



Khalil Family Wellness & Intervention, LLC.



**AN INTEGRATED APPROACH
TO A STATE OF WELLBEING**



Khalil Family Wellness & Intervention

A HOLISTIC PATH TO RECOVERY

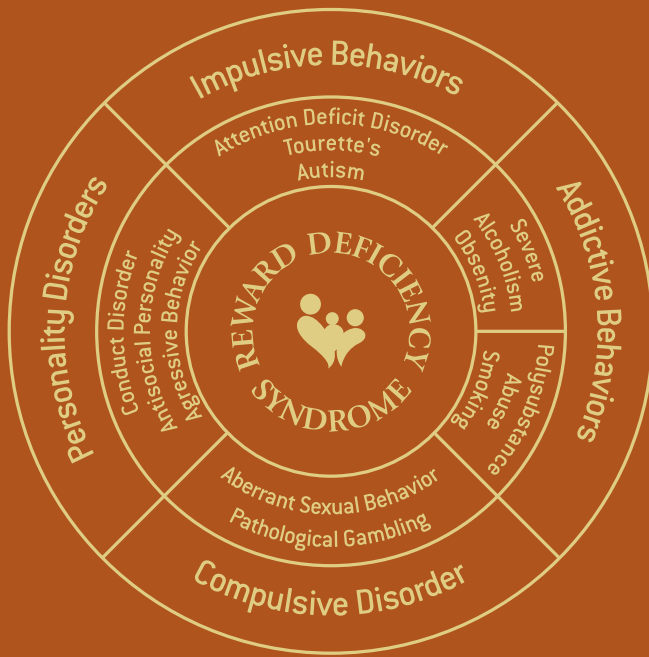
- Visualize a place that recognizes each individual as the perfect harmony of mind, body, and spirit.
- Our mission is to help patients address the root causes that stand in the way of their recovery.
- Come and take the first step to achieving recovery and a true State of Wellbeing without drugs – pushed or prescribed.

Khalil Family Wellness & Intervention is a unique, non-drug treatment center dedicated to caring for each individual with dignity, in an effort to guide them to a healthy and drug-free rest of their life.

Our mission is to help patients move beyond underlying problems to true recovery.

By using the most advanced techniques, Khalil Family Wellness & Intervention empowers individuals to achieve an inner-directed fulfillment of their own potential.

THE PATH TO WELLNESS AWAITS YOU



Treatment and Management of Addictive and Compulsive Disorders



Drugs / Alcohol

Smoking

Eating Disorders

High Risk Behavior

Work



Reward Deficiency Syndrome

Addictions are our way to compensate for our feelings when we are separated from our true selves and are not feeling good about who we are. The simple joy of being alive is replaced as our survival needs force us to seek temporary feelings of being satisfied and peaceful. The over utilization of things and events eventually become our addictions.

Scientific research is now grouping all the many addictions under the single heading “**REWARD DEFICIENCY SYNDROME.**”

The most recent research indicates that all addictions are associated with the breakdown of the same brain pathways. Food, drug, alcohol, sex, work, codependency, gambling and other addictions all show a breakdown in what is called the **BRAIN REWARD CASCADE**. This is the name given to a complex sequence of neurochemical events that produce a feeling of being peaceful and satisfied. Many things can interfere with the normal functioning of the Brain Reward Cascade including, but not limited to: genetic factors; loss of normal neurological function due to physical, emotional or chemical traumas; illness; nutritional deficiencies; drug and medication interaction. Our addictions stimulate the Brain Reward Cascade thereby giving us the false sense of being satisfied and at peace with ourselves. Unfortunately, the addictions themselves create a further breakdown of the Brain Reward Cascade and we end up in a downward spiral becoming increasingly dependent on our addictions for any feeling of being okay with ourselves.



Khalil Family Wellness & Intervention

An integrated approach to a State of Wellbeing

A Drug-Free Addiction Treatment Program

EVALUATION

A comprehensive interview with a Certified Addictionologist will occur to ascertain the goals and desires of the each individual. A safe and confidential protocol of intervention strategies utilizing the services of Khalil Family Wellness & Intervention will be established. This protocol can and will include family counseling and education as well as a customized individual approach.

Without family acknowledgement and support, the ability for an individual to achieve a successful ongoing recovery is compromised. Therefore, family counseling and education is a necessary component to the healing and recovery process.

Our affordable fee structure is based on an individual's commitment to short-term intervention and long-term recovery.

Please call to schedule a confidential appointment or evaluation. **586.771.7600**

TREATMENT

The goal of Khalil Family Wellness & Intervention is to offer a treatment program that meets the individual needs of the patient and their family.

PHASE I: THE TREATMENT PROGRAM

To treat addictive behaviors and compulsive disorders, Khalil Family Wellness and Intervention provides an intense 1 to 4-week outpatient treatment program. Phase I promotes the foundation that leads to the path of wellness and recovery.

PHASE II: THE SUPPORT PROCESS

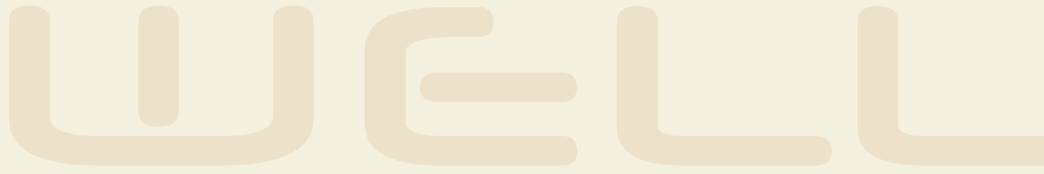
A 3-12 month plan is created that includes family support, group therapy and Individualized treatments to reinforce and support the recovery process.

PHASE III: AFTER CARE

Individuals may choose to return and participate in segments of the program to reinforce the State of Wellbeing lifestyle they have chosen. Successful recovery participants may be called upon to share their testimony with others who would like to obtain the same outcome.

FAMILY WELLNESS

Family involvement not only helps the recovering person, but also is essential to recovery for the whole family. Parents, spouses and children of recovering addicts often need as much support and education about addiction and the process of recovery.



Khalil Family Wellness & Intervention

Khalil Family Wellness & Intervention serves two purposes. First, to inform and educate the community about gateway behaviors that may result in self-destructive outcomes. Second, to provide a drug free, intensive outpatient program, which empowers and supports the individuals decision to chose a life style free of self-destructive behaviors.

Laura Khalil, CERTIFIED ADDICTIONOLOGIST – Executive Director and Co-Founder of Khalil Family Wellness & Intervention. She is board certified in Addictive and Compulsive Disorders as well as Auriculotherapy by the American College of Addictionology and Compulsive Disorders. She has served in the drug free health and wellness industry for over 20 years and has been serving the community as Clinic Administrator of Khalil Family Chiropractic.

Dr. Keith Khalil, CERTIFIED ADDICTIONOLOGIST – Doctor of Chiropractic and Co- Founder of Khalil Family Wellness & Intervention. Dr. Khalil is board certified in Addictive and Compulsive Disorders as well as Auriculotherapy by the American College of Addictionology and Compulsive Disorders. He has successfully served the Eastpointe, tri-county area as Director and Chiropractor of Khalil Family Chiropractic.

Dr. Keith and Laura believe that through their experiences and commitment to daily drug-free living – their four children were born and raised in a drug-free environment – they can help others achieve a healthy and balanced lifestyle.



FROM ADDICTION TO WELLNESS

At Khalil Family Wellness & Intervention we understand that each person is unique and responds in different ways. Our progressive approach uses a variety of drug-free treatments to address each individual's underlying issues.

Our vast resources help us to evaluate and deal directly with your personal needs, enriching the treatment experience and heightening the chance for a lasting recovery.

Unlike other treatment programs, we use a combination of proven and innovative approaches to treat the underlying physical, biochemical and psychological aspects of addiction. We use a "whole person" approach that encompasses the mind, body and spirit.

mind

INDIVIDUAL & GROUP LIFESTYLE HEALTH & WELLNESS EDUCATION SERIES

Youth through adult drug- free lifestyle lecture series focusing on prevention and intervention strategies to achieve and maintain a State of Wellbeing.

COGNITIVE-EMOTIONAL-BEHAVIORAL THERAPY (CBT)

Cognitive-behavioral therapy is based on the scientific fact that our thoughts cause our feelings and behaviors, not external things, like people, situations, and events. The benefit of this therapy is that by changing the way we think, we can feel better even if a situation stays the same.



BODY

NUTRITION AND NUTRICEUTICALS

Often, people in need of treatment tend towards unhealthy eating habits and may be nutritionally deprived. In order to get well, proper nutrition is essential. Nutraceuticals, or nutrients are used at prescribed levels to achieve positive changes in the body. They consist of amino acids, vitamins and minerals. The use of these nutrients in a wellness program have been proven effective in improving an individual's overall health.

AURICULOTHERAPY

Auriculotherapy (aw-rik-ulo-therapy), also known as micro current acupuncture, utilizes reflex points on the ear. Quick and painless, most people feel only a tiny tingling at the ear reflex points during treatment. The procedure helps release the body's natural endorphins and improves mood without the aid of addictive substances. In use for more than 35 years with a high success rate, the procedure is medically accepted and FDA approved.

TORQUE RELEASE TECHNIQUE (CHIROPRACTIC)

Classified as a highly sophisticated form of chiropractic, the Torque Release Technique (TRT) uses the Integrator™ tool that delivers a third-dimensional force, or Torque, which no other adjusting instrument can deliver. The technique treats the central nervous system by addressing the psychological, neurological and immunological aspects of the body through Chiropractic.

MASSAGE THERAPY

Massage increases the body's awareness, promotes relaxation and decreases muscle fatigue and strain, which is essential to opening up the body to receive the benefits of this integrated treatment process.

SPIRIT

12-STEP PHILOSOPHY

Khalil Family Wellness & Intervention encourages individuals to use the 12-Step principles in their recovery. This philosophy has long been recognized as the base of any successful addiction treatment program.

TAI CHI/QI GONG

Tai Chi is an ancient meditative Chinese health and longevity exercise system. It is also a highly effective internal martial art. Qi Gong is an ancient Chinese art of balancing and strengthening of one's life force. The two Eastern arts have been found to have important therapeutic health benefits.

YOGA

Yoga is a science of life, developed over thousands of years. The system of Yoga is built on three main structures: exercise, breathing, and meditation. Throughout history a number of different yoga techniques have been developed to lead an individual into a deeper state of union with a more open, authentic sense of self.

These two Eastern arts, in combination with our Mind and Body treatments, strengthen the Spirit and help to open each individuals awareness of self and receptiveness to the healing process.

TRUE WELLNESS BEGINS HERE..

THE CREATING WELLNESS SYSTEM

We understand that making major lifestyle changes can be difficult—and sometimes a little scary. Khalil Family Wellness & Intervention offers an extensive aftercare program. The Creating Wellness System is integrated from the inside out, bring focus and balance to the physical, bio-chemical and psychological dimension of your life.

It is a total revelation in mind and body wellness combining the latest scientific technology with the most advanced measurement and motivational programs ever developed. The Creating Wellness System allows us to measure you in depth in all dimensions. We then customize a Wellness program to meet your specific needs.

Let us empower you with the tools, know-how and support you need to transform your life!

**WELLNESS IS OUR NATURAL STATE.
DIS-EASE IS AN IMPOSTER.**



Khalil Family Wellness & Intervention, LLC.

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OVERCOMING ADDICTIONS:

Is NICOTINE ADDICTIVE? Yes. Most smokers use tobacco regularly because they are addicted to nicotine. Nicotine is more addictive than cocaine, heroin, and alcohol combined! It is one of the most powerful poisons known.

ADDICTION is characterized by compulsive behaviors and substance use, even in the face of negative consequences. It is well documented that most smokers identify tobacco use as harmful and express a desire to reduce or stop using it. Nearly 35 million people decide to quit each year. Unfortunately, only 6 percent of people who try to quit are successful for more than a month.

NICOTINE is a drug with a chemical profile similar to heroin. Tobacco smoking is the leading preventable cause of death in the United States. Smoking cigarettes kills an estimated 440,000 U.S. citizens each year—more than alcohol, cocaine, heroin, homicide, suicide, car accidents, and fire combined.

TOBACCO SMOKE CONTAINS 4700 chemical compounds besides nicotine. This includes poisons, cancer-causing agents and industrial solvent such as Arsenic, Ammonia, Hydrogen Sulfide, Hydrogen Cyanide, Carbon Monoxide (identical to the exhaust from your car's tail pipe), all of which cause heart disease, strokes, pulmonary & respiratory diseases, cancer and birth defects.

INHALING the hot toxic fumes from tobacco smoke burns the lining of the air passages. This reduces the smoker's ability to fight off disease germs and viruses that enter the lungs. A smoker's immune system simply deteriorates because of the constant corrosive tar that builds up in the lungs.

NICORETTE GUM HAS A 3% SUCCESS RATE. Only 3 out of every one hundred individuals that decide to use the gum become smoke free. 95% of the successful 3% are still chewing the gum 18 months later. What does it tell you? They are addicted to nicotine, and all they are doing is substituting one addiction for another.

THE NICOTINE PATCH has the power to penetrate our skin and get into our blood stream. Beware, if you smoke while using the patch, you can have a heart attack.

**WITH ALL OF LIFE'S STRESSES, QUITTING NICOTINE
CAN SEEM LIKE THE HARDEST THING YOU HAVE EVER TRIED TO DO.**

WE CAN HELP.

THE WILL IS THAT BY WHICH THE MIND CHOOSES ANYTHING.

OVERCOMING ADDICTIONS:

WHAT IS FOOD ADDICTION? Food addiction is similar to drug and alcohol addiction. Very often for a food addict, refined sugar, flour and fats become what alcohol is to the alcoholic, or cocaine to the cocaine addict.

WHEN EATING food in this group, the addict sets the phenomenon of “craving” into motion. Like the drug addict, the food addict experiences withdrawal when attempting to cut down on foods that trigger cravings. They can experience both physical and emotional withdrawal such as tremors, cramps, depression, teary periods and self-hatred which leads to self abuse.

NOWHERE do the Four Stages of Addiction come into play more powerfully than they do when you resist changing a habit relating to the foods with which you self-medicate. Whether it is a basket of bread, a huge salad, or a box of cookies, your body takes so much extra time to slog through the extra food – more food than you are able to burn – that it cannot easily process it. The body wears itself out. You get tired.

EATING MORE THAN YOU NEED causes you to feel as if you are in a drugged state. This altered state, zones out the brain, and helps you escape from feelings.

ANOREXIA NERVOSA is characterized by intense fear of gaining weight. Behavior includes, excessive weighing, excessive measuring of body parts, and persistently using a mirror to check body size. Self-esteem is dependent upon body shape and weight. Weight loss is viewed as an impressive achievement and an example of extraordinary self discipline.

BULIMIA NERVOSA is described as binge eating and compensatory behavior to prevent weight gain. Individuals become ashamed of their eating behavior and attempt to conceal symptoms through rapid consumption. They will eat until painfully full and stop if intruded upon.

COMPULSIVE OVEREATERS use food inappropriately and eventually become addicted to it and lose control over the amount of food they eat. Overeaters demonstrate uncontrollable binge eating without extreme weight control and see that behavior as normal.

COMPULSION, OBSESSION AND ADDICTION – OVERWHELMING! THE OVERALL GOAL IN THE MANAGEMENT OF FOOD ADDICTION IS TO FACILITATE THE FIRST STEPS ON THE LONG ROAD TO RECOVERY, RESTORING EACH PERSON TO WHOLENESS AND GOOD HEALTH OF BODY, MIND AND SPIRIT.

TO FIND THE GOOD LIFE YOU MUST BECOME YOURSELF.