

# **X...?**

## **Hypothesis of drug addiction** **and the X system theory**

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9/1/2011

*An invitation for the experts to  
research and evaluate the X system  
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international setting*

# **Hypothesis of drug addiction and the X system theory**

**Objective:** an invitation for the experts to research and evaluate the X system theory and the DST method and its results inside and outside of Congress 60, or on the national and international scene.

This article aims to challenge the current treatment methods of drug addiction and their claim of a quick recovery (e.g. one week or one month) from addiction to alcohol, narcotics and sedatives which is impossible due to the physiological and psychological damages incurred as a result of long term addiction.

These methods are incomplete because proper treatment requires time and one cannot announce the end of a treatment before understanding the full extent of the damages of drug or alcohol addiction.

I will examine the common points between drug addiction and other mental and physical chronic diseases so that if we cure the addiction disease, then we can cure the other diseases that have remained incurable to this date.

## **Introduction:**

Based on my experience of 17 years of addiction to hashish, alcohol and opium and numerous, unsuccessful attempts at quitting under the supervision of the experts; I envisioned a new path.

First I eliminated hashish and alcohol from my daily routine and I based my drug consumption solely on opium. This was not very difficult as I was consuming a high amount of opium on a daily basis.

My next move was to alter my perception of opium in a positive manner; instead of viewing opium as a drug, I looked at it as medicine.

Thereafter, I established a timetable and fixed dosages for my drug (medicine) intakes so that I could taper my consumption using designated time periods called steps.

The result was that my opium consumption reached almost zero after an eleven month period and I stopped it altogether very comfortably; there were no withdrawal symptoms at all.

The event was astonishing and unbelievable and it led to invention of the DST method which is explained in the book 'Crossing the zone 60 degrees below zero'.

In 1998 and after curing my addiction, I founded an NGO called Congress60 and began treating drug addiction using opium and opium tincture as medicine on other substance abusers according to the DST method of gradual tapering. The results were excellent and hard to believe; they are documented and available upon request.

While carrying out these treatments, it was observed that DST method works best for opium addiction. However, tapering of other drugs such as Heroin, methamphetamine, crack, alcohol and hashish did not produce the optimum results and individuals did not maintain a healthy physical, mental and spiritual balance even though in some cases the drug was tapered significantly and at times, completely.

Therefore, it was decided to substitute small dosages of opium instead of their own drug of choice and tapering was implemented after successful substitution. This move produced tremendous results; and today, many individuals who were addicted to different kinds of drugs and narcotics, were able to use opium as medicine and attain perfect cure through the DST method.

We have more than three thousand individuals who are drug free using the DST method and we have the documents and evidence to show for it.

An important and fundamental discovery that I came across accidentally is detailed below.

Since 1998 many individuals, who were cured by the DST method, informed me that they had suffered from certain illnesses or physical and mental complications prior to their drug addiction. They shared with me that these illnesses or complications were completely cured after their DST method of treatment using opium as medicine or at least, many of their difficult symptoms had disappeared.

At first I did not pay a lot of attention to this as I assumed this might just be rare accidents. However, as the number of cases increased over the years, I began to study the relationship between drug addiction and most chronic physical, emotional and mental conditions or illnesses.

I shall briefly share the results of my research and study in the following paragraphs titled 'The X system theory and Hypothesis of drug Addiction'. Of course, proof of this theory which I strongly believe in, is beyond my abilities. However, the experts and scientists in this field locally and on the international level, could carry out extensive research on the matter.

The medical files and records of these individuals are available upon request and all members of congress60 hereby announce their willingness for any sort of cooperation.

## **The method of research:**

The original research began in 1984 when I decided to quit my opium addiction by seeking cure through various methods of treatment; after several failed attempts and defeats without an actual result, I decided to investigate my own addiction scientifically.

In this research, my main source of information and results in the field of addiction were my own personal experiences and observations until the year 1998 when I established Congress 60.

Since then and as a result of assisting thousands of addicts come out of drug addiction, I obtained new insights. During this period I managed to talk to many addicts who had tried to quit through various methods and understand their concerns and difficulties. I compared their views and observations and assessed their shortcomings.

Furthermore, I added the studies I had done on the physiological aspect of human brain and attain the desired result. In fact, I want to state that my main source is the thousands of addicts that I've worked with in addition to my own experience of drug addiction.

## **Research findings:**

As I mentioned above, since my findings are through filed researches and operation, I had to define new terminologies and models to clarify my objectives. I do hope other experts and scientists active in this field spend some time to explore my findings and theory and upon acceptance, share their feedback.

Below I shall explain the terminologies and definitions.

### **The X system:**

This system includes all the neurotransmitters, hormones, biochemical mediators, their influence and reactions on each other and also all the internal organs or parts of the physical human body; some of these reactions have been discovered by science today and some, still remain unknown.

### **The anti X system:**

This refers to all kinds of narcotics, drugs, psychedelics, stimulants, alcoholic beverages, anti-depressants, sedatives, and relaxants which are abused on regular bases and which cause serious damages to the X system within the human's physical body.

Of course, negative thoughts, stress and other mental, psychological and spiritual distress could also damage the X system.

### **What does the X system theory say:**

According to this theory all kinds of drug addiction and chronic conditions or illnesses being physical, mental or emotional could be cured by regaining the balance of an otherwise imbalanced or damaged X system.

### **The theory:**

Since all drugs, narcotics and alcoholic beverages pass through the brain's blood stream, they are able to interfere with performance of the X system and due to regular use or consumption of these anti X substances, a sort of substitution takes place. In other words, when external substances (drugs or alcohol) are regularly imported into the X system, they gradually replace or substitute the body's natural opioid and affect the balance of this vital system. This means that the continuous flow of anti X from external sources into the physical body damages the biochemical balance of the X system; this includes a disruption in the production line of vital chemicals in our body such as Dopamine, Serotonin, Endorphin, Enkephalin and other essential opioid. They gradually exit the natural cycle of reproduction and are no longer produced in the body and this leads to complete dependency on external drugs.

Thus, the imbalance of the X system is the basis and foundation of the negative impact of drug addiction on the organism and any shortcomings or poor quality in the natural functioning of the X system. This is the root cause of all physical, mental and psychological complications which are regarded in some cases as impossible to cure.

I believe this theory should be researched, experimented and contemplated on by all experts in the field.

### **Scales of measure:**

The same reason we have meter as the scale to measure length and kilogram to measure weight, it is recommended that we have a scale to better understand drug addiction. The best choice is to choose a drug that helps us better understand and compare addictive drugs. Once we do this comparison we can determine the best treatment to cure addiction to these substances.

I have chosen opium because it has been recognized as the most healing and medically beneficial drug since the ancient times and it has provided humans with significant services and most of its

alkaloids such as morphine, codeine, narceine, papaverine, and thebaine are used for medicinal purposes.

Unfortunately, humans have misused this substance and made destructive combinations out of this drug which has caused extensive damages to themselves and society as a whole. However, this could not be enough reason for us to eliminate the healing powers of opium and reject it when it comes to curing many incurable diseases including drug addiction.

Although opium consumption is a criminal act, it could be prescribed for medical reasons under doctor's supervision. It could be produced as pills or tincture similar to morphine which is legal and has medicinal benefit in medical world despite being considered a narcotic crime otherwise.

### **Opium Tincture**

Since opium is difficult to weigh in low dosages e.g. 20 or 30 milligrams for medicinal purposes, the liquid form or its tincture is suitable for small measurement of up to one milligram. To produce opium as a liquid form, we need a solvent. The best known solvent for this purpose is alcohol; the solution should consist of 10% opium, 20% alcohol and the rest pure water.

### **Chemical compounds of opium**

Opium contains many different chemical compositions and this depends on the method of production in different regions. In addition to important alkaloids opium contains mucilage, pectin, albuminoidal substances, wax, Orubber, resin, mineral substances, calcium, magnesium, potassium, sulfates, phosphates and sugary substances containing lactic acid and neutral substances like Meconine and Porphyrosine.

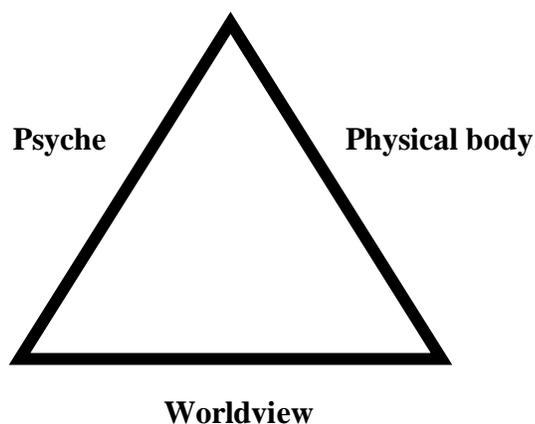
The number of extracted alkaloids from opium is 25 from which 6 important alkaloids are found more.

<b><u>Alkaloids</u></b>	<b><u>Scientific Name</u></b>	<b><u>% in different Opium</u></b>
<b>Morphine</b>	<b>C<sub>17</sub> H<sub>19</sub> NO<sub>3</sub></b>	<b>3 to 23%</b>
<b>Codeine</b>	<b>C<sub>18</sub> H<sub>21</sub> NO<sub>3</sub></b>	<b>0.3 to 3%</b>
<b>Narceine</b>	<b>C<sub>23</sub> H<sub>27</sub> NO<sub>3</sub></b>	<b>0.1 to 0.4%</b>
<b>Narcotine</b>	<b>C<sub>22</sub> H<sub>23</sub> NO<sub>3</sub></b>	<b>2 to 8%</b>
<b>Thebaine</b>	<b>C<sub>19</sub> H<sub>21</sub> NO<sub>3</sub></b>	<b>0.2 to 0.5%</b>
<b>Papaverine</b>	<b>C<sub>20</sub> H<sub>21</sub> NO<sub>3</sub></b>	<b>Less than 1%</b>

Laudanosine	C21 H27 NO4	Less than 1%
Laudanine	C20 H15 NO4	Less than 1%
Cotamine	C12 H15 NO4	Less than 1%
Codamine	C20 H25 NO4	Less than 1%
Cryptopine	C21 H23 NO5	Less than 1%
Rhoadine	C21 H21 NO6	Less than 1%
protopine	C20 H19 NO5	Less than 1%

### Drug addiction and the X system

To clarify the issue, we examine opium addiction. Although there are many factors involved when it comes to curing addiction, we summarize the main challenges into three categories: physical body, psyche and worldview.



1. Damages caused to the physical body.
2. Damages caused psychologically.
3. Damages done to the individual's perception and outlook towards himself, others and life

In this analysis we examine opium as the scale; other drugs from the opioid family such as heroin and morphine have similar effects. By paying attention to this comparison, we can better understand under addictive substances such as alcohol and comprehend the extent of damage they can cause. Overall, all addictive substances follow a similar pattern.

## **Damages caused to the physical body**

Let's look at an opium addict for our case study. If this person decides to quit opium for any reason, what are the likely outcomes?

Most certainly, after several hours his body shows drastic reactions to lack of drugs which we can divide into two groups.

- a) Visible symptoms**
- b) Invisible symptoms**

### **Physical body**

#### **Visible symptoms:**

They are reactions from the body that are tangible by the patient and others around him; they start within several hours from the last usage and reach their peak within the first 24 hours. The followings are the main reactions.

- 1) Frequent sneezing**
- 2) Insomnia**
- 3) Runny nose**
- 4) Bone ache, wrist, and muscle ache**
- 5) Excessive sweating**
- 6) Muscle cramp and spasm**
- 7) Diarrhea**

These symptoms do subside in a couple of weeks even if no action is taken. However, some of them such as insomnia and muscle spasm might persist.

We now face a key question:

**Question:** what causes the appearance of these symptoms? Obviously, runny nose and continuous sneezing cannot be from a cold or excessive sweating and diarrhea is not from food poisoning.

**Answer:** this is because the internal system has been affected by the influx of Anti-X (drugs) during a prolonged period of time and now, it has become completely dependent on it. Thus

exiting from its normal cycle of operation, it could no longer operate without external imports and has completely lost command of the body. Therefore, physical breakdown can be seen in different parts of the body.

We can now take a look at the current methods of treatment available while noting that none of these methods pay any attention to the X system and its vital role.

### **Current treatment methods**

To treat or alleviate the withdrawal symptoms which are often called detoxification, there are mainly three methods:

1-through a doctor's assistance using prescription medication in a short or a long period of time

2-through force by imprisoning in jails or camps

3-quitting by choice in treatment homes or centers, attending group therapy, assisted medication therapy and receiving spiritual support

### **Conclusion:**

Apparently all the above mentioned methods claim to be successful in curing the visible symptoms. However, the truth lies somewhere else and that is, a crisis for the X system which requires time and proper treatment to attain its normal capabilities.

We assume that it is us who have cured the addict whereas it is time that has allowed the system to restore and repair itself. All in all, these methods not only result in a permanent cure for the addict, but also lead to a shock and long term physical and psychological damage of the person.

In fact, due to the weakening of the immune system, the individual's resistance to other chronic illnesses is decreased; in order to clarify the matter I shall use an example. Maybe this would upset some people, but I believe that there is a truth to these issues that should be investigated by the experts. This is because the issues on hand concern the very livelihood of many people and a new hope for their incurable diseases.

### **Example:**

Since establishing Congress60 in 1998, I have witnessed 9 of our members experience heart attack and brain paralyzes; these members had more than 3 years of drug free life.

Five of them who had only done detoxification or cold turkey died because of these attacks where as the other four who were cured by the DST gradual tapering method of about one year, survived. They now lead a healthy life with their families.

To examine this claim thoroughly, one can compare the statistics of death and chronic illnesses between addicts who have quit drugs and healthy individuals.

## **Psyche**

### **Invisible symptoms:**

This phase or stage is the most sensitive and crucial part of the healing process and has been constantly ignored by the specialists and experts. Of course the reactions or symptoms in this phase also existed in the first stage but less attention was given to them. For example someone who is having diarrhea and stomach pain, and is constantly going to the bathroom, doesn't notice his depression.

These symptoms include:

- 1) Depression**
- 2) Hopelessness**
- 3) Isolation**
- 4) Indifference or lack of motivation in life**
- 5) Impatience or lack of tolerance**
- 6) Excessive Exhaustion**
- 7) Insomnia**
- 8) Laziness**
- 9) Forgetfulness**
- 10) Abnormal crying**
- 11) Awakening of sexual desires**
- 12) Premature ejaculation**

It should be mentioned that in this phase, there is a surge in sexual tendency of the individual alongside the inability to maintain such activities due to premature ejaculation. There is also the case of sticky saliva in the throat and muscle spasm which still lingers on.

Some view these symptoms as only psychological which I have to disagree. I should state that mind and body are interconnected and have a direct relationship in which one can influence and affect the other. In other words, physical complications affect the mental state and vice versa.

It has been proven scientifically that our mental and physical states are caused by certain bio-chemical reactions.

For instance, if an individual's serotonin production is less he could become depressed or if the dopamine production of a person is more than normal, the person could experience schizophrenia; the opposite could also lead to Parkinson's disease. If this bio-chemical balance is healthy, the individual enjoys a natural state of happiness and bliss. Similarly, there are tens and hundreds of such chemicals where an imbalance in their production could lead to all kinds of physical and mental complications and illnesses.

I want to state that the root of all physical problems which an addict faces is due to improper import of Anti-X substances into the body. This in turn causes an imbalance in the system and result in malfunction of the entire system. Through group therapy, mind therapy, spiritual training and sport we could only repair a small part of this complex system. We would not be able to restore it back to its normal productivity using the above mentioned methods.

We must definitely designate a proper substitute drug as medication and allow enough time to restore and repair the X system fully. To implement this, I have suggested the DST method of gradual tapering using opium or opium tincture as medicine and I have received wonderful results.

**Question:** can we restore and repair the X system by using methadone, naltrexone and buprenorphine or any other drug?

**Answer:** we can restore the X system to a certain extent using methadone and buprenorphine as medicine implementing the DST method fully in order to achieve the optimum result. However, naltrexon fails completely as a substituting medicine and does not have any benefit.

**Question:** why?

**Answer:** I have to use an example to illustrate my point better. Similar to how we need construction materials to start building a structure such as water, cement, wood, metal, bricks and etc. to restore a building we require specialists like architect, electrician, plumber and others. To restore and repair the X system we need a medicinal compound that contains a variety of elements. This compound is only found in opium which is completely compatible with the X system whereas methadone and buprenorphine are not. I believe they are made of one substance.

Currently opium tincture is manufactured in Iran as an official medicine for the past four years after obtaining successful results in various pilots; it is provided by the health ministry for our clinic. Out of the many pilots that participated in the assisted medication treatment from various NGOs, DST method from Congress 60 had the most numbers of successes with the least number of relapse which surprised many experts.

## **Worldview**

I use this terminology to refer to a manner in which the individual observes the universe, his way of thinking and outlook on life, himself and his love ones and society as a whole including their relationships. As mentioned before, negative thoughts, stress, hopelessness, failures in life, lack of success and mental pressures of various sorts damage the X system.

Therefore, we should gradually tackle this issue in a precise and calculated recovery plan which ultimately leads to slow but concrete changes in the drug infested mental state of an addict. I can name a few areas for training such as life skills, sports and arts alongside group therapy.

In congress 60, I have written fourteen valleys to alter and repair the thought pattern and mental state of the addicts which are similar to the 12 steps of the NA. These valleys are published in a book called 'Love, Fourteen valleys for Recovery' that has been published on Williamwhitepapers.com and Faces & Voices of recovery website.

The role of sports and arts in recovery are emphasized in Congress 60 through 14 kinds of sports and various art programs and are of monumental value to our recovery program.

## **Conclusion:**

To draw a conclusion of the argument, I shall present several principles vital to understanding the recovery process and the restoration of the X system.

## **First principal:**

The human physique is able to repair and restore most of its own natural physical and mental phenomena in most cases given the appropriate conditions and necessary time period in order to create the optimal balance.

## **Second principal:**

### **The reverse course of action (The Recovery of the X system)**

During addiction and its progress (anti X), the natural course of the X system is affected and an imbalance is created; however, if on a precise timetable and strict guidelines, the addict would taper the anti X or its suitable substitution during a 10 month period, we arrive at a phase where the consumption of the anti X or the medicinal substitute is almost zero and fully stopped.

Under these conditions we can restore up to 70% of the natural function and balance of the X system and if this reverse course of action (gradual tapering) is done using opium as suitable medicinal substitute, the natural balance is fully regained and in some instances, better than what it was prior to drug addiction.

## **Third principal:**

### **Restoration**

Since an imbalance in the natural process and functioning of the X system could lead to a variety of physical, mental and psychological dysfunctions and complications, even in cases where it is inherited through genes, the X system repair and restoration can lead to the complete cure of the chronic illness.

These issues should definitely be researched and studied by the experts in the field; congress60 is ready to present such cured individuals and partake in any collaborative experiments.

## **Fourth principal:**

### **Chronic psychological conditions**

Many conditions such as schizophrenic, bi-polar, manic depression, suicidal tendencies... which could have genetic causes, have come about as a result of damage to or imbalance of the X system and are regarded as impossible to cure by many experts. I believe that they could be treated and cured through the DST method, using opium as the medicine. Congress60 is willing to collaborate on any research and study projects regarding this claim.

### **Fifth principal:**

#### **Physical illnesses**

The reason for many physical illnesses and complications such as migraine, lung and heart diseases, digestion... is the malfunction of the X system and they could be treated by the DST method, using opium as the medicine. This claim could be investigated and there are such cases in congress<sup>60</sup> who have been completely cured of their illnesses upon successful DST treatment.

### **Sixth principal:**

#### **Opium**

With reference to ancient and contemporary medical books and recognizing the effects of opium and its compounds, opium or opium tincture is probably the most pragmatic and effective medicine that could successfully repair and restore the X system considering the existence of various alkaloids it contains such as morphine, codeine, narcotine, papaverin, narceine...

These contain a wide spectrum of elements necessary to restore and repair the X system which, intelligently absorb the necessary materials from these alkaloids in order to restore and repair itself. It should be mentioned that knowledge and awareness of the amount of opium used, the time intervals and manner of use in the method of DST is very important and vital in attaining a perfect restoration balance of the X system.

All these assumptions could be investigated and determined scientifically through experiments on animal and research on cured individuals or those who are currently being treated by the DST method.

### **Seventh principal:**

#### **The method of treatment**

The DST method is the method of treatment and is explained below:

**D:** stands for coefficient of 0.8 used in calculating a reduction or increase of a dosage

**S:** represents the steps in which a fixed dosage is reduced or increased and it's 21 days

**T:** the length or the minimum period of the treatment which is 10 months

The full details explaining the implementation of the DST method are available in my books and writings; in this method, the amount of medicine (opium) of each step is calculated precisely and then tapered or increased every 21 days according to the 0.8 coefficient.

In some cases, the patient begins taking the medicine (opium) in dosages ranging from 20 to 50 milligrams and this might go up to maximum of 300 to 900 milligrams depending on the condition of the individual in the treatment, prior to the beginning of the tapering process.

For those who are addicted to high consumption of opium, only the gradual tapering process applies. To be able to complete the treatment process and cease the intake of opium altogether, the patient has to arrive back at the initial stage of 30 milligrams per day before becoming drug free.

**An important reminder:**

All kinds of sleeping pills, anti-depressants and relaxants which are prescribed by an expert specialist in order to reduce the withdrawal symptoms and assist the treatment process within a designated time period could help the restoration process of the X system in a specific area. However, if they are used without discretion and increased gradually while constantly being changed, would only lead to more harm and damage of the X system; the substitution process will take place and a simple addiction to certain drugs could lead to severe mental and physical complications.

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**Tehran, September of 2011**

**The following is the viewpoint and observation of some members of the advising team about the X system theory.**

**Dr. Maghari**

My introduction to Congress 60 goes back to the year 2007. In that time I had the responsibility of running one of the hospitals of Tehran medical University. The hospital had a ward specifically for drug addiction.

Although my expertise is colorectal surgery and proctology, I had to familiarize myself with various drug addiction treatment methods. After several years in that hospital, I realized that all the treatment methods practiced in there were useless as the rate of relapses were extremely high.

The reports that I was receiving from Congress60 progress and activities were very encouraging and upon further investigation, it was clear that the DST method of cure in addition to the group therapy sessions and their arts and sports programs were thoroughly effective with positive results.

An important point that I noticed as an experienced physician was the complete healing and recovery of addicts with history of serious somatic, psychosomatic and psychological conditions upon successfully completing their treatment period. In another word, once their DST method of treatment was over, there were no signs of their physical and mental disorders.

Such cases were so frequent that a through survey, research and study of the effect of the DST method on these patients seemed essential. This process involved the restoration of the natural balance of the X system, its return to normal functioning and eventually complete disappearance of the illness and its symptoms.

The above mentioned research has thus begun in the brain and spinal research center (BASIR). Furthermore, the effect of the DST method on several patients resistance to treatment for Ulcerative Colitis surgery has been extensively researched and these patients showed tremendous signs of recovery so much so that their names have been taken off the surgery's waiting list.

Upon observations of these cases and other such evidences, the need for further research and study on the efficiency of the DST method and restoration of the X system is deemed necessary in addition to the immense hope it has raised in regards to curing chronic diseases.

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**Dr. Haj Rasooli**

**How beautiful it would have been if our thinkers had bravery and our brave, the thinking power.**

I'm happy today and my happiness has a reason... this is because after years of research, a great wish of mine came true. A great thinker has come about in Iran that has experienced immense suffering and pain and yet, had the courage to tap into the ancient history, culture and knowledge of his country to help himself come out of the dark world of drug addiction.

He first tested his method on himself and upon its completion, assisted thousands to achieve the same. One must distinguish clearly between quitting and cure, there's a world of difference between the two. This humanitarian researcher has discovered another theory by gradual evolving of his ideas which can transform the world greatly not only in treatment of drug addiction but also many other physical and mental diseases of our century.

Iran is a country rich in culture and has an ancient history so much so that Ebne Sina's book of law has been a source for medical fields for over ten centuries.

Great thinkers such as Rumi, Saa'di, Hafez, Khayaam, Att'ar, Nezami and, many other philosophers and mystics have challenged the world's philosophical opinions. The many cultural and historical symbols that are scattered all over this land shows the exchanges it had had with other civilizations.

The Renaissance era brought up a revolution in sciences, arts, culture and society which led to creation of new sciences and wide spectrum of knowledge and information. Great thinkers, inventors and scientists of the early periods usually experimented their theories on themselves.

The Wright brothers risked their own lives to achieve the humanity's greatest desire, flight; those who thought of the same idea prior to them had paved the way for them. Marie Curie sacrificed her life on experimenting radioactive materials on herself; Louis Pasteur led a difficult life to be able to discover the science of microbiology to revolutionize the medical world and many other such individuals.

This era brought about a wave of research to numerous mysteries and questions and created innovative research methods so much so that ancient knowledge and findings were gradually forgotten and talking about some of them even became a taboo.

Maybe in its continuation and besides the medical and technological advances that brought comfort and serenity to humanity, the essence of our humanity is fading gradually. Various diseases are a cause for suffering for people of this age. The efforts of doctors and specialists are centered on reducing the symptoms of the illness rather than to recognize the roots cause and its elimination.

Therefore, creation of every type of medicine was to reduce the symptoms of the illness in exchange of suffering many new side effects and so, the vicious cycle goes on.

The rapid rise of laboratory researches and publication of scientific papers affected the courage of scientists and thinkers and most researches went in the direction of sedative medication.

Addiction to drugs, stimulants and alcohol is a dangerous phenomenon on the rise which threatens the safety of our global community. In the last two centuries production, distribution and use of opium have caused the addiction of millions of people worldwide especially in the Middle East; whereas this drug was a powerful ancient painkiller with healing and sedative qualities. The proper and supervised use of this medicine was considered a treatment method.

To treat opium addiction in recent years, morphine, codeine, heroin and many other drugs were produced in labs and each time it was announced that these compound and derivatives are the definite cure for opium addiction even though their higher addictive qualities were proven a while later.

The manufacture of other medicine such as methadone, buprenorphine, clonidine, naltrexone...gave the news of a successful substitution every time but proved to have even worse side effects than opium and created major difficulties for addicts seeking cure.

Invention of lab manufactured and tested medicines without compassion and creation of commercial treatment methods in addition to major advertisement claiming miraculous quick recovery from addiction also fell short; each time an addict relapsed after trying out one of these methods, more hopelessness spread to families and society as a whole.

This trend continued on vigorously to the extent of creating a common belief among most addicts and sections of society which states that addiction has no cure and no addict is able to come out of it. Another popular false belief is that addiction can be treated in a very short time (3 hours or 3 days) through methods of detoxification such as UROD.

These false beliefs and continuous relapse by addicts created an inclination to either give up hope for a definite cure or indulge extensively in drugs with a confidence of a quick recovery.

During this time a new approach was introduced by someone who had experienced the devastation of drug addiction and had managed to redeem himself. He reintroduced the hypothesis of drug addiction using a scientific approach and proved that most addicts have no idea about the mechanism of addiction, its roots and harmful results. This is the reason why most

addicts use drugs indiscriminately to an extent that they are either very high or are experiencing withdrawal symptoms and very few ever know such a thing called balance.

This pioneer concluded that quitting drugs is not the proper meaning and a proper definition is needed to tackle this issue. He gained this knowledge through bitter defeats he went through as a result of improper treatment methods. He came up with a new terminology for the world which is 'curing addiction'. To treat every pain there must be a remedy and by relying on a spiritual principle which states 'the enemy of each thing is within it' he chose opium as the remedy for addiction to all kind of drugs.

Thus, a substance that had been a healing medication for centuries and as a result of political, social and economical abuses had become a cause for destruction and suffering of the society, once again became the remedy.

The existence of more than 40 alkaloids in opium proves why it was so widely used as a remedy for various illnesses in ancient Greece, China, Egypt and Iran.

This brave thinker, researcher had experienced the painful symptoms of quitting opium and realized that by calculated and precise tapering one could reduce the horrible side effects of sudden cessation. This could help cure the insomnia, diarrhea and sexual complications resulted from lack of drugs in the body. These symptoms are alleviated due to the existence of alkaloids in opium such as codeine, narceine, narcotine, papaverine and etc.

By presenting the hypothesis of drug addiction and discovering the mechanism of addiction which damage the neurotransmitters and bio-chemical systems within the body, he demonstrates that treatment must be gradual. This is because these entities within the body have to be restored and their malfunction has led to damages on the mind, body and worldview of the addict in a prolonged period of time. Therefore, their repair and healthy restoration also requires time and patience.

The gradual tapering of the drug by using opium or opium tincture is the basis of his DST method of treatment alongside the training provided for the families of the addicts.

The perfect cure of thousands of addicts through the DST method using opium tincture as the medicine in addition to mental training, sports and physical activities, arts and group therapy proves the efficiency of this method comparing to the popular treatments currently available.

Today, this courageous researcher has presented the X system theory which challenges the modern medicine and its popular methods in treating physical and psychological illnesses.

He believes that the complex bio-chemical system in the physical body that comprises of hormones and neurotransmitters reacts differently under various circumstances. So long as the production of these vital entities is in balance, the health of the individual is intact. He calls this state the X system.

The occurrence of any complications or malfunction in this system for any reason being an illness of the body or the psyche or behavioral issues such as drug and alcohol addiction can damage the X system and cause it to lose its natural balance. He calls this state Anti X.

In order to cure the illness and restore the natural balance of the X system, we must gradually eliminate the Anti X using the DST method.

This is a challenging yet courageous theory that requires deep contemplation.

The mastermind behind this theory is non other than Mr. Hossein Dezhakam, the founder of Congress 60 NGO.

As an ex-athlete (Boxing champion of Asia) who has a PhD in sports physiology and has been teaching at universities for more than 20 years, I'm extremely honored and delighted to be his advisor in sports and physical activities and congratulate his exemplary courage to him, his family and Iranian people.

I have the utmost faith that the seed he has planted in the field of addiction treatment and curing of other illnesses shall one day blossom into a strong, towering tree with lots of shade.

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Tehran, September 7<sup>th</sup> 2011