

### HOMEOPATHIC INDICATIONS:

For the temporary relief of symptoms related to cravings such as alcohol, sugar, smoking.

### Why Habit?

As human beings we are naturally drawn to habitual patterns of behavior, because repetitive activities give us a sense of comfort and familiarity.<sup>1</sup> Positive habits, such as exercise, healthy eating, and personal hygiene are important tools for good health and survival. Even negative habits, such as eating sweets or drinking alcohol or coffee may be harmless in moderation. However, a behavior that “successfully, consistently, and physiologically numbs or “quiets” emotion, trauma, or depression can develop into an addiction.”<sup>1</sup>

The official term for drug addiction is “Substance Use Disorder.” The diagnosis is based primarily on a pathological pattern of behavioral abnormalities: 1) Loss of control over drug/substance use, 2) Compulsive drug taking plus drug-seeking behavior “despite horrendous adverse consequences,”<sup>2</sup> and 3) Increased risk of relapse despite years of abstinence – a chronic relapsing disorder.

In the United States and Europe alcohol and drug abuse affect more than 30 million people and are a leading cause of death. The cost of addiction to illicit drugs in the U.S. is estimated to be \$600 billion annually.<sup>3</sup>

**Habit** is the ideal homeopathic formula to provide temporarily relief from symptoms of cravings for food as well as for undesirable substances including alcohol, sugar, tobacco, stimulants, and narcotics.

### What Are Habit Symptoms?

It appears that the primary factor in the development of addiction is drug-induced reinforcement of the brain’s reward pathway. Addictive drugs artificially increase dopamine levels in the brain through several mechanisms, including stimulating release and blocking reuptake (amphetamines), stimulating production (nicotine) and decreasing production of dopamine-inhibiting substances

### Habit

*1-10 drops under the tongue, 3 times a day or as directed by a health professional. Consult a physician for use in children under 12 years of age.*

Chamomilla 3X, Natrum Phosphoricum 3X, Valeriana Officinalis 3X, Passiflora Incarnata 3X, 6X, 12X, Argentum Nitricum 6X, Caladium Seguinum 6X, Cinchona Officinalis 6X, Muriaticum Acidum 6X, Saccharum Officinale 6X, Avena Sativa 6X, 12X, 30X, Tabacum 7X, 12X, 30X, Cerebrum Suis 8X, 12X, 30X, Serotonin 8X, 12X, 30X,, Argemone Mexicana 10X, Agaricus Muscarius 12X, Arsenicum Album 12X, Aurum Metallicum 12X, Ipecacuanha 12X, Sepia 12X, Hypothalamus 15X, 30X, Vipera Berus 16X

### References

- <sup>1</sup> JourneyPure at the River. Clancy C. Habit vs. addiction: 4 questions to determine the difference. Available at: <https://journeypureriver.com/habit-vs-addiction-4-questions-determine-difference/>. Accessed September 17, 2020.
- <sup>2</sup> BBR Foundation. Nestler EJ. The Biology of Addiction. Available at: <https://www.bbrfoundation.org/sites/default/files/pdfs/mar-2019-webinar-slides.pdf>. Accessed May 19, 2020.
- <sup>3</sup> Herman MA, Roberto M. The addicted brain: understanding the neurophysiological mechanisms of addictive disorders. *Front Integr Neurosci*. 2015; 9: 18.
- <sup>4</sup> Ahmed SH, Guillem K, Vandaele Y. Sugar addiction: pushing the drug-sugar analogy to the limit. *Curr Opin Clin Nutr Metab Care*. 2013 Jul;16(4):434-439.
- <sup>5</sup> Medline Plus. Caffeine. Available at: <https://medlineplus.gov/caffeine.html>. Accessed September 17, 2020.
- <sup>6</sup> DesBio document. Rapp CM. The physiology of addiction.

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(opiates). With repeated exposure to the addictive substance the brain becomes chemically dependent on the experience of pleasure connected with the drug. It then creates cravings, obsessions, and physical symptoms in an effort to fill the need of substance-induced euphoria.

Even commonly used, socially acceptable substances like sugar and caffeine can elicit this physiological dependence. Research has shown that sugar and sweet reward may be even more rewarding than cocaine, and it “can induce reward and craving that are comparable in magnitude to those induced by addictive drugs.”<sup>4</sup> Caffeine, a drug that stimulates the central nervous system occurs in more than 60 plants, including coffee beans, tea leaves and cacao pods.<sup>5</sup> Globally about 1.6 billion cups of coffee are consumed per day. Some individuals abuse caffeine and develop a dependency syndrome. They consume caffeine in extremely high doses, ignore safety issues and often take a combination of two or more different caffeine sources, such as coffee and energy drinks.<sup>6</sup>

**Habit** is a homeopathic formula designed to temporarily relieve symptoms of:

- Sugar cravings
- Stimulant cravings
- Alcohol cravings
- Smoking cravings
- Narcotic cravings
- Food cravings

### Traditional Homeopathic Ingredients for Symptoms of Food Cravings:

*Agaricus muscarius; Arsenicum album; Aurum metallicum; Chamomilla; China officinalis; Ipecacuanha; Muriaticum acidum; Saccharum album; Sepia; Tabacum; Valeriana officinalis*

### Traditional Homeopathic Ingredients for Symptoms of Alcohol Cravings:

*Agaricus muscarius; Argemone mexicana; Argentum nitricum; Arsenicum album; Aurum metallicum; Avena sativa; Caladium seguinum; Cerebrum suis; Chamomilla; China officinalis; Muriaticum acidum; Natrum phosphoricum; Passiflora incarnata; Saccharum album; Sepia; Serotoninum; Tabacum; Valeriana officinalis*

### Traditional Homeopathic Ingredients for Symptoms of Sugar Cravings:

*Agaricus muscarius; Argemone mexicana; Argentum nitricum; Arsenicum album; Aurum metallicum; Cerebrum suis; Chamomilla; China officinalis; Hypothalamus; Ipecacuanha; Natrum phosphoricum; Saccharum album; Sepia; Tabacum; Valeriana officinalis*

### Traditional Homeopathic Ingredients for Symptoms of Smoking Cravings:

*Argentum nitricum; Arsenicum album; Caladium seguinum; Chamomilla; China officinalis; Muriaticum acidum; Sepia; Tabacum*

### Traditional Homeopathic Ingredients for Symptoms of Narcotic Cravings:

*Agaricus muscarius; Argemone mexicana; Arsenicum album; Aurum metallicum; Avena sativa; Chamomilla; China officinalis; Ipecacuanha; Muriaticum acidum; Natrum phosphoricum; Passiflora incarnata; Sepia; Tabacum; Valeriana officinalis*

### Traditional Homeopathic Ingredients for Symptoms of Stimulant Cravings:

*Agaricus muscarius; Argemone mexicana; Argentum nitricum; Arsenicum album; Aurum metallicum; Avena sativa; Chamomilla; China officinalis; Hypothalamus; Ipecacuanha; Muriaticum acidum; Natrum phosphoricum; Passiflora incarnata; Sepia; Tabacum; Valeriana officinalis*