Integrative and Traditional Medicine Approaches in
Addiction Treatment

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Northwest Regional Conference on Indigenous Peoples
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WORKING TOGETHER FOR HEALTH EQUITY

WSU IREACH

We are a team of health scientists and tribal citizens who
are committed to work to facilitate research that has direct
impact for tribal communities and opportunities to improve
the quality of life of Native people.
WSU ACKNOWLEDGEMENT OF AMERICA’S FIRST PEOPLES

Washington State University acknowledges that its locations statewide are on the homelands of Native peoples, who have lived in this region from time immemorial.

The University expresses its deepest respect for and gratitude towards these original and current caretakers of the region. As an academic community, we acknowledge our responsibility to establish and maintain relationships with these tribes and Native peoples, in support of tribal sovereignty and the inclusion of their voices in teaching, research and programming.

OUR VALUES

We believe Tribal communities and Native people should drive the research agenda. We want to partner with and receive meaningful consultation from Native community representatives to inform our work and build capacity at the local level, in tribal governments, in tribal organizations, and in Native communities.
We Didn't Stand a Chance Against Opioids

Alaska's health clinics were founded to help indigenous people like my family. Thanks to the FDA and Big Pharma, the clinics unwittingly enabled a crisis instead.

By JOSHUA HUNT  |  September 3, 2019

https://newrepublic.com/article/155080/didnt-stand-chance-opioids
www.akresilience.org
Historical Trauma

Photo used with permission

Dr. Angela Michaud, DC
Photo used with permission
Over 17,000 patients in San Diego, CA

Adverse Childhood Experiences (ACEs) Study

ACE Score and Health Problems

Dose-Response Relationship

% with Health Problems

Source: Anda & Felitti, 1997
Integrative and Traditional Medicine Approaches in Addiction Treatment

ACES & Smoking

Source: Browe et al, 2010

ACEs & Suicide Attempts

Source: Felitti et al, 1998

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ACE Study: Kaiser

ACEs & Severe Obesity (BMI 34+)

ACE Study: Alaska

ACE Scores for Alaskan Adults Based on Ten Possible ACEs

Source: State of Alaska Advisory Board on Alcoholism and Drug Abuse & Mental Health Board

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Percentage of Alaskan Adults Who Reported Ever Being Diagnosed with a Depressive Disorder by ACE Score

Source: State of Alaska Advisory Board on Alcoholism and Drug Abuse & Mental Health Board

"People start to heal the moment they feel heard." - Cheryl Richardson
“When we heal ourselves, we heal our ancestors.”

Tribal doctor & midwife, Rita Pitka Blumenstein
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Integrative and Traditional Medicine Approaches in Addiction Treatment

- Trauma Informed
- Trauma Sensitive
- Trauma Responsive

- HEALING CENTERED

“The opposite of addiction is not sobriety,” she says. “The opposite of addiction is genuine, meaningful interactions and authentic connections and experiences with ourselves, each other, and the world around us.”

~Jennifer Nicolaisen, Executive Director for SeekHealing Center, Asheville, NC
Counter-ACE’s

- Having good friends and neighbors
- Beliefs that provide comfort
- Liking school
- Teachers who care
- Having a caregiver whom you feel safe with
- Opportunities to have fun
- Feeling comfortable with yourself
- A predictable home routine like regular meals and bedtimes.

https://www.eurekalert.org/pub_releases/2019-09/byu-fkw091619.php?fbclid=IwAR2Ku4oNIjeMLrLs00nWZK_jVEbrWnTRtQoDmHGWLaH391uP_xRb2SGvVg
"As bad as ACEs may be, the absence of these positive childhood experiences and relationships may actually be more detrimental to lifelong health so we need more focus on increasing the positive.”

~Dr. Ali Crandall, PhD Assistant Professor, BYU

https://doi.org/10.1007/s10464-014-9647-1
Culture As Medicine
MASLOW’S HIERARCHY OF NEEDS (INFORMED BY BLACKFOOT NATION (ALTA))

Western Perspective

- Physiological needs
- Safety needs
- Belongingness and love needs
- Esteem needs
- Need to know and understand
- Aesthetic needs
- Self actualization
- Higher goals

First Nations Perspective

- Cultural perpetuity
- Community Actualization
- Self Actualization

Individual rights privileged; one life time scope of analysis

Expansive concept of time and multiple dimensions of reality

Huitt, 2004; Blackstock, 2008; Wadsworth
### Connectedness In Action

<table>
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<th>Connectedness Mechanisms</th>
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<td>Spending time together</td>
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<td>Stories, family history</td>
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<td>Recognition of personal talents</td>
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<td><strong>Intergenerational</strong></td>
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<td>Awareness of historical trauma</td>
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<td>Responsibility to future generations</td>
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<td>Learning ancestral teachings to pass on to younger generations</td>
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<td>Participation in cultural and community activities</td>
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<td>Knowledge of family lineage</td>
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<td><strong>Spirit</strong></td>
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<td>Love, Humor, Truth</td>
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<td>Beauty</td>
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<td>Dance</td>
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<td>Subsistence foods</td>
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<td>Songs/Dance/Drum</td>
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<tr>
<td>Connection to ancestors and future generations</td>
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<tr>
<td>Collective</td>
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<tr>
<td>mentality</td>
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<tr>
<td>Spiritual teachings</td>
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LaVerne M. Demientieff, LMSW, Ph.D.

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"Let foods be your medicine"
~Hippocrates
Nutrition and addiction – can dietary changes assist with recovery?

Margherita Greco. Published in a PhD on the role of nutrition in relation to alcohol misuse in socially excluded populations, at the Centre for Health Services Studies at the University of Kent.

mg209@kent.ac.uk

Abstract
While many of the widely used treatment interventions engage with the psychological, social, and spiritual dimensions of addiction, some of the biological aspects can at times be neglected. It is increasingly being recognized that there is a close, exacerbating relationship between problematic substance use and poor nutrition.

Addiction and the brain: the role of neurotransmitters in the cause and treatment of drug dependence

Denise M. Tomkins, Edward M. Sellers

Abstract
Recent scientific advances have led to a greater understanding of the neurobiological processes that underlie drug abuse and addiction. These suggest that multiple neurotransmitter systems may play a key role in the development and expression of drug dependence. These advances in our knowledge promise not only to help us identify the underlying cause of drug abuse and dependence, but also to aid the development of effective treatment strategies.

The chemicals that humans abuse are structurally diverse and produce different behavioral effects in the user. Nevertheless, all share the common feature that they can modulate the brain reward system that is fundamental to initiating and maintaining behaviors important for survival (e.g., eating, sexual activity). Researchers first postulated that specific neural circuits within the brain

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC80880/
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The Vagus Nerve May Carry Serotonin Along the Gut-Brain Axis

When Prozac was introduced in 1987, it made a big splash as the first selective serotonin reuptake inhibitor (SSRI) antidepressant for the treatment of major depressive disorder.

Prozac and Serzone are brand names for a drug called "fluoxetine," which was first discovered by Eli Lilly in 1972. Since the patent for the drug expired in 2001, fluoxetine is available as a generic, FDA-approved prescription for depression, obsessive-compulsive disorders, panic attacks, and some eating disorders.

Historically, most experts and consumers thought fluoxetine worked by inhibiting the reuptake of serotonin in the brain, and that the antidepressant effects of the drug occurred solely from the "neck up." However, there is still a surprising amount of uncertainty about how SSRIs actually work.

Because 90 percent of the human body's serotonin is produced in the gut, one current theory is that fluoxetine might boost the amount of serotonin produced "below the neck."

While the 25+ year debate about SSRIs rages on, a drug-free alternative for treatment-resistant depression called "transcranial magnetic stimulation (TMS)" was approved by the FDA in 2005 for severe, unipolar and bipolar depression. TMS typically involves a small, silver-dollar sized device that is surgically implanted below the...
Vis Medicatrix Naturae
Integrative and Traditional Medicine Approaches in Addiction Treatment

Village addiction recovery program focuses on subsistence skills

https://www.adn.com/alaska-news/rural-alaska/2017/07/30/village-addiction-recovery-program-focuses-on-subsistence-skills/

Research: Wilderness Therapy For Teens Is More Effective, Less Expensive Than Traditional Treatments

https://www.nhpr.org/post/research-wilderness-therapy-teens-more-effective-less-expensive-traditional-treatments?fbclid=IwAR2KEIps5CFduNu6EksjVQBlWvQ4xPXYVGcee9bSB0KtRkFxaDlZDAQF34#stream/0
As little as 20 minutes in a park boosted feelings of well-being, say researchers who surveyed 94 adults before and after visiting an urban park. The participants wore fitness trackers and completed a questionnaire before and after the visit.

Walking 15 minutes in a bamboo forest improved mood more in 60 adults than when they walked the same time period in a city area, other researchers report. Attention scores were better after the forest walk, too.

Forest bathing tends to lower cortisol levels, a marker of stress, better than taking part in other activities, a review of 30 studies found.

Forest therapy appears to lower depression levels in adults, according to a review of 28 studies.

Forest bathing also is found to boost the activity of natural killer cells, which help fight off infections and cancer.

The aromatic substances produced by plants and trees have been linked with lower inflammation and brain protection benefits.
Integrative and Traditional Medicine Approaches in Addiction Treatment

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Opiate Detox Protocol

- Psycho-Emotional-Spiritual Support
  - Meditation or mindfulness
  - Prayer or other spiritual practice
  - Breathing techniques
  - Energy Psychology Practices: EFT
  - Affirmations
  - Ceremony
- Movement
- Sleep/Sleep hygiene
- Nutrition
- Detoxification
- Laboratory Work-Up
- Supplement Protocol

https://www.naadac.org/acupuncture-addiction-treatment-webinar
Auricular Acupuncture :: Smoking Cessation

Auricular acupuncture, education, and smoking cessation: a randomized, sham-controlled trial.

Abstract
OBJECTIVES: This study examined the effect of acupuncture alone and in combination with education on smoking cessation and cigarette consumption.

METHODS: We prospectively studied 141 adults in a quasi-factorial design using acupuncture, sham acupuncture, and education.

RESULTS: All groups showed significant reductions in smoking and posttreatment cigarette consumption, with the combined acupuncture-education group showing the greatest effect from treatment. The trend continued in follow-up, however, significant difference were not maintained. Greater pack-year history (i.e., the number of years smoking multiplied by baseline number of cigarettes smoked per year, divided by 20 cigarettes per pack) negatively correlated with treatment effect. Trend analysis suggested 20 pack-years as the cutoff point for this correlation.

CONCLUSIONS: Acupuncture and education, alone and in combination, significantly reduce smoking; however, combined they show a significantly greater effect, as seen in subjects with a greater pack-year history.
Table 1. Plants Containing Opiates or Other Molecules That Bind Opiate Receptors

<table>
<thead>
<tr>
<th>Plant Name</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Actaea racemosa</td>
<td>Black cohosh (formerly Cimicifuga racemosa) is a poppy family plant that is commonly used as a nerve, hormone regulator in menopausal complaints, and for nervous and musculoskeletal hypersensitivity in anxiety states and tinnitus. Actaea extracts have been shown to bind mu-opiate receptors, thereby affecting hormones and nerve sensitivity.2</td>
</tr>
<tr>
<td>Carya ovalis</td>
<td>This poppy family genus is discussed in detail in this document</td>
</tr>
<tr>
<td>Eschscholtzia californica</td>
<td>The California poppy is also discussed in detail in this document</td>
</tr>
<tr>
<td>Maytenus rhipidophylla</td>
<td>The stem bark may bind opiate receptors and provide analgesia, based on the evidence that its effects are blocked by the opiate antagonist, naltrexone.</td>
</tr>
<tr>
<td>Mitragyna speciosa</td>
<td>Kratom contains the opiate agonist, mitragynine</td>
</tr>
<tr>
<td>Papaver somniferum and other Papaver species</td>
<td>These botanicals that bind opiate receptors can help reduce opiate withdrawal symptoms and can be part of long-term maintenance protocols for heroin and prescription opiate addiction.</td>
</tr>
<tr>
<td>Passiflora ligularis</td>
<td>This is a folkloric analgesic believed to have activity at opiate receptors.2</td>
</tr>
<tr>
<td>Tribulus terrestris</td>
<td>This is not commonly thought of by herbalists or naturopathic physicians as a nerve, sedative, or source of opiate, but Tribulus indeed binds mu- and delta-opiate receptors, the mu receptors with a very high affinity. This may be another mechanism, besides the isoflavones, whereby Tribulus helps control menopausal symptoms due to the regulating effects opiate pathways have on temperature, mood, and hormones.2</td>
</tr>
</tbody>
</table>

https://ndnr.com/autoimmuneallergy-medicine/opiate-addiction/

Dr. Jillian Stansbury
A systematic review and meta-analysis of the use of passionflower in treatment of opioid withdrawal: A double-blind randomized controlled trial.

Abstract

OBJECTIVE: Clonidine-based therapies have been utilized as the main protocol for opiate detoxification for several years. However, detoxification with clonidine has its limitations, including lack of efficacy for mental symptoms. Accumulating evidence shows the efficacy of Passiflora incarnata extract in the management of anxiety. In our continuing study of traditional medicines, which have neurotropic effects, this plant had an anxiolytic effect, which may be used as an adjuvant agent in the detoxification of opiates by clonidine. We present the results of a double-blind randomized controlled trial of clonidine plus passionflower extract vs. clonidine plus placebo in the outpatient detoxification of 65 opiate addicts.

METHODS: A total of 65 opiate addicts were assigned randomly to treatment with passionflower extract plus clonidine tablet or clonidine tablet plus placebo dropper during a 14-day double-blind clinical trial. All patients met the DSM IV criteria for opioid dependence. The fixed daily dose was 60 drops of passionflower extract and a maximum daily dose of 0.8 mg of clonidine administered in three divided doses. The severity of the opiate withdrawal syndrome was measured on days 0, 1, 2, 3, 4, 7 and 14 using the Short Opiate Withdrawal Scale (SOWS).

CONCLUSION: Both protocols were equally effective in treating the physical symptoms of withdrawal syndromes. However, the passionflower plus clonidine group showed a significant superiority over clonidine alone in the management of mental symptoms. These results suggested that passionflower extract may be an effective adjuvant agent in the management of opiate withdrawal. However, a larger study to confirm our results is warranted.

PMID: 11679627 [PubMed - indexed for MEDLINE]
RESEARCH: Taub E, Steiner SS, Weingarten E, Walton KG. “Effectiveness of broad spectrum approaches to relapse prevention in severe alcoholism: a long-term, randomized, controlled trial of Transcendental Meditation, EMG biofeedback and electronic neurotherapy.” Alcoholism Treatment Quarterly. 11(1-2): 187-220, 1994. Large improvements in relapse prevention were seen with the addition of Transcendental Meditation (TM) or EMG biofeedback to the routine treatment program in an alcohol residential treatment facility. Complete abstinence 18 months after leaving the center was reported by 65% of the TM group and 55% of the biofeedback group compared to 25% of the standard care group and 28% for the neurotherapy group.
Mindfulness-based Therapy

Featured Research from universities, journals, and other organizations

Mindfulness-based therapy could offer an alternative to antidepressants for preventing depression relapse

Date: April 20, 2016
Source: The Lancet
Summary: The results come from the first ever large study to compare mindfulness-based therapy – structured training for the mind and body which aims to change the way people think and feel about their experiences – with maintenance antidepressant medication for reducing the risk of relapse in depression, researchers say.

Emotional Freedom Technique

EFT Tapping Points
Presented by: Gary Ferguson, ND
Harm Reduction => “Cure”

Well-being

“He who fights with monsters should look to it that he himself does not become a monster. And when you gaze long into an abyss the abyss also gazes into you.”

-Friedrich Nietzsche

Beyond Good & Evil (1886)

https://funnyjunk.com/channel/trump/Mindwarp/eoRoLrb/28
The doctor of the future will give no medicine, 
But will interest his patient 
in the care of the human frame, 
In diet, and in the cause 
And prevention 
Of disease.  
THOMAS EDISON

“The past is not a burden. It is a scaffold which brought us to this day. We are free to be who we are – to create our own life out of our past, and out of the present. We are our ancestors. When we heal ourselves, we also heal our ancestors – our grandmothers, our grandfathers, and our children. When we heal ourselves, we heal Mother Earth.”
~Dr. Rita Pitka Blumenstein