



Residential Drug and Alcohol Rehabilitation and Education Centre

### Tips for Addicts

1. The most expensive thing you can do is nothing, being an addict will cost you everything.
2. The road out starts when you can determine that the person who created the road in, is you. Decide to turn your own life around.
3. Take a walk every day in different directions until you feel extroverted or more relaxed. Keep going through any tiredness.
4. Research the toxic effect of drugs. Find out how nutrition can help.
5. Separate out the people you associate with in your life, do they help or hinder it. Choose your friends accordingly.
6. Consider a change of environment if only for a short period. It may be enough for you to sort out a few of your habits and values and make better survival decisions as a result. The seaside, the countryside or even walks in a national forest can help to get a better perspective (look) on the problems that seem so relevant in your home environment.
7. Get a full medical check-up including natural practitioners where possible to determine any health imbalances or deficiencies.
8. Substance dependency means a person can't function without the substance they are dependent upon. This applies to alcohol, prescription medications and street drugs. Any step-down of dosages must be done under medical supervision.
9. Write down how much time you give to your habit every week then x it by 52. How many things are you not doing as a result?
10. Call Narconon!

Sincerely yours,

**Neil K Lemon, Consultant Narconon UK 01435 512 460, 07804 271 741**

**Narconon UK** Grange Court, Maynard's Green, Heathfield East Sussex TN21 0DJ