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**Cure Your Addiction**

**By Malcolm Pugh**

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how to permanently quit addictions!!

I am a reformed alcoholic. I am a reformed chain smoker.  
I am an ex-fat person. I am also not selling anything.  
My only wish now is to help people by passing on my  
knowledge; I guess this sounds too good to be true.  
When you have really nearly died a few times, money  
takes on a sort of reduced role in your thinking.  
Make no mistake about it, we are all going to die,  
even you will die one day. When you are young this  
seems a long long way away, I'm fifty now, and it  
sure seems a little closer to hand than it did.  
So it makes sense to make the time I have left  
quality time, free of drink smoking and obesity;  
after all it is easier to get older if you feel fitter,  
than if you are ruining your body daily.  
I wish I had started earlier in life, YOU CAN.

You may think I have superhuman will-power to  
quit drinking and smoking (and gambling and all  
other excesses). To a certain extent that is true;  
I have a great deal of will power, but I also have  
a method, a way of thinking, which helps.

For some reason, and it may have been a good  
one at the time, you have a craving, an overpowering  
addiction. You love something more than you  
love yourself at the present time.

Think "myself or my health."

In this "New Labour" "Tony Blair" type world, certainly in Britain, everything is explainable in terms of something else more convenient. It doesn't detract from the plain fact that the Emperor really hasn't got any clothes on at all. In short, it's not stretching the truth, it's really a very big lie(s).

This is what you are currently doing to yourself, you are living out a lie in order to placate yourself, in order to make what you are doing palatable.

What you are really doing is killing yourself a lot quicker, and a lot more painfully than is really necessary; and by and large no-one gives a damn whether you do or you don't; they are too busy with themselves to really and truly bother about YOU. By and large this is correct. The few people that possibly do care either haven't a clue how to help, or are simply hampered by the realisation that it is only YOU who can cure it.

There are really no excuses:

If you are drinking too much you are a pain of a drunk.

If you are smoking too much you are a pain of a smoker.

If you are gambling too much you are a liability, just as you are if you are on drugs.

You probably nodded to all these, and felt agreement, so why don't you realise that you are putting an intolerable strain on the people around you, to say nothing of the strain on the Health Professionals.

WHY?

Because you are too self-indulgent to stop for a minute enjoying yourselves to see if you are bothering other people, too wrapped up in yourselves to care about others.

There is no magic formula to giving up an addiction:

You stop doing what it is that is costing you, and every one around you a fortune. You stop paying out what you haven't got on things YOU DON'T REALLY NEED.

To break that down further, in order to do this you will need to change your whole way of life, permanently.

Make no mistake, if you are really and truly HAPPY with what you are doing, then fine, go ahead and do it, but acknowledge that most things you really enjoy overdoing kill you slowly, and painfully, and most things done to excess bring attendant guilt.

Stop reading now if you don't want to quit for good and all or else you are wasting someone else's bandwidth who has what it takes when you have not got the moral fibre.

What it takes is a modicum of will–power combined with a hell of a lot of common sense. I have had a lot of addictions, I am an excessive natured person. I find the first step in losing any of them is to look at them as a phase I have grown out of. I have matured to such an extent I no longer need their crutch to carry me onwards.

Generally speaking, most addictions are to make up

for or act as a distraction from the world as it is. We have to learn to face up to life instead of running away from it, and hiding behind false barriers built up on the shaky foundations of fleeting happiness bought at great actual and mental cost via addiction.

We have to move on and grow up and mature; Much as we ourselves look at kids and feel, "that's wrong, but they'll grow out of it in time". And they usually do, don't they, because they see that long–term they are better off without doing what they are doing.

Why don't we tell them at the time? Because we know they'll tend to do the opposite, and that only they can learn to be wise in the fullness of time. We can but advise, and sow the seeds.

Thus it is with ourselves.

We have established that we can expect NO HELP FROM OTHERS. Why should anyone else help us anyway, it's our problem. If someone came to you with "I've got a terrible problem with my lawyer, and my cat isn't eating, my mother–in–law is being funny and I've got the results of my x–rays tomorrow" you might well be a little concerned, but I bet your first thought would really and truly be "how can I get away as quickly as

I possibly can without causing offence? "

So why the hell should others be expected to listen to you bleating on about helping you to quit your problem.

IT'S YOUR PROBLEM.

Also you will never stop doing anything you really LIKE DOING. You have to really want to stop for good and ever, not just when you attain a certain level, because you will only gradually go back to what you were before, a PAIN.

If you hear an alcoholic say after a year off the booze "I'm ok for a pint now" what do you REALLY think will happen if he/she has a pint/short??  
You know as well as I do.

So really you have to :

- a) Realise it is just you that matters and does anything
- b) realise you have to really WANT to quit
- c) Realise no-one else is going to do it for you magically.
  
- d) realise that it was a phase you had to live through
- e) realise that it will definitely kill you, very very painfully
- f) realise that you will have gained from your descent into hell

There are many ways to quit addictions for different people. If you are reading this they have probably all failed.

Wrong.

YOU HAVE FAILED.

MOST of the methods work if you WANT them to work. I suggest that you treat it as a phase of your life, and you have learned from this phase and wish to move on and prove to everyone that you aren't stupid. Because anyone who knows that something is killing them and alienating people, and still does it, is stupid; has not learned one iota from what they have done have not progressed one jot in their mindset.

Water, pure little tap water, fills you up and is needed more than you think. Eighty per cent of the human body is water, so it makes sense to drink it.

This is a good start to purifying your body and mind.  
Drink a few litres a day. And KEEP BUSY.

Remember, I make zero money out of this article,  
but it is probably the best common sense you'll ever  
read.

Most articles you will read have a hidden agenda,  
TO MAKE MONEY OUT OF ADDICTED PEOPLE.

If you quit forever, they'd lose your  
money in the future, wouldn't they?

They plan on you quitting EVERY YEAR.

Why not just do it ONCE; I sure as hell would not  
want to quit smoking and drinking on a yearly basis!!

WHAT I GAIN:

I just get to have a few more people visiting my website,  
if you stop for a second or two to read this article,  
as I get a kick out of getting visitors from all over the world,  
and seeing my site visitor numbers rise.

I guess you could think of it as an obsession,  
or a phase I'll probably grow out of in time!

But it is also very nice if you can help people, and I've  
been places you really do not want to go, and had things  
done to me you really and truly WOULD NOT LIKE.

I SHOULD BE DEAD, I am not.

We all KNOW what we should and shouldn't be doing  
by and large, and no-one can make a difference but ourselves.

It is a sad fact of modern life that everyone expects to be  
able to do what the hell they like and then someone will  
bail them out at the last minute.

Fact is, if you don't quit, you'll die young, in pain and alone.

YOUR CHOICE, YOUR LIFE,

but you WILL die sooner than most.

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Reformed Alcoholic/Chain smoker.

## **Drug Addiction And Recovery**

**By Ryan Bombard**

Several emotional or psychological reasons may drive you into taking drugs. At times it is mere curiosity that propels you to develop an addiction to drugs over time. Drug addiction refers to the compulsive use of psychoactive drugs to such a level at which the user of drugs has no other way out and continues to use it.

Though addiction to drugs like opium have been common since historical times it is in recent times that the problem has been exacerbated significantly. This is mainly due to the cultivation of plants yielding drugs, advancements in biochemistry and improvements in means of getting access to drugs. The introduction of purified forms of active biological agents and the synthesis of new substances like methamphetamine has made drugs more widespread. Clinically, the word 'addiction' has been replaced by the word 'dependency' in relation to drugs.

It may be noted that not all persons are equally prone to addiction. Some persons are psychologically or genetically more predisposed to drug addiction. Again, some kinds of drugs get the better of some particular types of persons more easily. Similarly, the manner of treatment and method of recovery from addiction vary widely according to the types of drugs, amount of drugs, duration of drug addiction, medical complications and social necessities of the patient.

There is the 12–step program among the many recovery methods. Alcoholics Anonymous and Narcotics Anonymous are prominent examples included herein. These are popularly used for a variety of addictions concerning the individual addicted and the family of the individual. Then there are the substance–abuse rehabilitation centers that frequently offer a residential treatment program for the seriously addicted and strive to isolate the drug addicts from other drug users and drug dealers.

The cognitive–behavior therapy, rational–emotive theory or other types of psychological behavior modification methods are employed in the treatment of drug addiction. Replacement drugs like methadone are also used. This methadone is in itself a drug but in order to reduce dependency on stronger drugs like opium it proves helpful. Acupuncture is also a treatment of choice that helps alleviate drug addiction symptoms.

Carrying out the suitable treatment from the various treatments available can bring about recovery from drug addiction. The object is to somehow bring about abstinence from the various addictive substances called drugs.

Ryan Bombard writes about addiction treatments, addiction causes and types and other drug addiction topics.

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