

Katie Axelson

Welcome to Have Hope; Will Travel. When we travel we get to know people who are different than we are, hear different perspectives, and better understand others' stories. We learn to stand with people instead of having opinions on issues. I'm your host, Katie Axelson. This week we're chatting with a new friend Katie Lain. Katie and I met through podcasting group we're both part of. Today she's sharing her story with us about alcohol and addiction. So, Katie, welcome to the show.

Katie Lain

Yeah, thank you Katie for having me so happy to be here.

Katie Axelson

Yeah I'm excited to get to hear more of your story I know we've chatted a little bit already but to get to hear a little bit more about what your journey has looked like and what your life looks like now.

Katie Lain

Yeah, great. Thank you for having me.

Katie Axelson

Yeah, absolutely so let's start. We've primarily talked about like alcohol use and um alcohol use disorder and what did that look like for you?

Katie Lain

Yeah, you know, um man it was really a struggle for about 10 years for me with regards to alcohol use disorder so that's the term that's used a lot today. People might be familiar with alcoholism or alcohol addiction. But I've kind of been immersed in this field now for 6 years and the term we use is alcohol use disorder because people exist on a spectrum of mild moderate to severe. And for me I would say it was between like moderate to severe alcohol use disorder where um, you know I was someone who here in the US the drinking age is 21 and I didn't really care about drinking I remember my twenty first birthday people were buying me drinks and I was just like giving them away I just I didn't like to get drunk I didn't love alcohol I was kind of sipping on a beer. Um, and so I kind of assumed at that point that maybe I was like invincible to developing an alcohol dependence. Um, but what happened for me is. In my early twenties I started associating with a lot of people who drank heavily and I kind of started to drink that way as well and I kind of thought this is a phase. It's what I'm supposed to do at this age and I'll kind of outgrow it and mature in a few years um but what happened for me was really that you know several year period of almost daily drinking, binge drinking. You know, just really in that that lifestyle. Um, when I tried to rein it in and kind of cut back one day I remember I was sitting. And I was drinking and I was like man I can't remember the last day that I haven't had a drink like the last day I went totally alcohol-free and that scared me a little bit. I knew it had been more than a year I'd been drinking every day for a year and so I was like I'm going to take a week long break you know detox my body. And that was the first attempt I had at taking a break from drinking and it was extremely difficult and that surprised me um I thought that I could just take a break. No problem. You know, return to drinking after the the weeklong break I planned to take but what happened for me is I was actually faced with um, alcohol cravings where all I was doing was like thinking about drinking and wanting to drink. Where almost every evening during that week I would take a little sleeping pill just to go to bed by like seven o'clock at night because that was the time I was usually drinking and I didn't know what else to do with my time and so I was really counting down the days until that week was over and um when the week was over I returned to drinking again and and that's when I realized I had an an alcohol problem and really that started my dozens of attempts of trying to kind of rein it in or control it or moderate or reduce and really failing at it and my drinking

seeming to get worse and um I was someone who was drinking seven days a week really difficult to have one alcohol free day in the week and um, you know I was also kind of like ah a person where a lot of people in my life didn't know how badly I struggled I was very much hiding and still functioning still holding holding down a job and all of that but more and more consequences were coming into my life as a result of my drinking.

Katie Axelson

Wow. So then you talked about having a collection of failed attempts. What did it look like when you were finally successful?

Katie Lain

Yeah, well, um, when I was finally successful. It was actually in 2017 I um I often spent times like searching online for alternative treatments or just treatments for alcohol addiction because I tried quitting cold turkey and um, you know going to different personal development retreats or doing certain fasts or cleanses. I tried like everything to um to try to quit but and like by the way I was not a believer at that time so that was something I didn't have as well like I didn't believe in god then and so I didn't have that to lean on and but happened for me is in 2017 doing research just like trying to find an answer to this issue. Um I stumbled upon a science-based protocol that's been around for decades, literally for over 30 years and that actually helps ah the brain to unlearn alcohol addiction because what I've learned since then is that, you know, none of us are born with alcohol addiction. It's something that develops over time and I think in the medical community. There's still this debate of is it a disease or is it a learned behavior and you know I'm not qualified to speak to that exactly but in my personal experience I think it's a little bit of both. Because I remember when I first started drinking I didn't have this issue I had control I didn't care about alcohol but over time by repeatedly drinking I learned this alcohol use disorder behavior and once I learned it. It was like too late to go back. I couldn't undo what I had learned until in 2017 I stumbled upon this treatment. It's it's called the Sinclair Method. It's named after the doctor who discovered it Dr. David Sinclair and this treatment is incredibly effective. It's been clinically proven for decades to have at least a 78 percent success rate at helping most people essentially unlearn alcohol addiction. And what's so unique about this treatment is that it's not an abstinence-based treatment where you you know you quit drinking and you start the treatment you actually and this is what I did I started the treatment while I was still drinking because I tried to quit drinking and kept failing at it and I was like okay well maybe if I can start this treatment that will help me reduce my drinking help my brain unlearn the addiction. Maybe that's a more doable realistic approach because nothing else has worked before and um, this treatment was a game changer for me like within the first week of starting on it um I had an alcohol free day which might not sound like much to a lot of people. But for me one alcohol free day a week was incredibly difficult to achieve. Um and I noticed that my craving and my desire for alcohol were reducing over time and um, the longer I was on the treatment. The more control I got over alcohol I really became more of a moderate drinker I was having more alcohol free days during the week than drinking days I wasn't getting drunk anymore I was going out and having a glass of wine and no more than that. No more desire. Um for another one than that and um, really over the course of a year this treatment I feel like it I mean I use the word "cure" or just heal me or reverse this alcohol addiction I really feel like it cured me um of of the addiction.

Katie Axelson

So can you tell us a little bit more about what the Sinclair Method is?

Katie Lain

Yeah, so the Sinclair Method is a really simple protocol that uses a medicine called naltrexone it's a generic medication. It requires a prescription in most parts of the world. But it's cheap. It's non-addictive. It's been approved for alcohol since the 90s um like it's just it's It's wild to me that it's not more well known in the medical community. But with with this treatment

protocol naltrexone has actually taken one hour before drinking alcohol and what happens like just to describe from my own experience when I took naltrexone before drinking what it did was it kind of muted the euphoric effects of alcohol. It didn't make me sick. It didn't make it an uncomfortable experience. It just made it a little bit less less euphoric or maybe slightly less enjoyable to where you know before this treatment when I would start drinking one or two drinks. It was really hard for me to stop at that I would just keep going and finish. For example, the whole bottle of wine maybe open a second bottle of wine and with this treatment over time I would have one or two glasses of wine and I'd be like meh I just don't feel like anymore than that which was insane to me because that was exactly what I couldn't do for so long like I would rather almost not drink than even have one drink and so with this protocol that medicine is taken one hour before drinking and what it's doing um I mentioned that it helps the brain essentially on learn alcohol use disorder is it was sitting on receptors in my brain essentially and blocking the reward reinforcement that alcohol produces because alcohol is addictive because it's very rewarding like at the simplest level. Our brain loves reward and alcohol gives us lots of reward and so with this medicine it kind of blocks that reward and so over time. This is exactly what happened to me people can kind of develop an indifference to alcohol or just become uninterested or or less interested in alcohol and again it has a clinically proven 78% success rate to help most people and I think. You know I've worked in this field now for 5 years and have my own personal experience and it's amazing to me how many people you know doctors, nurses, stay-at-home parents, entrepreneurs, successful everyday people that you look at you would never know that they struggle with alcohol but I would meet with people every day and like you know looking at them. You would never know but I think as this as a society at least I had this kind of bias that like an alcoholic is someone over there like in the gutter their life is totally you know, unmanageable and and you know it's very clear that they have this problem but what was interesting from my perspective with struggling with alcohol and what I've seen with others is that um oftentimes this is something we kind of struggle with in secret and it's not obvious to the outside world and that's something that I also loved about the Sinclair Method is it's something that can be done discreetly from home. You don't have to tell anyone you're doing it. There's telemedicine doctors you can work with now to get the treatment. Um, and that was something that for me like was really incredible because there's so much shame and everything you know, linked around our our drinking or or excessive drinking.

Katie Axelson

Yeah know that's so um, revolutionary really to think about like there used to be what what we traditionally think of as like Rehab and that was as far as I knew the only option but in today's today and age there are a lot of different options um that not everyone knows about right.

Katie Lain

Yeah, yeah, and it's so true I mean I go to addiction conferences and Rehab is still definitely like the major player in the field and it's all based around AA which is a great program for some people but for some people it just doesn't work for them. Even I've had clients, they've been in it for years and they're like I can't get sober um and so you know it It is a completely different alternative as you said like revolutionary treatment that um I feel like meets people where they're at and helps them. You know, get in a place where they can just start by reducing their drinking and you know, part of my story is that I haven't drink in five years and I quit drinking accidentally after 10 years of trying so hard to quit um through this treatment I just became completely uninterested in alcohol to where I tell people I just kept forgetting to drink and um I haven't drinking five years I don't take naltrexone anymore because following the Sinclair Method. It's only taken you know one hour before drinking. So um, yeah, that surprised me honestly.

Katie Axelson

Oh sure. Yeah, that's really cool too and to hear like how it was actually helpful to help you recover and to to forget to drink.

Katie Lain

Yeah, that's a freeing place to be because you hear I mean I hear from a lot of people who are um, you know they're like I'm a year sober and I still think about drinking every day or I still want to drink every day and that's where I would be I made it six months one time before this treatment and I just wanted to drink every day to where one day I finally just gave in to that urge and with this treatment it's like the addiction. It feels like it's been erased from my brain. There's no urge. There's no desire for alcohol and honestly I could drink if I wanted to I would just follow the protocol and take Naltrexone beforehand. Um, but I just I have no interest in it which is wild to me.

Katie Axelson

Um, yeah, yeah, that's awesome. How did you discover it?

Katie Lain

So it was by accident one day. Um like I was oftentimes when I'd be really hung over in bed I'd just start searching online for an answer and I came across this TEDx talk which now has I think close to 5000000 views by an actress her name is Claudia Christian and she did a TEDx where she talked about how she overcame alcoholism through this treatment and she also has a documentary about it called One Little Pill but I remember when I first came across the TEDx talk I was like this is too good to be true like she's just another celebrity peddling something like there's probably a gimmick and I get that feedback from people a lot too who are like you know you you work for the pharmaceutical company which I don't at all. It's a generic drug like it's It's almost free. Um, ah so she talked about how she overcame it and I was like in disbelief that how could there be this treatment out there that works on a neurological level. And I had been struggling for so long and looking for an answer and I I never came across as my doctor never talked to me about it and I've since learned that a lot of doctors don't know about it like they's just I've been really slow to gain traction for you know, a number of reasons. Perhaps we could talk about later but um. I remember when I first learned about it I called to five different doctors in my area trying to get the medication and was refused at every single place they said no, you need to go to rehab, you need to go to an AA program, you need to go to a detox facility and I wasn't someone who needed detox like I was drinking a lot like at least a bottle of wine every day usually more I drink vodka or whatever I was drinking a lot but I was still functioning and um wasn't in a place where I could uproot my life and go away to Rehab for thirty days and also just didn't feel like I I was that bad you know to to go to Rehab and so um really struggled to find a doctor to prescribe until I found thankfully a telemedicine doctor. There's there's more telemedicine doctors now that really specialize in this treatment and they'll meet from people with people from home and help them with the prescription and so I met with a doctor they got me started on it and um. Yeah, the rest is history. But I I remember at the time when I when I first learned about it and I thought it was too good to be true I was looking for real people who'd used the treatment outside of this celebrity and there was like no stories online. So I really did like wonder is this too good to be true. And that prompted me to start after I started the treatment I started making YouTube videos just to be like hey guys I'm a real person this is working for me like it's not a fraud. It's not a scam. Um so that kind of led to me working in the field now and really being an advocate for this treatment.

Katie Axelson

Right? if it's been so helpful to you and I'm sure so many others. Why are people so hesitant to do it?

Katie Lain

Well, it's funny. One of the um researchers of this medicine. His name is Dr. Volpicelli like I've been in touch with him and he I've I've asked him this question because he's really been researching naltrexone for decades. He was actually responsible for getting it FDA-approved for alcoholism in 1994 so he's really been not only a researcher but a clinician who's using this medication every day with his patients in practice and even him someone who's like the most qualified person to spread the word about this, he's kind of been pooh poohed or made to be He told me he's like the they would call me quack essentially um, really for a few different reasons but primarily because there's a belief system out there and I've just learned this talking with doctors going to conferences talking to Dr. Volpicelli that um abstinence is the only way to heal from alcohol addiction that like once you have this disease there's no going back and they don't like the idea of encouraging people who struggle with alcohol to continue to drink following this protocol so there's really been this resistance that. Um you know, really goes against like how the treatment system is set up like if you go to rehab you're going to go to detox. They're going to tell you to stop drinking. You can't ever drink again. So there's no real like treatment center in a big way that's set up to support a drink reduction model for people and so I think that's that's really, ah, one of the big big reasons for it and really this collective belief from physicians that you know abstinence is the best way in the only way. But if you look at the data and there's one study it could even send it to you where it says in the headline of the study it says alcohol addiction is a chronic relapsing condition with an 80% or more failure rate with regards to abstinence in Rehab centers. So basically saying that 80% of people who go to rehab are going to relapse within six months because it's a chronic relapsing condition which is true because the brain is essentially wired to think about and crave alcohol. So that's once someone develops an alcohol addiction. So that's why it's so hard for people just to quit drinking like I myself I'd be like why can't I just quit like it's destroying my health my life. Why can't I just quit. But really what I felt like is my brain was hijacked like logically I wanted to quit but this addiction was like louder and controlling my my brain and so with this Sinclair Method I feel like it just like erase that part of the brain where like I just don't care about alcohol and back to how I was before I started drinking where like I I don't care I don't I don't I don't desire it and so that's a little bit about why it's why it's not more well-known and naltrexone is a generic drug so there's no pharmaceutical company out there marketing it, making tons of money like it's less than a dollar a pill without insurance.

Katie Axelson

Wow. Um.

Katie Lain

It's like so cheap and so and there's no financial incentive for you know a pharmaceutical company to go, you know on a marketing campaign for it.

Katie Axelson

Yeah, that stinks I have a lot of beefs with the health care system. But the fact that a drug doesn't get popularity because no big company is making make money off of it to worth but make it worth marketing is a is a problem. Yeah yeah, oh yeah, um so.

Katie Lain

Yeah I, yeah you're telling me.

Katie Axelson

If we know or if we suspect that someone we love has an alcohol addiction What kind of things are supportive?

Katie Lain

That's a really good question and I have a lot of compassion and sympathy for loved ones who are struggling because oftentimes they've been through so much just being on the sidelines of

someone who's struggling with alcohol and trying to support them and trying to help them and oftentimes getting at their wits end like feeling like they don't know what to do and the difficult thing is like what kind of said like when we have an alcohol addiction. It really does feel like our brain is hijacked like we have a logical part of our brain that is. Saying I love my family I love my job. My kids like why do I keep doing this but then again, the addiction is kind of speaking louder. So we do seemingly illogical irresponsible things to kind of keep feeding the addictive behavior and so many people get stuck in that cycle. So if your loved one is struggling I would definitely you know and particularly with alcohol I would definitely encourage you or them to look into evidence-based treatments for alcohol addiction because abstinence as I said it's been shown to have an 80% or more failure rate. Of course it works for some people some people finally do get sober. But just in my experience I tried so many times and I couldn't stay sober until I went on this treatment protocol, um the Sinclair Method. So I would just encourage you to look into evidence-based protocols including the Sinclair Method. Um, as I mentioned there's a documentary One Little Pill. There's a TEDx talk called How I Overcame Alcoholism by Claudia Christian. There's a book I have it over here I could grab it. It's called The Cure for Alcoholism by Dr. Roy Eskapa. I'm not affiliated with the book. It just talks all about the science behind this method. Um, so definitely look into the the science and the information about the Sinclair Method protocol and how it can help people truly heal from the alcohol addiction. Um, there's other modalities that are coming out as well other medications but naltrexone is kind of the I mean it's like the gold standard like shown to be the most effective the most research medication. Um, and then I would also say just to prioritize taking care of yourself if you have a loved one that's struggling like there's only so much you can do at the end of the day like I've met people who they learn about this treatment which feels like a miracle for a lot of us but they still won't do it just because they're not quite ready at the end of the day. The individual has to be ready to make this change even if they're using a really effective treatment. So um I would say definitely take care of yourself. And and there's a good book. Also I'm not affiliated with it. But it's really geared towards supporting loved ones. It's called Beyond Addiction How Science and Kindness Help People Change and it really supports a loved one who's alongside someone who's struggling and they do talk about naltrexone in that book and lots of other kind of tips and strategies to help help the loved ones um, who are dealing with this.

Katie Axelson

Yeah, Wow. It's good to know that there are a lot of varied resources out there too. But you can find the resource that that's in the format that's going to work for you.

Katie Lain

Yeah, yeah, absolutely and be your own advocate whether for you or for a loved one like I think that's so important I mentioned when I first learned about this I went to five different doctors in my area and they all told me no and I, I think that's the unfortunate thing is like if someone goes to their general practitioner and asks for an naltrexone a lot of GPs you know they don't know about it. They know about ah and and I know this just because I've talked with probably over 1000 people over the last five years like they go to their doctor and they're refused a prescription. Um because GPs have to know about a lot of stuff and they don't know everything. Um, and also oftentimes they don't feel comfortable treating someone with an alcohol addiction if that's not their specialty and so if someone's going to talk to their doctor I'd recommend bringing in one of the studies about naltrexone. There's tons of them. You could go to Google Scholar or other online forums to pull some of the scientific research behind this medicine and just be your own advocate. Don't give up.

Katie Axelson

And yeah, that yeah yeah, that's good to know and and there's a network you said where you can find doctors who are part of the treatment plan is that accurate?

Katie Lain

Yeah, so in our program we have it Thrives we have a support program that guides people through the protocol and we can refer them to a telemedicine doctor for their prescription. So if they want to reach out to us. We can refer them there. If they're outside of the US, we have a few connections in different parts of the country and there's also online forums where people share that information as well. So there's definitely like at least in the US there's telemedicine doctors in all fifty states. So um, people should be able to get a prescription that way.

Katie Axelson

Cool Um, where can they get connected with you if they're interested in learning more?

Katie Lain

Yeah, so our website is ThriveAlcoholRecovery.com and on there you can contact us you can email call or text and we'd be happy to answer any questions and we also have social media channels which are linked at the bottom of the website where I'm always putting out just like information and content including like Dr. Volpicelli recently posted some video interviews with him or he's talking about kind of his career in this this treatment field and um, kind of what he's seen with regards to success with naltrexone. So Um, following us on social media is a good place to do research as well.

Katie Axelson

Yeah, good to know. Thank you. What do you wish everyone knew about addiction?

Katie Lain

I think the main thing that comes to my mind is that it's not a logical issue and I think you know as someone who's been making videos and talking about this a lot kind of a lot of pushback I get from people who don't understand addiction is like why don't you just quit like if you have a problem then just don't drink and it sounds like the right answer it sounds like you know that's logical. You have a problem with alcohol don't drink. But I think what a lot of people don't understand especially if they've never struggled with addiction. Is that it's not this logical issue like I said I would wake up super hungover I would do or say things I regret it and I'd be like why do I keep doing this to myself like why can't I just quit or I'd wake up and say that's it I'm quitting I'm never drinking again and that was like my logical brain being completely fed up with this issue but again the addiction which is like the the craving the compulsion the constant thinking and mental preoccupation for drinking that would always went out and how I describe it and this is shown in neurological research of how alcohol addiction develops in the brain. Um. It really feels like my brain was hijacked because my brain really got used to the reward from alcohol and so I was constantly looking for alcohol craving it, thinking about it, mentally preoccupied with it and so um, there's also a phenomenon without going too deeply into it called the alcohol deprivation effect which has also been researched that shows when someone quits drinking they can actually go into a deprivation mode because their brain is being starved from the reward it was getting from alcohol essentially and when that happens the craving for it increases So All this to say I think um for people to recognize that alcohol addiction is not a logical issue. It's not something where it's. You know for most of us as easy as just like just don't drink you know some people certainly can do that. But there's a reason that many people end up relapsing over and over again because it's it's um, a part of the brain is being impacted that is very powerful and very primitive and kind of overrides the logic and that's where science-based evidence-based treatments like the Sinclair Method work to reverse it I feel like it reversed it at the root like it just ripped the addiction out of my brain and I feel permanently healed from it.

Katie Axelson

Wow, That's cool. That's very cool. What have I not asked you that you want to talk about?

Katie Lain

You know, I don't think there's anything you didn't ask me but I would just say if anyone's listening and you're struggling whether you are someone who feels like you know I'm only drinking three glasses of wine a night but I have to have those three glasses or I'm drinking three bottles of wine a night and I have to have those three bottles or I only been drink on the weekends like. Alcohol use disorder looks different from person to person and in my experience it impacts people who are oftentimes very successful. They have a lot going on a lot in their life like where again the outside world wouldn't really know that you struggle and so it causes this isolating experience and this shame can build up on us and we can just feel like we're a bad person or like we've failed or why don't I have control like other people do and I just want to encourage you that you are not alone if you're struggling with alcohol use disorder whatever that looks like it impacts millions of people in the US alone and again people who you wouldn't suspect like I'm just one of my clients I'm thinking of if he's a really successful physician who's about to retire had like an incredible career and he has struggled for over a decade with alcohol. You would never know it looking at him. So um and I've got stories like that over and over again and so for people to know that it's not something that discriminates it can happen to anyone and really it can happen to anyone because you know the more we drink and the more we drink repetitively. Um, our brain can develop this disorder and often people say I don't know when I went from being a normal drinker to this like destructive drinking. It can sneak up on us. So if that's you if you're struggling just have hope um you know with your your podcast name and everything have hope because um, today there are more scientific evidence-based treatments that can really help and have been proven through research to help people and so there are answers out there and so be your own advocate, don't lose hope, and just trust that there is an answer out there for you.

Katie Axelson

Yeah, that's good. That's really good, Katie, would you be willing to pray for us?

Katie Lain

Absolutely yeah, all right Father God I just thank you so much for this opportunity for us to come together and share this information, Lord. I, every day I hear that people are um that this method is an answer to prayer for them and so I think You, Lord, that in Your sovereign ways You can use anything to free people from alcohol use disorder and other ah burdens and issues in their life. Lord God, I just. I pray that You would bless this conversation that it would reach people who need to hear it, Lord, um I pray that the people on the other end listening would be able to get the help they need whether they're struggling with alcohol use disorder or any other issue in in their life. We thank You, Lord, that You know everything about us. You love us and You care for us and, um, we just worship You and glorify You, Father God, I pray this all in the name of Jesus. Amen.

Katie Axelson

Amen. Thank you, you had mentioned that you didn't know you weren't a Christian yet when you were first struggling with alcohol and I realized that I'm a total gap in your story. All right tell me how those two came together.

Katie Lain

I know so I was um I was really deep in the New Age Movement. Do you know what that is?

Katie Axelson

I'm vaguely familiar with it.

Katie Lain

So it's like Tarot Card, Psychic, yoga. Um. Kind of believing that you are god and you manifest your own reality at least that was like my view you kind of dabble in all religions and I believe

Jesus was just like a wise person who came to earth and incarnated on earth so I was in that for 10 years and when I found this Sinclair Method I was still in that space. Um, and I got sober from alcohol through the method in 2018 and then Jesus found me I should say in 2020 and kind of what happened between 2018 and 2020 is that for the first time in my life I started to become curious about God. I feel like, you know he could have found me anywhere. But um I feel like my mind was clear because I was drunk every day before to be honest, um my mind was clear for the first time and I was like you know what is like this whole life like is God real? I don't know like I was just really starting to become curious and I considered myself very spiritual during that time and I kept getting this thought for months and months like if you're so spiritual you should read a Bible like that's the most spiritual book there is and just kept getting this thought repeatedly over and over but I didn't act on it and then kind of leading up to that people I just saw people all around me talking about Jesus and like people would literally randomly message me on Instagram that I don't even know hey do you know Jesus? um, and I would like block them because that was like Christians are weirdos I like had this like preconceived idea about what Christians were um but I kept seeing like scripture and just people talking about Jesus like on Facebook and I remember one day just kind of feeling like annoyed like oh why do people like Jesus so much Jesus, if You're and I prayed like for the first time in my life like not like. I guess from like a humble heart where I was like Jesus, if You're real, like show me. Like I kind of wanted to prove it wrong in a way but that prayer changed everything like within I would say 24 to 48 hour period um I just saw what. I was doing in the new age was demonic and I think the thing that led me to that I was on YouTube again one day and I saw this testimony of a guy who shared from New Age to Jesus and his testimony. It was like he was me talking about his like new age practices and what the Lord had pulled him out of and it just immediately made me realize that what I was doing in the New Age was really of the devil. Um and not from God and now that I've read the Bible and read the Bible I see there's warning against warnings against this like over and over again like you know, just worshiping idols and practicing witchcraft and and all of that which is exactly what the New Age was and so um, in 2020 that's when Jesus saved me and I gave my life to Christ and I just kind of left that whole New Age world. Um and have been following Him ever since and it's it's really interesting to me because um I think God, there's like no ah, clearly no mistakes or anything like that. So I really have this fresh perspective of what it's like to not believe in God and a lot of people come to this Sinclair Method because it's a science-based protocol. It doesn't require God you know like AA, you I mean a a kind of says anything can be god it's not necessarily the One God

Katie Axelson

Yeah, there's a higher power.

Katie Lain

So I just feel like the Lord like He did that on purpose and so I'm like what do you want me to do with this? um and but yeah, so now I have known the Lord for over three years and like part of our program. We have a Christian group and a support group but it's not like you know for everyone because there's a lot of nonbelievers as well. So that's like the short version of my story.

Katie Axelson

Sure Yeah, very cool. No, that's awesome. I'm glad that we filled us in on that bit.

Katie Lain

Yeah, thank you for asking.

Katie Axelson

For sure. So on the show. We're always trying to learn something new learn from somebody else's and it's always helpful to know what's something that you've learned recently?

Katie Lain

I feel like what's coming up for me is just like having to do with my relationship with the Lord and how ah what He's been teaching me about how important it is for me just to continue to surrender to Him and like the Bible says in Matthew 6 33 like seek first. The kingdom of God and live kingdom of God, live righteously and all also be added to you like that understanding of what that means has become more magnified in my life where I could see my still self still seeking. Success or things I wanted or even like goals in my life which I think there's room for all of those things but just realizing that God needs to be above all of those things and He's been correcting me personally and that more and more lately. So. That's what's coming up for me if there's something I've learned about how life-changing it is to really continue to surrender and submit to God and I feel like I'd been doing that but like He just continued to show me to go deeper as he does with us. He's always working on us. But that's something that has been a revelation for me lately.

Katie Axelson

Yeah Wow No, that's awesome I Love that. I love it when people are talking about like the intimate things that God is sharing with them because it's a glimpse in their lives that most people don't get to see or are hesitant to share. So thank you for going there with us.

Katie Lain

Yeah I appreciate you letting me that was what was coming up for me. So yeah.

Katie Axelson

That's great. Well, Katie, thank you so much for sharing your story with us, for educating us, for helping us understand a little bit more about what what options exist and and how we can combat um addiction altogether because it is kind of ah a communal issue because it happens everywhere where we don't where we don't expect it or know about it um, and so thank you for for trusting us with your story.

Katie Lain

Yeah, thank you for having me you know I every day whenever I talk about this method. There's someone who says I know someone who's struggle or I have a friend or family or I'm struggling so I feel like whether addiction with alcohol touches you personally or someone you know like. Everyone seems to know someone so I hope this information is helpful for people.

Katie Axelson

Awesome! Thank you very much.

Katie Lain

Thank you Katie.

Katie Axelson

As always a big thanks for listening. If you enjoyed the show, be sure to connect with Katie. There are links in the show notes to all the resources she mentioned. If you're looking for another episode on addiction, maybe checkout episode {90} where Florence Mayes tells his story of a near-death experience and what it looked like to become sober. I would love to connect with you as well, you can find me at KatieAxelson.com and on Instagram @KatieAxelson. Until I see you next, my friend, know that you are loved, know that you are cared for, know that you are seen, and you are valued. We'll see you again soon. Buh-bye.