



A Pattern Health Retreat

Marijuana Use and Addiction



Why addictions?

Addiction might be described as an unhealthful habitual dependence based on a perceived desire and/or need. The practice may appear to offer benefit but actually is harmful and disappointing. Why then, do we get addicted? Is there a solution? Everywhere, men are unsatisfied. They long for something to supply the needs of the soul, be it physical, mental, social, emotional, or spiritual. But only One can meet that want, and that is Jesus. The divine grace which He alone can impart is as living water, purifying, refreshing, and invigorating the soul. He who tastes of the love of Christ will continually long for more, but he seeks for nothing else. Riches, honor, and pleasures of the world, including the sensual appetites, passions, and lusts of the flesh nature no longer attract nor captivate him. The constant cry of his heart is simply, "more of Thee." And He who reveals to the soul its necessity is waiting to satisfy its hunger and thirst. Every human resource and dependence will fail, but our Redeemer is an inexhaustible fountain of love joy, peace, and happiness. Here we may drink and drink again, and ever find a fresh supply. From this source he may draw strength and grace sufficient for all his needs. See John 4:14.

Current trends

Let's look now at marijuana, reported as the most commonly-used illicit drug. The 2020 National Survey on Drug Use and Health reports that 49.6 million people used marijuana in the past year. According to some findings, approximately half of the U.S. population state that they have tried or used it. Marijuana use is stated to transition more quickly to addiction or dependence than does that of nicotine or alcohol! According to American Addiction Centers (Drug Abuse.com), marijuana addiction (labeled as marijuana use disorder) occurs in approximately 10-30 percent of individuals of those who use it. Of significance, although the level of the primary psychoactive constituent of marijuana, THC, has become steadily higher over the last few decades, thus making marijuana more potent, public perception of the dangers associated with marijuana's use have been declining. For example, the majority of highschool 12th graders do not consider its use associated with any great risk. The drug can be smoked by various methods, inhaled, drunk as a tea, or consumed in "edibles." THC is quickly absorbed into the bloodstream when smoked or inhaled; the effects can take 30 minutes to an hour or more before being perceived when ingested. Smoking extracts of THC-rich resins is on the rise, delivering a much higher and potentially dangerous drug dose.

Effects

According to CDC (Centers for Disease Control and Prevention) marijuana use directly affects brain function: Short-term marijuana intoxication can cause euphoria, relaxation, drowsiness, altered sense of time, impaired memory, slowed reflexes and impaired motor skills/coordination, bloodshot eyes, increased appetite, dry mouth, increased heart rate, cognitive impairments, paranoia, anxiety, panic attacks, increased risk of psychotic symptoms, hallucinations, increased risk of heart attack and stroke, and sexual dysfunction (generally in males).

Longer-term effects may include respiratory problems, such as chronic coughing and an increased likelihood of lung infections. This greater risk of respiratory issues is due to marijuana smoke containing many of the same irritating and lung-damaging properties as tobacco smoke. Marijuana ingestion also increases the risk of cardiovascular concerns. The drug elevates the heart rate and blood pressure for several hours, resulting in a greater likelihood of arrhythmia, heart attack, or possible stroke. Repeated use also impairs memory function, decreases motivation, and intensifies symptoms in users with schizophrenia. Indeed its use has now been strongly linked to the development of psychotic mental disorders, such as schizophrenia (AAFP, October 2022, pp 388-396). Higher levels of use are associated with poorer educational outcomes, lower income, increased

unemployment, decreased relationship and life satisfaction, increased violent and criminal behavior, and other illicit drug use. And as with most other drugs of abuse, individuals who use marijuana for long periods of time can develop a dependence on it. Signs of dependence include the need to use marijuana to cope with everyday tasks and the experience of cravings and anxiety when it is unavailable.

Marijuana use during pregnancy can affect the development of the unborn child's brain and has been linked to behavioral problems in babies. Although the developing brains of offspring born to using mothers are adversely affected, the trend of marijuana use among pregnant women is increasing worldwide. These adverse effects may be long-term or even permanent, resulting in impaired attention, memory, and learning capabilities.

Adolescent users are at greater risk than adults, with increased likelihood of lifetime dependence and damage to the brain, including a significantly lowered IQ.

Withdrawal effects

Although marijuana withdrawal is usually mild, unpleasant withdrawal symptoms are still a possibility, and can include depression, restlessness, nervousness, anxiety, irritability, agitation, insomnia, changes in appetite, weight loss, chills, abdominal pain, night sweats, tremors, dizziness, fatigue, headaches, and in certain cases, suicidal considerations have been reported. Women and younger users appear to suffer from more severe symptoms.

Treatment

Currently, there is no FDA-approved medication to treat marijuana use disorder. Behavioral therapies have, however, been used to teach healthier ways to manage stress and unhealthy triggers. Rehabilitation programs (both inpatient and outpatient) are available to help individuals initiate the path to recovery and improve their mental and physical health.

Types of behavioral therapies include:

CBT, Cognitive Behavioral Therapy, which helps individuals identify and change problematic thoughts and behaviors that lead to or contribute to substance use.

CM, Contingency Management, which involves principles of positive reinforcement, such as tangible rewards, to promote behavioral change.

MET, Motivational Enhancement Therapy, which is designed to support rapid change by educating individuals on reasons why to stop substance use as well as building their motivation to quit.

Recovery from marijuana use disorder may be a protracted process. Discontinuation of regular cannabis use is frequently associated with behavioral, emotional, and physical symptoms that disrupted daily living as well as relapse. Aftercare programs are available to help prevent relapse and provide ongoing abstinence support once the initial treatment period ends.

A Pattern's approach

Here at A Pattern Health Retreat, we use a variety of healing remedies to support successful recovery, including assisted lifestyle modifications, health education, hydrotherapy such as Russian steambath, sauna, hot blanket pack, jacuzzi, and massage, botanical medicines such as valerian root, scullcap, oat straw, Korean ginseng, catnip/chamomile, St. John's wort, and blue vervain, mental health counseling, spiritual enrichment classes, exercise, optimal nutrition, medical consultation and supervision, peer support, and prayer.

For more information, American Addiction Centers may also be contacted on their helpline, (877) 721-4534.

Always remember that only Christ can really set us free from enslaving habits or addiction. He came into this world to set the captive free, Isaiah 61:1. And with Christ, we can do all things, Philippians 4:13. —*Scott Andrew Grivas, M.D.*

Sources:

Centers for Disease Control and Prevention/Marijuana and Public Health ([cdc.gov](https://www.cdc.gov))

American Addiction Centers ([drugabuse.com](https://www.drugabuse.com))

Psychology Today

<https://nida.nih.gov/publications/drugfacts/cannabis-marijuana>

<https://cfah.org/marijuana-statistics/>

Projects update

Our current priorities includes agricultural equipment, as well as the restoration of the lifestyle center's deck and replacement of its old windows. Should you like to support any of these needs, we sincerely thank you. Donations may be made through our website or mailed.

Thank you above all for your prayers!



Upcoming Lifestyle Sessions

2023: June 11-22; July 16-27; August 13-24; September 3-14; October 8-19; November 5-16; December 3-14

At-Home Russian Steambath Treatment

The Russian steambath is one form of hydrotherapy (the use of water to revitalize, maintain, and restore health) helpful in the treatment of numerous illnesses or detoxification. The therapy is performed by placing a source of steam under a chair on which the patient is sitting, with the feet in a container of very warm water. The chair, individual's body, and footbath are wrapped with a blanket and then draped with a plastic cover to retain the heat.

The physiological effects include raised body temperature, increased heart rate, enhanced circulation, opened sinuses, quickened metabolism, induced sweating and elimination of toxins, and stimulated immune function.

Indications: May be helpful in case of colds and flu, sinus congestion, tension and anxiety, insomnia, muscle and joint pain, detoxification, infections, arthritis, cancer, and others.

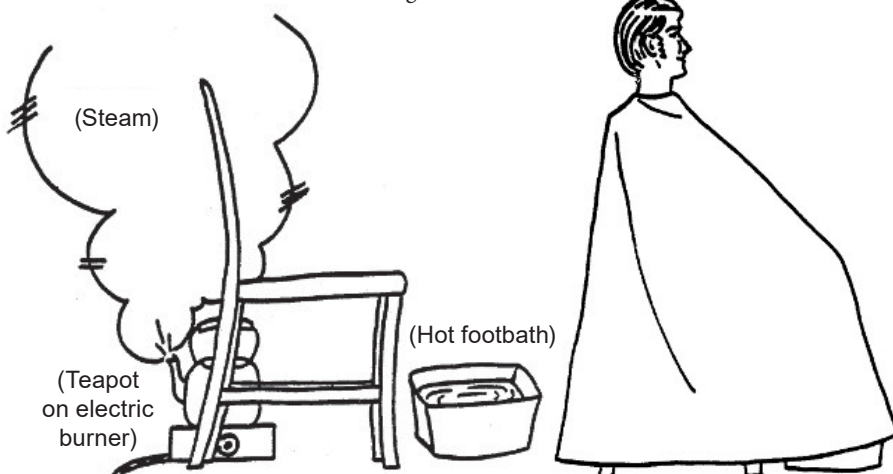
Contraindications/cautions: Due to potential neuropathy especially in the lower extremities, the footbath given to diabetic individuals should be no warmer than 102° so as to prevent unperceived burning. Use caution or refrain to treat a feeble or debilitated individual. Heat therapy may be debilitating in case of multiple sclerosis. In case of coronary disease or hypertension, place an icebag over the heart if pulse is greater than 120. Be sure to keep the patient from overheating by administering adequate drinking water and cold to the head. Overheating can cause headache and debilitation.

You will need a tea kettle and hot plate or electric teapot or rice cooker, an old upright wooden chair, a sheet, blanket, non-flammable plastic cover, foot tub, three to four towels, a watch with second hand, cold compresses or tub of ice water, and container with a straw for drinking water. If medicated steam is helpful, oil of eucalyptus or mint leaves may be added to water.

To do the treatment, assemble equipment/supplies. Set up treatment in a draft-free environment. Place steam source under chair. (If steam is coming out of a spout, direct spout towards back of chair away from patient.) Cover the chairseat with a towel. Place foot-tub on top of thick towel and fill with warm water, about 103°. Have undressed patient (may use undergarments or treatment gown) sit on chair. Put patient's feet carefully in footbath then drape a sheet around patient's body, chair, and footbath, followed by a blanket and then plastic cover like a tent. May fold a towel lengthwise and lay around the neck to secure the layers of covering in place and hold the steam inside the enclosure. Ask God to bless the treatment. Offer drinking water at onset of and during treatment to encourage sweating and prevent dehydration. Monitor patient's temperature and pulse. Temperature should not exceed 104° or pulse 140. Apply cold compress or towel dipped in and wrung out of ice water as a turban wrap to head during treatment as patient desires/tolerates to prevent overheating. Duration of treatment should be 7-30 minutes, as can be tolerated.

Finish the treatment by shutting down the steam source, removing the plastic covering, lifting the feet out of hot foot bath and pouring cold water over them. Vigorously rub down one uncovered limb at a time followed by the back with a washcloth wrung out of cold water, then patted dry, or have patient do a brief cool-down shower, starting with comfortably warm water and gradually decreasing temperature to cool. Follow shower with a 20-minute or longer rest period. This rest time is critical, as it allows the immune system, which has been stimulated by the treatment, to work for healing. — *Opal Forrester*

Sources: <http://www.traditionalhydrotherapy.com/Techniques/RussianBath.html>
<https://www.healthbythebook.org/Wellness/Water/Hydrotherapy/RussianSteamBath>
Home Remedies, Thrash, Calvin and Agatha, 1981



Carob, the "Brown Manna"



A Few Facts About Carob vs. Chocolate

It seems the world has been taken over by its craze for chocolate. In the dessert and candy sections of shops and stores, at almost every angle we turn, we are confronted with the tantalizing allurements of this brown delicacy! Why is there such a craving for this master of all flavors in the world of sweets?! Do the tastes, flavors and pleasures that chocolate or cocoa give, measure up with the nutritional and chemical properties that we need for optimal health? Let's carefully assess some pros and cons of this popular food and discover if there are objectionable and potentially harmful substances inherent in it.

A few brief facts about chocolate: the word itself comes from the original chocolate beverages drunk by the Aztec Indians probably for medicinal purposes many centuries ago. It takes about 889 cacao beans to produce about 2 pounds of chocolate. One hundred grams of dark chocolate contain about eleven grams of fiber. It is stated to contain many antioxidants which are helpful for skin and cardiovascular health according to some sources. But the following negative drawbacks are worthy of serious attention and caution!

Among its 400-plus chemicals, chocolate contains caffeine, and theobromine, anandamides and cannabinoids similar to those found in marijuana. This is likely responsible for the "good feeling" most people experience when consuming chocolate. Wrapped up with added fat and sugar, the combination of ingredients becomes an appealing, mind-altering, and potentially addictive product. It also contains phenylethylamines, potentially concerning levels of cadmium and lead, and oxalic acid, which can interfere with calcium absorption and contribute to kidney stones. Chocolate is one of the most common food allergens and cravings. It has also been shown to increase gastric reflux or GERD, inflammatory bowel disease, and fibrocystic breast disease. This sought after treat is also generally high in calories, and overall nutritionally questionable.

Chocolate products also contain substances which can trigger severe migraines in some people and is naturally high in sodium and fat which is undesirable for others. The caffeine and theobromine in cocoa can cause negative side-effects such as nervousness, increased urination, bedwetting, sleeplessness, rapid heartbeat, nausea, loss of appetite, sweating, digestive issues and headaches. Another undesirable side effect of chocolate is its potential adverse interactions with many drug medications as well as alcohol. Although the caffeine content is relatively low, when considered in the light of all the other potentially concerning characteristics of chocolate, the scales begin to tip. An additional drawback of chocolate is its toxicity to our animal friends, the dogs and cats, with symptoms of vomiting, seizures, pancreatitis and more.

Is there a healthful, positive alternative for us? Indeed, I believe there is. We will now look at it! Carob with all of its many positive beneficial nutrients and qualities could rightly be termed the "brown manna." After all, we are told that John the Baptist ate this as a prominent part of his diet. Carob is a legume from the flowering evergreen tree *Ceratonia Siliqua* which is native to the Mediterranean region. It contains twice the amount of calcium as does cocoa. Unlike cocoa, carob is oxalate-free and not bitter, but actually naturally sweet. Very nutritious with beneficial minerals, B vitamins and rich antioxidant levels, it is also high in fiber, pectin and protein. Carob is excellent for digestive issues and is suggested to help remove intestinal parasites from the body. Some studies report carob to contain mood-boosting compounds that chocolate or cocoa do not have. It is even pet-friendly! Being such a nutrition and phyto-nutrient rich food as well as being free from migraine-triggering compounds, caffeine, anandamide, theobromine, fat, and other harmful substances found in chocolate, places carob, I believe, among one of the wonder-foods of the 21st century. It is truly the brown manna for our time!

Our loving Creator likely intended for carob to be the "brown treat" of choice for us to eat. Might chocolate or cocoa be the counterfeit that the enemy introduced? It's true we all have accustomed tastes, but thankfully, our taste buds can be retrained and change! Actually, if you introduce yourself to carob, not as a direct substitute for chocolate but as a novel alternative treat, it can readily grow on you! Give it a try! Anytime those chocolate dainties present themselves in a tempting manner, remember what the superior brown manna has to offer with its myriad of health-giving benefits! —Bill Pyke

Recipe favorites from our kitchen!

Carob Pudding Pie

1 cup raw cashew pieces, thoroughly washed
 3 cups water
 ½ tsp salt
 ¾ cup coconut sugar or sucanat
 4½ tbsp non-gmo cornstarch
 ½ cup roasted carob powder
 1 tbsp *Roma* or other roasted healthful coffee substitute
 if desired. Contributes to chocolatey flavor.

Blend the cashews with about one cup of the water or less. Using more water will make it difficult to achieve the desired well-blended creamy texture. Add remainder of the water and all other ingredients to blender and process until thoroughly mixed. Pour into a pot and slowly thicken over low heat, stirring frequently. Put filling into a no-bake or pre-baked pie shell and let cool. Top with a dairy-free whipped topping if desired. A scrumptious treat!



Oil-free, Gluten-free Pie Crust

1½ cup oat flour
 ½ cup brown rice flour
 1 scant tsp salt (iodized sea salt or Himalayan pink salt recommended)
 ½ cup raw cashews or brazil nuts
 ½ cup water or a little more to sufficiently cover nuts when blending

Mix dry ingredients. Blend nuts and water to a smooth cream. Pour into dry mixture and stir well. Roll dough out between wax or parchment paper as perfectly round as possible to fit into pie plate with at least a half-inch overlap on the edge. Form overlap into desired pattern. Poke entire crust with a fork. Bake in preheated oven at 350° until lightly colored or done.

Fudgy Carob Brownies

1 cup non-gmo whole wheat flour (whole-wheat pastry flour is better yet)
 1 cup barley flour (or unbleached non-gmo wheat flour if preferred)
 ½–1 cup black or English walnuts (We especially enjoy the black ones!)
 1 slightly rounded tbsp Ener-G baking powder OR ½ tsp other aluminum-free baking powder
 2 tbsp finely-ground flaxseed
 1 cup almond or soy milk
 ½ cup medium-roast carob powder
 1 tbsp coffee substitute such as *Roma* or *Pero* (enhances chocolatey flavor)
 1 tsp salt
 ¾ cup 100% pure honey or date butter/syrup
 2 tsp vanilla
 ½ cup olive oil (may substitute with nut cream or coconut milk for oil-free)



Mix flour, baking powder, and nuts together well. Combine flaxseed with milk and let thicken. The congealed flax acts as an egg-replacer. Pour mixture in blender and add remaining ingredients and blend well. Pour mixture into the dry mix. Stir well and quickly if using Ener-G baking powder since it begins reacting immediately when combined with liquids. Pour batter into oiled baking dish or pan and bake at 350° for approximately 15-25 minutes, until toothpick or fork inserted in center of dish comes out clean. Then remove immediately from oven if a moister brownie is preferred. May frost if desired. Delicious!

Carob Cake

Whisk together in a large bowl well:

- 1 cup coconut milk
- ½ cup maple syrup, honey, date syrup or other sweetener of choice
- ¼ cup oil or nut cream for oil-free alternative
- ½ cup carob powder
- 1 tsp salt
- 2 tbsp *Roma* or other coffee substitute
- 2 tbsp vanilla if desired

Stir in:

- 2 cups whole-grain flour (such as half whole wheat, spelt, or barley and half oat flour or whole wheat pastry flour)
- 1 cup chopped walnuts
- 3 tbsp Ener-G baking powder or 1½ tbsp non-aluminum baking powder

Place batter in oiled baking cake pan. Bake for 25-35 minutes at 350°.



Carob Mocha Frosting

From JoAnn Rachor's recipe in "Of These Ye May Freely Eat."

- 1 cup chopped dates, packed
- 1 cup hot water
- ½ cup peanut butter or other nut butter
- 2 tsp coffee substitute, eg, *Roma*, *Pero*, if desired
- 2 tbsp carob powder
- 1 tsp vanilla
- ⅛ tsp salt

Lightly cook or allow dates to sit in hot water to soften. Blend all ingredients until smooth. Chill, then use as a frosting or spread. If desired, may thin slightly with a plant-based milk of choice to make a sauce consistency.



Carob Avocado Mousse

Adapted from Barbara Watson's recipe, "Carob Silk Tarts."

- 2 ripe avocados
- ¼ cup carob powder
- ¼ tsp salt
- ½ cup vanilla almond or soymilk
- ½ cup tofu (soft or silken is preferable)
- ¼ cup or more dates
- additional sweetener if desired to taste
- 1 tsp vanilla if desired
- 1 banana if desired

Blend all ingredients until smooth. Garnish with toasted coconut if desired and enjoy!



Testimonies from Our Guests

Where do I begin to express my thankfulness for all the care and love I received at A Pattern Health Retreat? It started first with my Mama and her journey of disease that took her life. Praise God, we know we're going



to see her again someday. Although the health center generally does not accept individuals as sick as she was, they made an exception out of their heartfelt love. They treated her with love and care that's indescribable and only demonstrated by people with Jesus in their hearts. She loved it there, and the ministry's truly Christian beliefs and environment exceeded our hope and expectations. I will never forget all God's love and care expressed through the staff. It made a really hard time in our lives so much easier.

Then began my own journey with illness after she passed away; I got covid, which turned into long-hauler covid. I never thought I would be going to the retreat for my own health reasons. I was diagnosed with covid-related Parkinson's, and I did poorly with the prescribed pharmaceutical drugs. Dr. Grivas was able to help me get off of the medications and on to a natural Dopa Mucuna, which worked very well for me, praise God. My time at the health center was a beautiful experience, from the health teachings to the Christ-centered focus, the wonderful food, and the beautiful nature by which we were surrounded. Being in the country just made you feel closer to Jesus. The healing that you can receive there has a lot to do with the staff, who give it all to God. I would

highly recommend this program to anyone for a beautiful healing experience. —Sandy Chamness

I came to A Pattern seeking help for health concerns that had the potential of developing into major health problems.

Dr. Grivas, his wife Joyce, my personal lifestyle coach Opal, my nurse Donna, and the rest of the kind staff—Mirek, Bill, Elizabeth, and Nathalie, provided treatments, education, and guidance for changes I needed to make to regain the health Jesus wants me to have. I saw several improvements in health indicators while here—from decreased blood pressure, weight, and blood sugar to greatly increased physical endurance, all while enjoying a home-like environment in a beautiful, peaceful, rural setting. I should also add, the food was healthy AND scrumptious!

Perhaps the most important thing I knew I needed to learn, and what I was most concerned about when I came was this: how could the needed changes be maintained?

To that end, I came to understand how the brain is truly the most important organ for gaining and maintaining the health of the body. I learned how I could, really could, gain power to make God-honoring decisions and develop self control. I have a new hope and understanding of what I need to do to develop the faith and trust needed to walk with Christ into tomorrow with increased belief that with Him at my side, I can do this! —Lisa Minter



A Pattern Lifestyle Center is a haven for body, mind, and spirit. The tasty, nutritious food, hydrotherapy, and peaceful walks in the country setting create rapid physical changes. The daily lectures include topics on health, natural remedies, and the process of developing new lifestyle habits, all providing stimulation for the mind. Most importantly, worship with the staff brings light to the spirit. This is truly a blessed place to find help for whatever ails you. —Debra Davis

I really enjoyed my stay at A Pattern Health Retreat. Everyone was so nice. I stopped taking metformin for my diabetes the day after I arrived at the health center, and have not taken it again—and it has been almost a year now! I had just had surgery for sarcoma in my thigh when I came to the lifestyle program. I was given a special tea, which was a combination of several herbs, as well as some natural herbal capsules. I'm happy to report that my last four scans showed no evidence of disease. I praise God for the wonderful opportunity to be there, enjoy the great food and fellowship, the health lectures, the nature trips, and especially the people taking care of me. It was also a deep spiritual experience being there. Thank you, Dr. Grivas and the staff, for everything. —Ophelia Barizo



Visiting A Pattern Health Retreat was one of my highlights last summer. It is a hidden gem not far from St. Louis, Missouri. It was an amazing time of rest and relaxation. I loved the view of the lake from my spacious room. Walking on the beautiful property, therapeutic massage, delicious plant-based meals and a Christ-centered focus made my visit memorable. The physician and staff were thorough, kind and professional. I plan to make visiting the Retreat a regular part of my health and wellness journey. —Christine Salter, MD, DC.

In addition to lifestyle session work, we appreciate ministering in the community! During recent months we held several cooking classes as well as meetings on common addictive substances. Most months we help with health events in St. Louis. Dr. Grivas spoke on health and spirituality in California in April, and we hope soon to record health presentation to air on local radio stations. Thank you much for your prayers!



Living Free!

Why and how to avoid habits that hurt



Four presentations on common addictive substances, their effects on body and mind, and healthy methods for successfully overcoming them!

Monday, March 6, Alcohol Monday, March 20, Marijuana
Monday, March 13, Nicotine Monday, March 27, Caffeine

Join us at 6:30-8:15 p.m. each evening

Presented by Dr. Andrew S. Grivas and staff of A Pattern Health Retreat. Take-home materials. Free admission! Gym, 750 Old Hwy 66 West, Bourbon, MO, (573) 245-6226



Improve your health with a plant-based cooking seminar!
Better breakfasts & enjoyable entrees!



- cooking demos • nutrition lecture • food samples
- simple tasty recipes • take-home packet

Sunday, February 5, 2023, 3-6 p.m.

Call (573) 245-6226 to register. \$20/person; \$30/couple
A Pattern Health Retreat, 250 Richter Road, Bourbon,



dedicated to serving our community for good health

