability that I have enjoyed since 1996!

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 experience and recoveries and is not intended as medical advice.*

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

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 the supplements**, 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: Establish Support Call System | Page 2 | |
| 2 | Step Two: Identify Team of Support | Pages 3-4 | |
| 3 | Step Three: Understanding Your Current Medications | Pages 5-6 | |
| 4 | Step Four: Understanding and Identifying Possible Limiting Factors | Page 7 | |
| 5 | Additional Information and Notes | Pages 8-12 | |

STEP ONE: UNDERSTANDING THE SUPPORT CALL SYSTEM

The Support Call System is a form of participant help that is unique to the Truehope Program. When you participate in the Support Call System, you provide information to us about the symptoms for your particular disorder. Your information will help us help you through your recovery. The information gathered from you and many other Truehope Participants will also allow our research and support team to establish a monitoring system and necessary educational materials that will satisfy the needs of virtually every participant.

How the Support Call System works

After you return your *Personal Information Form* to us, a TA will initiate your Support Call System file. Based on the information you provide, a TA will be able to make two important assignments:

1. Program Rating - The Program Rating system is based on your medical history and /or current or past use of street drugs or CNS altering medications. There are five categories of ratings: 'A', 'B', 'C', 'D', and 'E'.

2. Identification Number - This is a unique number that will personally identify you as a Truehope Participant. Please record your rating and Identification Number at the bottom of this page.

According to your symptoms and doctor's diagnosis, a simple set of evaluation questions will be used to follow your progress on the Truehope Program. You can send your completed weekly evaluation forms by fax, email, or submit online at www.truehope.com.

While you and your personal support person are working to complete the requirements of this booklet, you should also keep track of your **base-line symptoms** (evaluation of your symptoms as they are now) starting from the day you receive this information.

Normally, we require at least two-weeks (14 days) of baseline symptom data before you begin taking Empowerplus. It is important for our support staff to have a clear picture of what your symptoms are now so that when things start to change, they will be able to identify potential difficulties and help you avoid unnecessary delays in healing. **We can't tell where you are now if we don't know where you have been.** A section for personal Support Call System Notes is provided at the end of this booklet.

MY SUPPORT CALL SYSTEM ID# IS: _____

MY CURRENT PROGRAM RATING IS: _____

STEP TWO: IDENTIFYING YOUR TEAM OF SUPPORT

Our Truehope Assistants have been trained to help you in very specific ways.

TAs have:

- Access to answers about the supplement including dosage, possible limiting factors, etc.
- Ability to use the Support Call System, including analysis of the symptoms that you recorded.
- Ability to help you recognize the reasons for changes in your pattern of healing.
- Answers to maintenance questions and tips for improved success on the program.
- 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.

2.1 Sources of Personal Support

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 patterns and behaviors 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!"

2.2 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, etc.

| PERSONAL & PROGRAM SUPPORT CONTACTS | | | |
|--|-------------|----------------|--------------|
| | Name | Address | Phone |
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |

Who can you depend on for help when you need it most?

What can you offer to our support staff? (Example: Honest personal evaluation, consistent compliance with the Support Call System including daily symptom evaluation, contact with doctor indicating your needs and desire for his assistance in medication evaluation and reduction, etc.)

2.3 Other Sources of Support

Other sources of *non-personal* support and information are available through the Truehope Program such as: 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, or download them from our website at www.truehope.com.

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 compendium). 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, answer only questions 1 to 3 to learn about the possibility (if any) for drug flashbacks.

1. According to the manufacturers 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, benzodiazapines, etc.)?

Drug No. 1 _____

Drug No. 2 _____

Research Your Current or Previous Medications (continued)

Drug No. 3 _____

Drug No. 4 _____

Drug No. 5 _____

Drug No. 6 _____

STEP FOUR: POSSIBLE LIMITING FACTORS (PLFs)

Each of the following PLFs 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 the supplements and may likely mean a lower maintenance dose of the supplement in the future. For support and suggestions for help, discuss the PLFs with one of our Truehope Assistants.

| | |
|---|---|
| ✓ | Use the list below to check off any PLFs that apply to you |
| | 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 |
| | Known parasitic infection or history of such infection |
| | Flu & other transient illnesses |
| | Immunizations |
| | Hormone Replacement Therapy (HRT) |
| | Fad Diets |
| | Use of prescribed medications in the past which 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 stool (even if only once a day) |
| | Persistent constipation |
| | Irritable Bowel Syndrome (IBS) |
| | Use of laxatives |
| | Lack of regular meals |
| | Irregular / insufficient sleep |
| | Use of antacid medication (Zantac, Prilosec, Tagamet) |

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

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

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. A Truehope Assistant 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.

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. Your TA will be able to 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 the supplements begin to work. You may be referred back to your doctor if the symptoms of drug flashback, withdrawal and / or protracted withdrawal become severe. Our support staff members are not physicians or pharmacists and have not been trained in prescribing medication.

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 and provided with 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 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 official studies specific to pregnant or lactating women and the use of Empowerplus™. If you are pregnant, or are considering becoming pregnant, show the nutritional breakdown of Empowerplus™ to your caregiver.

EFFECTIVE MAINTENANCE

You are effectively maintaining wellness when you make being physically healthy a part of your daily lifestyle. Remember that everything you ingest affects 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.

DEFINITIONS / TERMS USED

1. Adverse Drug Reaction (ADR): ADR can occur anytime after the beginning of supplementation and the elimination of medication. In Step Three of this workbook, you identified contraindications and signs of overmedication. The symptoms that will likely manifest if you have an ADR are the symptoms of overmedication that you recorded. In theory, ADR occurs when the Participant begins to establish a functional neurochemistry. ADR can only be eliminated by changing the levels of drugs that are over-stimulating an otherwise functional nervous system. All Participants should discuss this information with their prescribing physician.

2. Initial Withdrawal: Reducing a medication too quickly can lead to withdrawal. By completing Step Three, you have been made aware of the recommended timing for withdrawal of the medication that you are taking. Consult with your prescribing doctor concerning your medication and the withdrawal possibilities with your medication.

3. Drug Flashbacks and Protracted Withdrawal: Drug flashback can happen with medications that were recently discontinued or with medications that were discontinued years ago. Flashback can last for a few hours or for as long as a few days. Protracted withdrawal may have the same root as a drug flashback, but the symptoms are generally longer lasting. A protracted withdrawal of medication can be extremely difficult to endure and may mimic the primary symptoms of illness. The most common symptoms of protracted withdrawal are intense anxiety, overall fatigue or malaise, restlessness or akathisia, 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. Truehope has little to offer in the way of support for those suffering from the symptoms of protracted withdrawal, although it has been helpful for many to be able to recognize the many different characteristics of protracted withdrawal.

In theory, both of these conditions occur because of medications that store themselves within the body tissues. These medications continue to be released into the blood stream at low levels even after the drug has been discontinued. The presence of the drug, even at low levels, re-stimulates the 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, 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 is also an excellent source 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 Assistant (TA): A trained member of our support staff who will conduct regular support calls, collect your personal Symptom Evaluation Forms, 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.

Truehope Support Call Schedule

| My Weekly Symptom Evaluation Form was submitted on (date): | My next scheduled support call is (date): |
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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: 1-888-752-7212
Website: www.truehope.com
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 supplement with anyone who has not consulted with a Truehope Assistant.***