

# Herbs Help for Alcohol Dependence

Alcoholism is a chronic condition affecting over 15 million people in the United States alone. This abuse brings about personal problems as well as many health issues, including liver disease. Support groups and regular exercise may help to curb alcohol abuse, in addition to diet and supplementation.

**Known to help:** (An easy way to get all the B vitamins is to supplement with a B-complex vitamin.)

- B Vitamins are essential in breaking addictions to both alcohol and drugs.
- Vitamin B-1 helps reduce fatigue and brain fog.
- Niacin (vitamin B-3) and pantothenic acid (vitamin B-5) can also help the body detox from alcohol.
- Kudzu extract may be beneficial in curbing alcohol cravings.
- Passion flower herb may be useful in reducing alcohol withdrawal symptoms.
- Dandelion herb may also be able to help with alcohol withdrawal symptoms.
- Omega fatty acids (DHA, ALA, EPA).

Alcoholism can interfere with the absorption of minerals and vitamins, supplementing certain nutrients, including vitamin C, selenium, magnesium and zinc, may help with cravings.

When the body is out of balance, it is best to talk to a health care practitioner or nutritionist to help setup a good regime for you.

## List of foods known to help:

- The brain needs B vitamins to make neurotransmitters that create a calming effect and serotonin. Cereals, whole grains, potatoes, pork, liver, kidney beans, chicken, wheat germ, bananas, peanuts, eggs, mushrooms, watermelon, grapefruit, shellfish and dairy products are all excellent sources of B vitamins.
- L-Theanine is an amino acid commonly found in green tea, which is believed to increase alpha waves in the brain, creating a feeling of relaxation, while maintaining mental alertness.
- Magnesium is an essential mineral known to relax muscles and nerves. It increases energy levels and activates the B vitamins necessary for serotonin production. Almonds, spinach, cashews, soy milk, black beans, peanut butter, whole-wheat bread, avocado, potatoes baked with skin, cooked brown rice, raisins, apples and raw carrots are great sources of magnesium.

Whole Health Connection can help you with more information or any supplementation you may need. We hope this article has been informative. If you've missed any of these articles or would like a copy sent via email, just let us know. You can also reach us through Facebook and Messenger or come see us at - WHOLE HEALTH CONNECTION • 221 Williams Ave • Picayune, MS • 601.749.9831 • Email [info@wholehealthconnection.com](mailto:info@wholehealthconnection.com).

Thanks, Sami