



NUTRITION FOR SUBSTANCE USE DISORDER RECOVERY: THE GUT-BRAIN AXIS

DAVID A. WISS*

*DAVIDAWISS@NUTRITIONINRECOVERY.COM; UNIVERSITY OF CALIFORNIA LOS ANGELES FIELDING SCHOOL OF PUBLIC HEALTH, COMMUNITY HEALTH SCIENCES 650 YOUNG DRIVE SOUTH, LOS ANGELES, CA 90025

To cite this article: Wiss, D. A. (2018). Nutrition for Substance Use Disorder Recovery: The Gut-Brain Axis. *Journal of Recovery Science*, 1(2), c1. <https://doi.org/10.31886/jors.12.2018.10>

To link to this article: <https://doi.org/10.31886/jors.12.2018.10>

ABSTRACT

With substance use disorder rates rising, there is an urgent need for new and effective treatment modalities. The utilization of nutrition services in addiction treatment has not been standardized, but there is a growing trend towards incorporating registered dietitian nutritionists into the treatment team. This comprehensive overview explores the impact of alcohol, cocaine, methamphetamine, and opioids on nutritional status. This presentation places particular emphasis on gut health, microbiome, and associated neural interactions. Homeostatic and hedonic mechanisms of eating behavior are discussed in the context of eating disorders and food addiction. Given the current crisis of addictive disorders, consideration should be given to prioritizing efforts to improve eating habits and overall health in recovery programs. Guidelines for nutrition interventions will be proposed, and a summary of where more information is needed will point towards future directions.

RECOVERY FROM ALCOHOL AND OTHER DRUG PROBLEMS IN THE U.S. POPULATION: PREVALENCE, PATHWAYS, AND PREDICTORS

JOHN F. KELLY*, BRANDON G BERGMAN, BETTINA HOEPPNER, DAVID EDDIE, CORRIE VILSAINT, LAUREN HOFFMAN

*JKELLY11@MGH.HARVARD.EDU; MASSACHUSETTS GENERAL HOSPITAL, RECOVERY RESEARCH INSTITUTE, HARVARD MEDICAL SCHOOL BOSTON, MA 02114

To cite this article: Kelly, J. F., Bergman, B. G., Hoepfner, B., Eddie, D., Vilsaint, C., & Hoffman, L. (2018). Recovery From Alcohol and Other Drug Problems in the U.S. Population: Prevalence, Pathways, and Predictors. *Journal of Recovery Science*, 1(2), c1. <https://doi.org/10.31886/jors.12.2018.11>

To link to this article: <https://doi.org/10.31886/jors.12.2018.11>

ABSTRACT

The concept of "recovery" has become the organizing paradigm in many middle and high income countries globally with a goal of orienting services in cost effective ways to help sufferers achieve and maintain long term remission. Despite this focus, little is known from an epidemiological and public health perspective about the prevalence, pathways, and predictors of recovery, and the changes that ensue in quality of life and functioning with time in recovery. Using data from the recent National Recovery Study, this talk reviewed a variety of findings on all of these aspects of recovery from significant alcohol and other drug problems.

All authors approve this manuscript and the original submission. The authors report no conflicts of interest. This work is licensed under the CC-BY license.

Full Terms & Conditions of access and use can be found at
<http://www.recoverysciencejournal.org/index.php/JORS/publishingpolicy>

