Overcoming Addictions Naturally

Dear Center For,

Addictions are not just about drugs and alcohol. Millions of people are controlled by behavior, food or substance addictions. If you are caught in the cords of addiction or have a family member or friend who is struggling with addiction, we hope this newsletter will be just what you need.

Here are some simple resources to help you better understand addictions and how to deal with them!

We hope you enjoy,
Overcoming Addictions
by Rich Kollenberg

Rich Kollenberg was a drug addict for 25 years. His experience in recovering from substance and behavioral addictions can help you. Learn the first step to a life of freedom in this video.

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Power to Change
by Vicki Griffin, MPA, MACN

We all have habits, both good and bad. It’s a fact of life. The question is how we can change our habits and positively impact on our lives. Anyone who has tried to develop good habits or change bad ones has had a struggle. The process involves more than knowing what to do, one needs to know how to do it and be motivated to do it. But there is one more vital element, for those of us struggling with these issues: we need the power to do it.

Overcoming Addictions
Addictions are not just about drugs and alcohol. Millions of people are controlled by behavior, food, or substance addictions. If you are caught in the cords of addiction or have a family member or friend who is struggling with addiction, watch Rich share his experience of release.

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Mocha Frappe
by Sally Christensen, BA
Process in blender and serve immediately as a refreshingly light dessert. Serves 2. Garnish with Coconut Whipped Topping

NOTE: Try one cup carob-flavored soy milk, if available, and eliminate the carob powder.

View Ingredients

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Power to Change

We all have habits, both good and bad. It's a fact of life. The question is how we can change our habits and positively impact on our lives. Anyone who has tried to develop good habits or change bad ones has had a struggle. The process involves more than knowing what to do, one needs to know how to do it and be motivated to do it. But there is one more vital element, for those of us struggling with these issues: we need the power to do it.

One of the hardest struggles of the human heart is to realize the need of a power outside of oneself. As independent beings, it is natural to try to solve all of life's perplexities without help. But God who created us knows we need His help, power, and guidance in order to successfully manage our lives. We need to let God have control in our lives.

Often the single biggest issue for someone struggling to break free from a bad habit is trust. It is hard to relinquish the excessive need to control people or circumstances in an attempt to factor out potential pain. But if the need to control is not replaced with trust, a person will eventually replace one addiction with another.

The Bible teaches us that when we turn our lives over to God's control He will equip us to face life's challenges. He will give us a new way of looking at life and reasons to hope and trust. God promises to guide us in the right way and grant us eternal life. The counsel is inviting: “Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge Him, and He will make straight your paths.”\(^{1}\)

Have you ever been hopelessly lost on a trip, with no map and no one around who seemed to know your destination? Did you drive around and around and get nothing but frustration and an empty tank of gas? In a similar way, people try to fix their problems, find happiness, and forge a future without seeking God or reading His Word. It doesn't take long to wind up empty and frustrated.

God's Word, the Bible, provides instruction for living. It gives insight and understanding for the big picture in life as well as the details. “The entrance of Your words gives light; It gives understanding to the simple.”\(^{2}\) The Bible inspires hope, faith, and courage in the heart of the reader. It revives the sorrowful and depressed.

Transformation, growth, and maturity in our thinking and lifestyle is a process, not an event. Just because you have surrendered your life to God doesn't mean your life will magically change. You should not expect to wake up one morning and have everything figured out and be able to perform every task perfectly. You need daily time in God’s Word. And daily, little by little, it will transform your life and character.

Through prayer God can cleanse us from destructive habits. “And I will...
Mocha Frappe

http://newstartclub.com/recipe/71

Ingredients

- 1 c. non-dairy milk
- 1 tbsp. maple syrup
- 1 tbsp. coffee substitute
- 1 tbsp. carob powder
- 1 tsp. vanilla
- 1 c. crushed ice

Instructions

Process in blender and serve immediately as a refreshingly light dessert. Serves 2. Garnish with Coconut Whipped Topping

NOTE: Try one cup carob-flavored soy milk, if available, and eliminate the carob powder.

Tags: Drinks  Gluten Free  Nut Free  Oil Free  Wheat Free  Greek  Sally Christensen

Related Recipes

Coconut Whipped Topping
Coconut Whipped Topping

http://newstartclub.com/recipe/72

Ingredients
- 1 1/2 c. water
- 1 1/2 tbsp. agar agar powder
- 1/2 c. clean, raw cashews or blanched almonds
- 1 can “lite” coconut milk
- 1/3 c. honey
- 1 tsp. lemon juice
- Pinch of salt
- 2 tsp. vanilla
- 1/2 tsp. coconut extract

Instructions
This topping is sufficient for two 9" pies. when re-blended, the consistency is like whip cream.

1. Place agar agar and water in small saucepan.
2. Bring to a boil, stirring often, and dissolve by continuing to boil gently 5 minutes.
3. Meanwhile place cashews in blender with half of the coconut milk and process until VERY smooth.
4. Mix remaining ingredients in the blender including the rest of the coconut milk, adding the boiling liquid last while the blender is slowing running.
5. Pour into a dish and refrigerate until set (it will set more quickly in a shallow bowl).
6. When firm, put back in blender to process until very smooth.

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