SPECIAL NOTE: There are some things in this report that might ruffle a lot of feathers. That’s OK, I recently had something of a heart-to-heart with a bunch of my readers, and it really got me fired up and I decided it was time that SOMEBODY spilled the beans...

What they aren’t telling you...

“17 Secrets to Freedom From Addiction”

January 9th, 2016

From the desk of Reilly Johnson
I am going to be blunt here, because I am more than a little bit ticked off…

There is a lot of mis-information out there about how to end opiate addiction the “right” way. And how to “make recovery last”. I know, because I’ve asked thousands of people about it… and boy did I get an earful!

They told me what their problems are. What their questions are. And they told me exactly what was holding them back in their quest to end addiction.

And the amazing thing is – even though you have probably been told otherwise, the solution is just not that complicated.

But That’s Not What You’ve Been Taught...
This is the part that makes me mad... when I talked to people about their struggles with the suffering they went through during withdrawals and their struggle with addiction, I kept hearing a few common themes:

“I got injured.” Was prescribed them for pain. Doctor got me hooked
“Started on painkillers then switched to heroin”. “I’m in chronic pain”

That’s what really makes me mad. The people who are supposed to be helping you quit, are often the same people keeping you hooked!

Why would they do that?

A number of reasons. Bad information. Greedy Pharmaceutical Companies. Misinformed Doctors. Because the money is in the treatment, not the cure.

Think about it, big pharma, doctors, rehabs, all make HUGE profits off the backs of addicts and everyone who needs a prescription. If the condition is cured, there is no more treatment, which means no more product sales.

And in today’s world, VERY often it’s doctors who end up hooking people on prescription pain pills. Keeping them addicted keeps them coming back for a new script each and every month.

_Sometimes, “medical treatment” just pro longs addiction._

Which is why I wanted to explain the big reasons why people don’t get addiction help.

Reasons why people don’t get addiction help:
These include:
1. a misunderstanding of the disease,
2. negative public attitudes and behavior toward those with the disease,
3. privacy concerns,
4. insufficient insurance coverage of the costs of treatment,
5. lack of information on how to get help,
6. limited availability of services including a lack of addiction physician specialists,
7. insufficient social support,
8. conflicting time commitments,
9. negative perceptions of the treatment process and legal barriers.

Rarely is there only one obstacle to a person receiving needed treatment.

That’s why it’s important you seek out and learn new strategies that will allow expand your current abilities, grow gradually and eventually allow you quit successfully. It’s very important you continue searching for the way to quit and the lifestyle, actions and attitude that can help you achieve that purpose.

You already know opiate withdrawals and drug addiction have devastating effects on our lives. Drugs wreak havoc on your confidence, self-image, and destroy your relationships with others, and they pose huge health risks, including death.

Which is why I’m more than happy to share these secrets with you now. That’s the purpose behind this report, to help you understand your options and to provide tips and strategies for a lasting recovery.
Here We Go… “17 Secrets to Help You Recover Fast and End Addiction Once and For All”

**Secret #1: Create and Follow Your Own, “Game Plan for Recovery.”**

The most successful people in life make plans.
If you will do this simple thing your chances of success will skyrocket.
And that’s to map out exactly how you’re going to withdrawal, detox and quit successfully BEFORE you quit. It’s HOW YOU PREPARE for the game that will determine your result. Your Game Plan is your battle plan for addiction needs to address the symptoms and challenges you ALREADY know you face.

You need to create a plan in exacting detail how you will:
1) withdrawal from opiates without relapsing
2) how your body and mind will recover quickly
3) the help from others you’ll need
4) the lifestyle changes and actions you’ll need to take to succeed long term

**Your Success in Overcoming Addiction Boils Down to Two Fundamental Things That Will Determine if You Fail or Achieve:**

1.# How Well You Plan
2.# How Well You Execute Your Plan
SHORT STORY:

“Be Like Mike”

I grew up watching Michael Jordan dominate professional basketball like no one ever before. And I was in awe and idolized him like everyone else did during the 90’s.

Which is probably why this was so profound to me.

I’ll never forget the day when an announcer asked Jordan this question,

“Do you get nervous before taking the final shot? Do you feel all that pressure?”

MJ’s response to that question changed my life,

He said:

“Work ethic eliminates fear.”

Jordan went on to explain that he never got nervous before big moments because he was ALWAYS 100% PREPARED.

He went on to say that his success in hitting game winning shots that his reactions were pure instinct and they came easy and natural. Because he had already practiced that exact game winning shot thousands of times before in PRACTICE. Because he’d already scouted the team and he knew each players weakness. He was determined to be prepared for that situation than any other person.

So no, pressure situations did not phase Michael.

Michael Jordan will tell you, he’s not successful because of great skill, but because of great desire and work ethic.

He was more prepared for the moment and wanted it more than any one else and he knew it.

This left him never afraid. Free to act naturally.

In order to beat addiction, you need to be, “Be like Mike,” and be totally
prepared and committed to win at any cost.

So how do we apply this to recovery from addiction?

You need to game plan for how you will defeat your opponent. Much like coaches game-plan for opponents.

You need to account for every possible obstacle you will face and plan a solution for that problem now, BEFORE you withdrawal if possible.

A few examples of what your ‘Addiction to Recovery Game-Plan’ should consist of:

- Why do you want to quit? Will your reasons motivate you enough to see it all the way through?
- What specifically will you do differently this time to STAY sober long term?
- How many days do you plan your withdrawal symptoms lasting?
- Do you plan to taper your opioid dose to help reduce withdrawal symptoms?
- What natural and/or doctor prescribed supplements will you use to ease painful withdrawal symptoms?
- Will you take time off work to go through withdrawal?
- Do you have a good support team that can help during detox? Do you have an accountability partner who can keep you on the straight and narrow?
- Do you have medical help?
- Do you have the proper vitamins and minerals to help you heal as quickly as possible?

If you prepare properly your chance of success skyrockets.

Game-plan for every likely scenario and commit to doing WHATEVER it takes and you WILL succeed.
Secret #2: BEFORE you quit, be sure you understand, the opiate withdrawal rule of cause and effect:

“What comes up must come down.”

As it pertains to narcotic and opiate addiction, this means, “The type of opiate used, daily dosage taken and length of time using will all play key factors in the intensity and duration of the physical withdrawal symptoms and psychological addiction you will experience.

Oftentimes the more serious the addiction, the more serious the treatment and professional care needed.

You need to develop realistic expectations of what exactly it will take for YOU to successfully recover based on the severity of your addiction.

Someone taking a shorter acting opiate like hydrocodone for a couple month’s withdrawal symptoms will not be nearly as severe as someone who has abused heroin multiple times a day for years straight.
Using drugs makes us think we can escape the real world, or punishment, or facing the music, or ourselves, or our problems but it catches up to us. **We can fly high for a while but we will pay for it sooner or later.**

So be smart when you quit and plan according to your specific needs and the challenges you are likely to face.

**Secret #3: There is no “right” or “wrong” way to quit drugs. There’s only the way that works for YOU.**

Everyone has an opinion on what the BEST way to quit is. The thing is, no one is right.

This is where a lot of people get confused.

There are 1000’s of ways and methods that can help you quit opiates and end addiction.

There will never be, “The One Reason Why you Finally Quit.”

Your collective experiences, knowledge, support network, and desire will determine if you quit successfully.

**The Key is to keep experimenting with new methods and ways to quit. Never stop learning from your past experiences.** Never stop trying new things that may help you.
Never stop trying to quit. Always add new tools to your toolbox that will help you down the road.

Remember, if you haven’t successfully quit yet, you just haven’t found the RIGHT way for YOU to quit! Keep searching.

Keep testing different methods until you discover the way that will work for you at last! Do not try and quit the same ways that failed you before. Change methods and adapt and you will have success.

**Secret #4: Cut off your drug supply NOW.**

You’d be shocked by how many people never make it past this step.

Who supplies you your drugs? With no supply, there’s no relapse, there’s no high. There’s only recovery.

The problem for most people is their drug supplier is often someone close to you, could be your doctor, your best friend, husband, cousin or the neighborhood dope dealer.

The point is this, if you have the ability to access opiates in 1 or 2 phone calls you probably won’t last long when withdrawal hits hard.

It’s far too easy to make one phone call to someone who can hook it up.
YOU MUST make sure that call can’t happen. You must make it impossible for you to find drugs, if you really want to quit once and for all.

If your friends use drugs, then you can’t be around them anymore, sorry. The more you detach yourself from those people and that way of life, the better your chances of quitting once and for all. Eliminate the situation, before it happens.

**Secret #5: Take Thursday & Friday Off Work and Get 4 Full Days to Recover from the Worst.**

Most people feel TERRIBLE when they come off drugs and opiates. Trying to act normal at work can be almost impossible. At the very least, you should plan to take Thursday – Monday Off so you have 4 full days to recover from your worst withdrawal symptoms.

**Secret #6: Proper tapering of opiate doses can eliminate nearly 100% of opiate withdrawal symptoms.**

BUT the question is... do you have the self-control to taper properly?

What I mean is, if you had 20 pills, could you take just enough to not hurt, and not enough to get high?
Be honest with yourself,

Most people don’t have this kind of self control. A huge number of people taper to get off opiates. And if you taper properly, and slow enough you could experience almost no withdrawal symptoms.

But this also means the more time you spend on drugs. The longer you use, the easier it will be for you to justify jumping back on. Sometimes it’s better to rip off quick like a Band-Aid rather than drawing it out forever.

**Secret #7: The Top Natural Supplements that can Ease Cravings and Reduce Withdrawal Symptoms.**

We all know how painful opiate withdrawal is. That’s why taking something to help deal with the myriad of withdrawal symptoms can help you move closer to full recovery.

A few natural supplements I recommend are:

- Kratom for craving control, energy, anxiety.
- Phenibut for anxiety, sleep and body aches.
- 5 HTP to boost neurotransmitter production, aid sleep and improve mood.
- Passion flower to calm muscle aches, promote sleep and ease anxiety
Interested in using natural supplements to help you recover from withdrawal and addiction? Be sure and check out our supplements designed for it, **The OFC’s Opiate Withdrawal Recovery Stack (3-Pack Nutraceutical)**

**Secret #8: Helpful Pharmaceutical Prescriptions**

**Your Doctor Can Prescribe to Relieve Opiate Withdrawal Symptoms**

Doctor Prescribed prescriptions that can help include:

- Benzos – Valium, Xanax, etc for anxiety, sleep, body aches
- Clonidine – Some people swear by for fast withdrawal relief
- Suboxone (Naxalone) - I only recommend this for hard core users. Most people who try to come off suboxone tell me it’s way worse than coming off any other opiate.

REMEMBER, it’s pointless to trade one drug for another drug. Use withdrawal supplements as tools to conquer your most painful withdrawal symptoms, but DO NOT get addicted to something else. Read more about [www.opiate-freedom-center.com](http://www.opiate-freedom-center.com)

**Secret #9: The vitamins and minerals that can detox your body, sharpen your mind and help you recover from addiction once and for all.**
After addiction supplements and vitamins can help restore your body’s natural balance and keep you functioning at a high level. They help you feel better, faster.

Products known to help your body and mind get its mojo back are things like,

- Cal/Mag for achy muscles
- Milk Thistle to aid in liver detox
- 5 htp & L-Tyrosine to improve mood and rebuild dopamine levels depleted by opiate abuse.

**Secret #10: Get an Accountability Partner for Lasting Recovery**

You need someone around during withdrawal who can help you, understands what you’re going through and provides positive encouragement. Someone who can also hold you to your promise to quit.

For many people this may be a wife, friend or girlfriend. At rehabs it may be a nurse, therapist or another patient. There are a lot of things a good friend can help with during this recovery period. It could just be someone who’ll go to the store for you, make you some tea or watch a movie with.

It’s always helpful to have friends and support you can lean on during trying times.
Secret #11: The One Drug *Scientifically Proven* to Eliminate 100% of Withdrawal Symptoms and Cure the Desire for Opiates... in One 24 Hour Hallucinogenic Trip!

Allow me to introduce **Ibogaine**.

Expect vivid hallucinations.

Ibogaine is a hallucinogenic plant grown in the dense jungles of Africa. Natives used it in ceremonies for the intense spiritual and emotional mind trip it takes you on. Some explain it as a lucid dream. Many people take a journey through their life and experience a sort of “awakening” and spiritual experience.

The amazing power of this natural substance is so profound that almost everyone who takes Ibogaine for opiate addiction wake up the following morning without ANY withdrawal symptoms. It also triggers and resets something in your mind and most claim they completely lose the desire to use opiates again!

For a staggering amount of people this has been “the only thing” that finally empowered them to quit drugs. I know it sounds to good to be true but do some research on it and you’ll discover what I’m telling you is accurate.

Obviously this isn’t for everyone but studies have proven again and again that Ibogaine works probably better than any other substance known to man.
Secret #12: Consciously Replace Old Bad Habits with New Good Habits.

You’ve put a TON of time and energy into drugs, now you have to replace the time and energy with new positive actions.

The time you spent thinking about, trying to find, using, feeling the effects of and coming down from needs to be replaced with NEW positive habits.

This could mean getting a new job, going back to school, working out at the gym, reading and learning empowering new things. Develop new positive life habits and you’re on your way to ending addiction.

Secret #13: The Addicts Secret Weapon is Exercise.

Exercise has been scientifically proven to ease depression, anxiety, improve self-esteem and confidence.
If You Exercise Regularly You Dramatically Increase Your Chances of Lasting Success.

The proven effectiveness of exercise and how it can help addicts quit drugs and succeed long term is unmatched. Tons of former drug addicts put their new energy into athletic endeavors like running, cycling, weight lifting, swimming, golfing, and triathlons and find it completely fills the whole left by opioids.

I can personally speak for the transformational power of exercise.

Exercise changed my life for the better. Going into my first year of college I was 151 lbs. and skinny as a rail. Two short years later I weighed 184 lbs. and was solid muscle.

During that time my confidence quadrupled. I went from feeling and acting weak, timid and unsure of myself to feeling and acting confident, strong and in control of my life.

Exercise allows you to physically and mentally build yourself into a stronger, better and more motivated person.

You can literally transform yourself through exercise.

Try to get some light exercise like walking outside during your detox, it’ll hurt but will be worth it. Then for lasting addiction success, develop a long-term exercise program and I strongly recommend weight training for men and women.
Secret #14 – Get Professional Help.

Talk to someone about your problem.

Hypnotherapy can help if you need a new approach.

You can’t put addiction behind you without working on the mental and behavioral part of the problem. Dietary changes and nutritional supplements can support your recovery, but they can’t end addiction.

A lot of people using drugs need some type of therapy to help them get through unresolved issues in the past, that maybe lead them to more abuse and addiction and bad choices they regret.

Fortunately there’s people in every city in the world who can help you accept and move past those negative feelings. As far as therapy goes, there are many options. You can talk to medical doctors, addiction counselors, psychologists, peers and many others. But choose a therapy you feel comfortable in and excited about trying.

One unconventional treatment for addiction that I’ve seen very successful is hypnotherapy. Hypnotherapy is where you go to therapy sessions with a hypnotist, who talks to you about your problems and then hypnotizes you once a week for about 9 weeks.
They use hypnosis to speak directly into your subconscious. This can be true breakthrough for many, as they are often able to improve your habits and make behavioral changes that you’ve never been able to make. I’ve talked to many people who have used it and they say it worked!

**Secret #15: Rehabs and medical doctors are not your only option for quitting.**

This is definitely a dirty little secret the medical establishment wishes I didn’t share with you.

Detoxification Frequently is Considered Treatment Rather Than a Precursor to Treatment. A minority of patients who participate in detoxification programs go on to receive treatment,

Having patients pass through a rigid, time- limited treatment program that assumes uniformity in disease symptoms and severity simply burdens patients with unnecessarily extensive interventions or with interventions that are too brief or superficial to have a significant impact on their symptoms.

Yet the standard treatment for addiction is non-intensive outpatient treatment, often without adequate professional follow-up care and disease management.

Even residential treatment typically is limited to a 28-day stay in a program despite little evidence that the condition remits after such a brief period of time.
Given this standard approach to treatment that focuses primarily on acute care only, it is little wonder that relapse is so common and that addiction continues to be seen as an intractable condition largely resistant to treatment.

**Secret #16: 10 Principles for LASTING Freedom from Addiction**

1. Do activities that build and promote self-confidence daily.

2. Do things the best way they can be done. Always improve methods and the skills you use most in your life. Strive to be the best you can be at what you do.

3. Work ethic eliminates fear. Put in the work and you’ll be confident when it’s game time, because you’ll be 100% prepared.

4. Be proud of who you are and what you do with your time. Don’t waste time, stay busy. Sitting around being lazy is a sure fire way to relapse.

5. Knowledge is power. Increase your knowledge by reading books and listening to books on CD that teach useful skills that will serve you well in life. Turn off the radio and learn in your car!

6. Develop integrity. Be honest in your daily dealings with people. Don’t lie, cheat, or steal.

7. Let the past go! Don’t get hung up on bad things that happened. It does not matter anymore - the future is all that matters! Ask forgiveness, forgive yourself, and move FORWARD! Stop letting your past control your future.

8. The reason WHY you started doesn’t matter much – It’s WHAT you do about it now that matters.
9. Resolve to quit no matter what, no matter how long it takes. No matter how many times you have to quit.

**Secret #17: Be “At-Cause” Rather than “At-Effect” In Your Life**

† The National Quality Forum (2005) defines evidence-based addiction care to include:
   1) screening,
   2) brief interventions,
   3) treatment planning,
   4) psychosocial interventions,
   5) pharmaceutical therapy,
   6) retention strategies and
   7) chronic care management. Effective implementation requires particular skills and training.

When you realize that YOU are responsible for everything that happens in your life (good or bad) you gain GREAT POWER. It puts you in an ultimate position of control.

It puts you “at cause” rather than “at effect.” You want to always be “at cause” in your life. When your at cause in life you can do anything. You can create anything you want. Because you’ll study, learn from the best and get what it is you want.

Stop playing the victim and start playing hero. So how do you play the hero?

You learn, develop a skill, and improve yourself. You do things which your proud of instead of doing things your ashamed of. To start with you can begin by Studying Each Addiction Treatment Carefully and Determining the BEST Way for YOU to Quit. You need to discover the way best suited to help YOU quit. No two ways of quitting are the same or will work for everyone.

Why not give it a shot?

**It’s Your Choice**

But I know that if you follow the outlines I’ve laid out and “put in the work”, you can get clean and things will get better for you.
Millions of people have beat drug addiction, you can too.

Never EVER give up.

Learn from past experiences. Put everything that you’ve been through and use it for your addiction recovery tool bag.

Keep adding tools to your bag until you have all the knowledge and experience you need to quit and live a happy and successful life, without the constant struggle of addiction.

Remember this,

“Small hinges swing big doors”

If you take small, smart, positive steps each day your results will build and compound overtime into the person you set your mind out to be. And with a little help from others and work from yourself I know that freedom can be yours!

Thanks for reading.

Best,

Reilly Johnson

Founder, The Opiate Freedom Center

Reilly@opiate-freedom-center.com

P.S. - Do you have any advice, information or a story readers at the Opiate Freedom Center would find useful? If so, I want to hear about it! Please email me at reilly@opiate-freedom-center.com.

After battling addiction personally, and after seeing the suffering of many family and friends caused by prescription painkillers, heroin and opiate addiction, Reilly knew he had to do something about the epidemic sweeping America.

So Reilly created The Opiate Freedom Center to address these issues. A website committed to cut thru the crap and show what REALLY works for recovery.

On his website he shares unique insights and inside information on addiction strategies, withdrawal tips and detox tricks to help ease withdrawal symptoms and quit drugs, once and for all.

Reilly also developed The Ultimate Opiate Withdrawal Recovery System. A 3-Formula, morning, noon and night supplement system formulated to ease opiate withdrawals and help shorten detox at-home.

You can check it out at our store here: http://www.opiate-freedom-center.com/shop/

You can contact Reilly at this email: reilly@opiate-freedom-center.com.