

Renew your Lifestyle Rebuild your brain and life

By: Suzanne Klaassen - Therapist (Elim Clinic)

"When we live in harmony with what we believe and value we create spiritual wellness, but where there is a lack of harmony between our values and our behavior, we experience shame and guilt. Spiritual balance means that we are in harmony with ourselves, with our values, with others and with God." (Holford and Miller, 2008)

"Who said you should trust your gut feeling?"

We often do not think of our intestines/gut being connected to the functioning of the brain. In reality our digestive tract produces neurotransmitters just as our brain does. The intestines digest food protein and convert it into amino acids ready for absorption. Having healthy intestines is key to a properly functioning brain. You might ask how this relates to recovery from addiction. This is how it works - addictive substances (alcohol and/or drugs) have a direct impact on the intestines and can damage or shut down the digestive process. The implication of the damage to the intestines is that the brain is not nourished properly, and consequently not functioning as it should.

Fortunately in most cases healing is possible, except where the damage caused by prolonged substance abuse has led to permanent damage to the intestines. The digestive tract can be healed by changing one's diet, consuming digestive enzymes, zinc and vitamin B6, powdered glutamine and beneficial bacteria as well as eliminating foods you are allergic to.

The process referred to as Methylation (which takes place in the brain) is vital for creating neurotransmitters, healthy brain-cell membranes and maintaining a balance between neurotransmitters. Nutrients that aid in bringing our homocysteine into healthy range and raise your methyl IQ are: Folic acid / Folate / Methylfolate, B12, B6, B2, B3, Magnesium, Zinc, beans, nuts, seeds and greens.

Most addictive substances strip the brain of essential fats and create an imbalance of fatty acids. Restoring the omega-3 and omega-6 fats and phospholipids stripped by addiction requires a diet rich in fish, seeds, nuts and eggs.

In order to enhance one's daily functioning it is imperative to maintain a balanced blood sugar level. This can be achieved by eating Low Glucose Index (GI) foods such as protein with carbohydrate. The golden rule is graze, don't gorge - eat less at a time, but eat more often. Always eat breakfast (even if you have never done it before), have half of your main meal plate as vegetables, one-quarter as protein and one-quarter as Low



GI Carbs and have two Low GI snacks a day.

There are six golden rules for increasing your antioxidant intake with food:

- eat nuts and seeds
- two servings of green vegetables
- blue, red and orange fruit or vegetables
- onion and garlic
- apples, mustard, turmeric or yellow peppers
- 2g of vitamin C twice a day

Drink eight glasses of water a day. Avoid caffeinated and sugary drinks, or those containing artificial sweeteners. Cut down or quit smoking.

Four basic supplements that can be taken twice a day, every day, in order to enhance general well-being:

- an optimum nutrition multivitamin and mineral
- additional vitamin C
- essential omega-3 and 6 fats
- 9 phospholipids complex

Improving diet and taking the right supplements combined with sufficient good quality sleep and engaging in regular exercise are crucial for life long recovery.

Reference: Holford, P, Miller, D, Braly, J, how to Quit without Feeling S**T. Piatkus Books. (2008)



Success at the COMRADES!

On Sunday the 30th of May 2010 four members of the Elim Clinic Athletic Club participated in the Comrades Marathon. They are Action Ramaboea (captain of the Club) and Anthony Mondlane, who won silver medals; and Junior Keetse and Teboho Mohale, who achieved bronze medals. We congratulate and thank them for being ambassadors for Elim Clinic.

Left: Three of the Elim Clinic Athletic Club members who competed in this year's Two Oceans Marathon and in the recent Comrades Marathon.

Editorial



It starts with you and me. If we do not take care of ourselves, if we do not love ourselves, how can we even begin to consider to care for, or to love anyone else, or even to make a meaningful contribution to society?

Maintaining a healthy and balanced life style is essential to recovery from any disease, including addiction. This is definitely not a foreign concept to most of us. Yes, we often talk about change, but it is indeed easier said than done. None the less, there is no valid reason (at least none that I can think of) why we should not keep on working to accomplish meaningful renewal in our lives. Life is after all no dress rehearsal, we only get one chance.

Often during the period of active substance abuse a healthy and balanced lifestyle falls by the wayside, not necessarily by choice, but as a result of constant substance abuse. It is only during the period of recovery, which already starts during treatment, that a person has the ideal opportunity to renew his/her lifestyle and foster healthy living habits. When we talk about Relapse Prevention it often that we refer to the acronym HALT. What this means is - HALT when you are close to, or experience any of the four following symptoms: Hunger, Anger, Loneliness and Tiredness. Never ignore these four points! It can be addressed, if not addressed in a constructive manner it will eventually lead to a relapse.

In this edition of the Elim Clinic Newsletter the focus is on renewal, not only of our habits, but of all aspects of our lives. I consider myself fortunate when I wake up to a new day and I realise that I have this day which brings with it the opportunity to make something good of it. Yes, I know. Often our circumstances are not conducive and we might not feel mentally or physically strong, but start with small steps, not giant leaps.

Remember: one day at a time, one small step at a time, makes all things possible. I challenge you to give yourself this chance.

By: Theresa Haarhoff-Petersen (Editor)

Letting Go – Saying Goodbye

Letting go, is the first step towards recovery. You might have heard people saying: "Why don't you just stop using, it is as simple as that". Anyone recovering from addiction would know that, such a phrase is a gross oversimplification of the first step towards recovering from addiction. For a person to admit that he/she has an alcohol or drug problem is often a long and tedious process, but once that point has been reached, the person is in the position to say goodbye to the substance which has become like a "friend", often for many years. Remember that a person abuses alcohol and drugs for the effect (eg. feel happy, relieve or escape from pain – physical and emotional, boost self-confidence to name but a few). Substance abuse becomes functional and the person can no longer function without it.

As part of the treatment process at Elim Clinic, the patients are often encouraged to reflect on the relationship they have with the substance of their choice. This is often done through writing a letter to the substance they used. These are extracts from letters written by people who have received treatment at Elim Clinic, and are now in the process of recovery.

(Permission was granted by the authors of these letters for publication of these extracts. Thank you for sharing your feelings and experiences with us.) - Theresa Haarhoff-Petersen (Elim Clinic)

"Dear Jack, Grandpa aka Substance,

I have known you all my life. I saw when you were best friends with my parents. I have to be honest, even to you. You did try at moments to drag me astray to convince me to be your friend. I thought I was too strong to give in! BUT There came a point in my life where I decided to get to know you, I didn't want to believe what I saw from your friendship with my parents, because you seemed to make so many other people happy. I also wanted to be happy!

Our friendship has not lasted long. I knew you for only four years, but in that time you managed to destroy, infect and disrupt the pure person and human being that I have strived to be all my life!

I write this letter with pride and a sober mind, I don't want you in my life I don't even want to know of you. Thank you for the few so called "good times". If I think back and admit, they were never really worth it. Yet, I did learn a

valuable lesson I was not wrong for rejecting you all those years!

So, good riddance to bad things!!! "

"Hallo my ou "vriend", jy was die een wat my altyd op my gemak laat voel het. Ek kon gesels, lag en die "entertainer" wees. Maar nou kom als op 'n einde. Ek kan verander, en ek het daai besluit geneem om reg te kom.

Ek is nou in Elimkliniek en ek het in die drie weke geleer om te gesels, te lag en nog 'n "entertainer" te wees sonder jou wat my besoedel.

Ek wil jou nie meer sien, proe of naby my hê nie. Jou "image" maak my siek. Jy het my geldsake verwoes en my verhouding met my verloofde uitmekaar geruk. Jy het my in elk geval net die volgende oggend 'n kopseer gegee en dan het ek jou weer gebruik vir 'n "quick fix".

Ek is klaar met jou en dit belowe ek jou! Goodbye."

Welcome to new staff members



Marianne, Evelyn and Fonnies

Elim Clinic treatment team has recently been extended by two new appointments.

Marianne Moolman has been appointed as Nursing Services Manager, and Fonnies van Tonder as Elim Clinic's House Father. This position has been created for the purpose of providing additional care and assistance with activities in and around the Clinic. Fonnies and his wife Evelyn stay on the Elim Clinic premises.

The role of the nursing profession within addiction treatment:

2010 has been declared the International Year of the Nurse. 2010 is also the centennial year of the death of the founder of modern nursing Florence Nightingale. MY NURSING 100, which was celebrated on the 12th of May 2010, was initiated to commemorate the nursing profession and nursing care throughout South Africa.

Elim Clinic utilised this opportunity to thank our current nursing staff for the care they provide to our patients, and for delivering an invaluable service. Elim Nursing Staff, we appreciate you!



During this special occasion Elim Clinic's current nursing staff, together with nursing professionals who previously worked at Elim Clinic, renewed their pledge.

Made New



Eberhard living his passion - touching lives

"Two months ago I was participating in a walking race in the colours of the Elim Clinic Athletic Club. I passed a couple and the lady asked me how I was involved with the Clinic. I answered: "As a former patient and a present director." A short discussion ensued on the remarkable work the Clinic was doing. The couple remarked on my good fortune to be able to participate in a road race after having been addicted to * Ativan and alcohol.

As I continued toward the finish I reflected on the fact that 24 years earlier, to the day, I had been in Elim Clinic as a patient struggling with withdrawal symptoms, but suffering much more from the humiliation of having to be treated at all. I was overwhelmed by the spectacular fashion in which my entire life had crashed: Substance abuse, a depression so deep that I had taken preparatory steps to commit suicide; broken relationships with my friends and family; running a severe risk of permanent damage to my health; facing the danger of losing my advocate's practice and feeling rejected by the world and God alike. I was shattered, at the end of my tether, my spirit broken.

About ten days after having been admitted, sitting in chapel I was guided to the Scripture of the paralyzed man in Luke 5. With sudden clarity I recognized myself in this man; a man whose faith had been as low as mine and who was supported by the faith of others like I was; a man who could do nothing and was paralyzed until the Lord told him "Friend, your sins are forgiven."

This forgiveness was mine, too. At the same time the way in which I would have to live from that day onward became crystal clear: I had to go home and resume my life praising God, but that could only be done if I told those I met where I had been, where

I came from and that I was healed because of His grace and love. I knew from that moment that Elim would become a permanent beacon and symbol of His power and forgiveness.

Three days after my discharge, I was back to book in a friend who was in need of the same healing that had been bestowed upon me.

Of course I was concerned that my practice might suffer once I broadcast the fact that I was an "ex-student" of the Clinic. The opposite was the case. My practice grew, I was granted the status of senior counsel and I experienced the privilege of being elected chairman of the Pretoria Bar and to representative positions in other national and international legal bodies. Since the 14th February 2000 I am a judge of the High Court in Pretoria. Everyone who trusted me with these appointments knew that I have been a former patient at the Elim Clinic. But they also knew of the most important appointment that was bestowed upon me. I am serving my seventeenth term as a director of the clinic, involved in many of its activities and able to pass on a little of the grace I have received.

As I approached the finish of the race I was deeply under the impression how often the Lord turns the words of Revelations 21:5 into practical reality in the lives of those who come to Elim Clinic: "And the one sitting on the throne said, "Look, I am making everything new!" And every breath he who have been healed, take, is living proof of the Lord's power and grace at work in those who are new persons in Christ Jesus."

By: Eberhard Bertelsmann

*Ativan belongs to a group of medication referred to as benzodiazepine. It has a tranquilizing effect and is mainly used to treat anxiety.

Interesting STATS

The main substance/s of abuse reported by treatment centres in South Africa.

Table reflects percentage of people treated for specific substance.

Region	Substance	Percentage
Western Cape	Methamphetamine ('tik')	41%
KwaZulu- Natal	Alcohol	41%
Eastern Cape	Alcohol (with Cannabis/Dagga, Mandrax & Cocaine shortly on its tail)	52%
Gauteng	Alcohol	45%
Northern Region	Cannabis (dagga)	45%
Central Region (Free State, North West & Northern Cape)	Alcohol	70%

SACENDU Research Brief, Vol. 12 (2), 2009.

CAREER CHOICE

Building a career

By: Helena Kriel
- HR Consultant & Career Advisor

It is never too late to start a new career or to rebuild your current career! What might seem as a daunting task becomes easier if one breaks it up into smaller steps:

1) Visualise yourself in what you imagine an ideal working environment would be. Remember - don't limit yourself, if you can dream it, you can become it!

2) With the picture of your dream working environment in your mind, define exactly what you are looking for. What do you expect from your job? In which field of work do you see yourself? What do you want to do on a daily basis?

3) With a clear idea of what you want, do a bit of homework. Firstly, get to know yourself better. What are your interests, talents, skills and/or experience? Make a list of your skills and prioritise them in order of importance to you. These are called your transferable skills. In other words, they are transferable to

any field of work, irrespective of where you learned them, or how long you have used them in another field. Secondly, do some research on the internet, in newspapers and magazines. This information will enable you to identify possible areas of entry into the job market.

4) Lastly, combine the field with the occupation. For example, if you find the food industry interesting and have organisational skills, a good memory, are sensible with numbers and have good interpersonal skills, you may consider a career in the hospitality industry. Another person might be interested in technical activities and completed Technical Drawing on Grade 12 level. This person may enrol as a learner draughtsman, develop into an assistant draughtsman and progress to a fully fledged draughtsman.

Reference: Bolles, R.N. 2002. What color is your parachute? A practical manual for job-hunters and career-changers. Ten Speed Press: Berkeley, Toronto

Elim Clinic Gardens



Beauty in its most splendid form is found in nature. The gardens at Elim Clinic are a symbol of continuous growth and renewal. We thank Paula Kelly for her significant contribution to the layout, and her advice regarding maintenance of the gardens. Being surrounded by such beauty creates an atmosphere of tranquility which is to the advantage of our patients and staff.

Thank You, Paula!

Let Us Know!

We are currently updating our data base. Please contact us via email, phone or through our website to inform us if your contact details have changed. Also let us know if you are not currently on our mailing list, and would like to receive the Newsletter and other relevant correspondence.

In an attempt to reinforce environmentally friendly practice, Elim Clinic aims at lowering the amount of paper used by sending out newsletters and other correspondence. We know that some of our clients and ex-patients prefer to receive communication in hard format, and we will most certainly accommodate that. If you have an email address and are willing to receive your correspondence from Elim Clinic by email, please let us know.

- Marketing Department



Members from the Olienhout hostel Rag Committee

External Renewal - Rag students painting

On Saturday 15 May 2010 a group of Rag Committee Students from University of Pretoria arrived at Elim Clinic with paint and brushes. Paint and brushes, you ask? Yes, didn't you know that students can do amazing things! They volunteered to paint one of the Clinic's buildings as part of their community outreach project. What a delightful sight, these youngsters working on maintaining our buildings and making a contribution to Elim Clinic and the service we deliver. We thank Marko Vermaak and his team! We also thank Momentum who sponsored the paint and other material.

Donasies

Elimkliniek wil graag dankie sê aan die volgende persone en instansies vir hulle donasies.

Wees verseker dat ons julle ondersteuning opreg waardeer!

- Ms S. Schoeman
- Kallie en Kobus van Schoeman Boerderij
- Ex-Students' League

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