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For Immediate Release

Garfield Heights Native, Turnaround Specialist, Uses Nutrition to Tackle the Underlying Conditions of Addiction

A remission (sobriety) lifestyle updated for a 21st century epidemic - Addiction

Cleveland (Chagrin Falls), Ohio, March 14, 2016 – Every day one hundred fifty Americans die from overdose. Addiction, defined in 2012 as a chronic brain disease, has become a national epidemic. With 22.7 million people in the United States needing treatment and another 23 million in recovery, too many families have been touched by the heartbreak of addiction. Garfield Heights native, [Wendy Komac](#), and turnaround specialist for Corp. 500 companies, has big plans to change how we view and treat addiction.

Komac, founder and CEO of [Luna Living](#), the new brain energy spa in Chagrin Falls, Ohio, has been sober for over 29 years. She's gone from drinking a bottle of vodka a day, laced with cocaine chasers, to creating a new formula for living in remission gracefully. Her methods and proven lifestyle formula are now helping Brain Disease Survivors succeed on their path to remission (sobriety). Addicts, Alcoholics, and those diagnosed with Parkinson's and Dementia can all benefit from her program.

Nutrition is the foundation of the secret sauce. "You can tell a lot about a person by the foods they eat. And that's especially true when one has a brain disease like addiction. When I was abusing, a can of diet soda was considered lunch. More than fifty percent of my caloric intake came from alcohol. Eating took second place and when I finally quit, my body was malnourished and severely damaged. My intestinal tract had multiple ulcerations and I was essentially starving. Once I realized that my brain, and life, ran on what I ate, I changed, and so did my cravings, mood, level of anxiety, and stress."

Eating the wrong foods and using drugs and alcohol changes brain structure. These changes persist long after the addict stops using making them vulnerable to relapse. Luna Living's Brain Disease Survivor Cuisine is engineered to support the brain-body function ravaged by disease.

Komac went on to train as a Chef, not only to build a nutritional arsenal for personal improvement, but to create noteworthy brain cuisine that the entire family loves. She creates mouthwatering delicious dishes packed with essential nutrients that the body can't make on its own - gluten-free, sugar-free and healthy recipes.

"Innovative and effective treatment for addiction begins by bringing brain healthy nutrition to the forefront and implementing effective behavioral change. Gone are the days when one trades one sugar addiction for another

-more-

(alcohol for sugar laden donuts) or pops a pill to mask the true and worthy self. Sugar is a substance that releases opioids and dopamine like other addictive substances. Over consumption of sugar or eating the wrong foods can trigger behavior that often results in relapse," shared Komac.

Luna Living is a turnkey solution to treat Addiction. Continuing with nourishing the body with essential nutrients and adequate fluids, the 10-day IV NAD protocol, Quantum Brain Cleanse™, is a nutritionally-aided and medically-supervised detox that treats the brain first. An approach that improves elimination of toxins and encourages healing of the organs directly involved: the brain, liver, kidneys, and intestinal tract. Since no detox protocol is a replacement for cognitive therapy

and behavioral change, guests at the Brain Energy Spa begin behavioral therapy during detox. Guests currently working with a therapist or medical professional can include them in their treatment plan. Luna Living is a full service mental health clinic and is staffed by qualified and experienced medical personnel.

Detox protocols are available for drugs and alcohol disorders: Alcohol, Amphetamines, Barbiturates, Benzodiazepines, Cocaine, Crystal Methamphetamine, Heroin, Marijuana, Methadone, Nicotine, Opioids, Prescription Painkillers, Stimulants, and Suboxone.

Luna Living detox and rejuvenation protocols, and other therapies, may be used in combination with any 12-Step Programs, 12-step Meetings, Spiritual Programs, Addiction Counselors, Psychotherapists, Family Therapists, Integrative Physicians, Nutritionists, and Executive Coaches.

An open house is scheduled for March 21, 2016 from 8:00am – 7:30pm. School administrators, teachers and students, physicians, therapists, ministers, coaches, law enforcement, judges, parents, friends, and school and community groups are invited. All are welcome.

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About Luna Living

Luna Living, a pioneer in nutritionally-aided detox and remission (sobriety) lifestyle operates a 6,600 square foot Brain Energy Spa – a first-of-its-kind clinic for people suffering from chronic brain diseases such as Addiction, Parkinson's, Dementia and Aging. Its flagship location is at 8535 Tanglewood Square, Unit T-10, Chagrin Falls, a suburb of Cleveland, OH. A CARF accredited (preliminary) clinic, an internationally recognized standard in health care. Staffed by qualified and experienced medical personnel. Clinic hours are 7:30a to 7:30p, seven days a week. Same day appointments are available. Programs are partial hospitalization, medical detox, outpatient, and behavioral health.

If you would like more information about Luna Living or to schedule a presentation at your organization, call Mary Kaye. marykaye.denning@lunaliving.org or 216-470-3969



Spa Partners: Sally Iannone and Wendy Komac

*Luna Living
Brain Energy*



Welcome to Luna Living



First Day Care Suite



Third Day Art Therapy



Table Set for A Brain Healthy Lunch You Prepared

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