Naltrexone and the Pharmacological Extinction of Addiction:
Treating Alcohol Use Disorder with the Sinclair Method (TSM)

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THE TREATMENT FOR ALCOHOLISM
THEY DON'T WANT YOU TO KNOW ABOUT

USING THE SINCLAIR METHOD
FOR VETERANS WITH ALCOHOL USE DISORDER

They fought for our freedom.

We are fighting for their lives.

ONE LITTLE PILL
Narrate by Claudia Christian Directed by Adam Schomer
Alcohol Mortality, Treatment and Relapse

• In 2011, an estimated 2.5 million people died from alcohol-related injuries or illnesses (ARI)
• On average in 2012, 1 person died every 10 seconds (3.3 million, an increase of 32% over the previous year)
• 90% of people with AUD go untreated
• 42% of people who need help fail to seek it because they believe treatment means abstinence

Relapse is considered inevitable

• Only 5-8% of those who seek treatment using AA are successful
• Of the 10% who seek help, 90% are expected to relapse within the first 4 years

More than 700,000 Americans receive treatment for alcohol dependence every day.

#OptionsSaveLives
How Traditional Treatments Are Failing

- Alcohol is a chronic issue treated acutely
- Addiction is moralized and monetized
- Treatment is often punitive/court mandated
- Addiction is treated differently from other diseases
- Addiction is a medical, genetic and environmental affliction, yet most facilities focus on cognitive and spiritual “defects”
Solution: Naltrexone and the Sinclair Method (TSM)

- Naltrexone was FDA-approved to treat alcoholism in 1994

- Oral naltrexone is inexpensive compared to brand name injections, detox, and rehab

- Naltrexone + alcohol = pharmacological extinction (TSM)

- Naltrexone blocks the endorphins that reinforce addiction

- Pavlov’s dog in reverse
Using Naltrexone to Treat Alcohol Use Disorder

**Benefits**

- Naltrexone is non-addictive
- 78% long-term success rate
- Reduces treatment barriers
- Well-studied: 120+ clinical trials over 20+ years
- More financially accessible than rehab/detox
- Craving eliminated
- Primary treatment in Finland

**Challenges**

- U.S. medical community is entrenched in abstinence
- Generic drugs are difficult to monetize
- Stigma of being branded “alcoholic” keeps people closeted about their drinking
- “Functional alcoholic” and binge drinkers often untreated until “rock bottom” event
Naltrexone in the News

The COMBINE Study—An Overview of the Largest Pharmacotherapy Study to Date for Treating Alcohol Dependence
Helen M. Pettinati, PhD, Raymond F. Anton, MD, and Mark L. Willenbring, MD

EVIDENCE-BASED REVIEWS
Medication for alcohol use disorder: Which agents work best?
FDA-approved and off-label medications help patients achieve abstinence and maintain sobriety.

Overcoming Addiction
Healing through harm reduction
by Ken Anderson, MA

Drink Your Way Sober with Naltrexone
Why have so few US doctors and therapists heard of The Sinclair Method?
Published on July 27, 2013 by Kenneth Anderson, MA in Overcoming Addiction
For more information visit:

www.cthreefoundation.org
Sources


