

## GDL Jason Wahler

The path did not write it this way to me at least in my brain Um We are here with Jason Waller What is up How are you guys doing Grateful to be here Good Thank you for being here I'm Michelle and this is this is who is this I'm outside It's all good man from good day live Uh So I mean we all know you from from the hills and um gonna be stopping grounds old stopping grounds Um And now you have a new mission Um tell us about cure addiction now dot org Yeah So cure addiction Now is we're basically looking for a cure for addiction Uh Addiction has been around for for a long time now right It is the actually the leading cause of death in America for 50 year old individuals and younger Uh It is a primary chronic and progressive disease and there has not been enough research done around specifically the brain and looking at neuroplasticity and actually seeing and looking for a cure Yeah we're just talking about neuroplasticity with um with Natasha Graciano about how your brain you can change your your your thoughts and your brain and like it never stops Well it's like let me give you an example though So if you get something wrong with your heart your kidneys your liver I mean when you go get a cat scan or an MRI they actually look at the organ that's directly affected right Why is that not done when you're struggling with mental health indoor addiction they basically cluster a bunch of symptoms and throw medication on top of it and try to that's been what's going on for the last 60 years So I think again is with where science is at and with technology we are at the ability to be able to do a lot more deeper dive of research And again is medications are great Don't get me wrong And and again if we're looking for a cure and hopefully there's a medication that's going to be a proponent of that but it's actually having the research to back that suppose to symptoms that you're experiencing for sure for sure You got a lot of obstacles out there I'm sure there is a lot of obstacles for sure But there's also a lot of people with support you know I mean I think every single person is directly affected by this some way or another whether they've gone through it themselves and or whether a family member or friend a loved one So uh it's at that place where I mean now we this this last year you know I mean COVID did not help help the situation with with addiction isolation is is one is definitely not a benefit to us is for all humans The number one form of happiness uh longest living study at Harvard's around here connection And so you actually remove all that And unfortunately we're in this rubber band phase where we're you know we're still back we haven't even seen

what's really yet to come and it's it's really it's scary Um but yeah 100 and 1,212,000 overdoses this last year uh you know somebody's dying every 90 seconds from an opiate overdose Um and that's again is you're not including you know stress of the liver car accidents you know methamphetamine you're not including all the other benzodiazepines everything else that goes with it So it's a killer man It's really taken taken over and and uh it's about time something is is done And so uh joined forces with Nancy Davis who is an incredible mentor patriarch And uh you know she did something uh what nobody thought would be able to be done in the world of race to race MS where she is now uh 26 27 years later has come out with uh 24 FDA approved medications and has really pioneered that whole disease and people that weren't able to walk and were bedridden uh are you know are moving and shaking today I love that We're hoping to have the same effects uh taken from her model what she did with research and stuff like that and encompassing it with care addiction Now You will you absolutely will Um I think this is so incredible what back to connectivity That's that's the whole point point of this show At least with Good Day Live is to connect with people and to spread spread good news and connect with those that need that and and and to share and I think what's so unfortunate is there's so much judgment around addiction and drugs and if we could only just move past the judgment and look at how can we fix it How can we solve it What instead of looking at the problem maybe what is the solution You know I was saying this um back there when you guys were doing your little your little but your video back there your video Um There are so many schools that are like don't do drugs ok Don't do drugs But if somebody does do drugs how do we help them How do we save that life Because that to me is someone who is reaching for help and doesn't know how to ask Yeah there's not enough prevention or education or knowledge that's out there I mean there's so much there is so much that can be done already but it's the steps haven't been taken And I think that's where it's frustrating especially not having kids It's made me more proactive of wanting to even do more even just a simple statistic around this I mean it's like if you don't drink or use uh by the age of 21 you have a 90% chance of never struggling with an addiction issue And I mean this it's just this basic information starting the conversation normalizing the conversation I mean it's like looking at really what we're dealing with here uh when it comes to addiction mental health suicide all of this stuff the more we can normalize it the better off we're gonna be and we take the stigma away from it Yeah that's very refreshing I mean we're we're moving away

from that old perspective of you know addiction is criminal to where it's not not just like a disease but this is something we can we can all solve together Well there's no such thing as recreational use of heroin There's no such thing as recreational use of methamphetamine There's no such thing as recreational I'm gonna drink a bottle of vodka a day Like and that's the thing is like I'm not addiction does not dictate who I am but it also doesn't justify my actions So I do take ownership and accountability because I'm in recovery and I've struggled with addiction myself But I also think it's very important to understand It's not like I woke up and I'm like God I can't wait to destroy my life today you know what I mean And so it's there's obviously drugs and alcohol the solution it's an under underlying cause that is much deeper than the actual substances themselves Um And again the more we can communicate and understand that the better off we're gonna be for sure you spoke of this uh rubber ban fact where we're kind of like going back and we're gonna fly forward pretty soon I see I I feel like I'm trying to stay ahead of the curve kind of a feel from you I don't I don't I mean we're still we're so far behind the curve already honestly Um but it's just I think that and this is just me this isn't from somebody else just based on working in the space and and being around it for so long now and seeing what where our world is at today just go outside see how angry how frustrated how much hate and how much animosity and and to see where that's all at And I mean if you take the repercussions of what's transpired over the last couple of years it's you're starting to see the tip of the spear of it now and from my perspective just based on again where things are going it's just gonna domino uh unfortunately you know and again as I think there's preventive measures that we can take by just having these types of conversations and and making it more aware But at the end of the day It's uh it's something that is is is very terrifying And again as you look at the average age of first time use for kids it's 11 years old 11.5 years old I mean it's just like you look at that you look at the the suicide rates Not it's not adults it's not young adults it's not teenagers it's adolescent I mean you're talking about young kids that are killing themselves like yeah and need connectivity and need and need a non judgmental space We need to provide more of that And I love what you guys are doing Can you tell me a little bit about the movement for Narcan right now Yes So Narcan again is just it's another great option I mean with fentaNYL with opiates with the the I don't even call it an epidemic anymore I call it a massacre You know I mean it's how many people it's killing It's it's an amazing medication that can prevent somebody from overdosing And so

basically we're just raising awareness I think every single person should have it every single every every woman should have it in their purse every guy should have it in their car every office every every workplace should have it Uh And it's I mean it's there it is right there Narcan It's it's a super it's almost like like it's a nasal spray And so basically I mean it's just you you take it out you you get it inside with somebody that's overdosing you tilt their head back obviously check their heartbeat check you know check their their pulse Um but if you suspect that they're overdosing you squirt it in their nose uh roll them on their side give it 3 to 4 minutes If they're not if they're not revived it comes with two So you you use the other one uh and then call 911 but it's it's it's a lifesaver Yeah I mean as someone who like you said the statistics like I never drank or ever did drugs and and I don't have that struggle but now um being emerged into this world and having to question like like where is this judgment coming from I need to come from a space of like how do we get here and how can we move forward and how can I help and and be part of the solution I don't want to be part of the judgment And I think for me it's like educating myself it's it's knowing more about it It's you know connecting with you guys and like knowing about Narcan and and making it like this available life saver which is so crucial just to be like we're all human we all go through struggles and pains and trials and tribulations And if we come from a place that I can't say this enough of not non judgment we can save so many lives and make this world as cheesy as it sounds a better place if we can just all be take a step back and realize that we all have life issues whether it's like body image whatever you know what I mean Like we all got it like addicted to social media whatever it is we just wanna come from a place of nonn judgment So I love that you guys are doing this and it's so small and everyone should have this correct Everyone should have this Every school should have this Every nurse should have this Everyone there should be no reason why somebody has to go and call a pharmacy if it could save a life Correct It is I mean come on it's common sense So what are the numbers uh brain without oxygen in an oc about four minutes Uh There could be brain damage six minutes dead Now what I just read was that the average response time of an ambulance is 10 to 15 minutes So we're really talking about saving a life here literally literally literally So I mean it's it's it's it's a must and again it's something that's so simple right I mean it's to me it's mind boggling that's not everywhere and not dispersed everywhere I mean every single person should have it right now So yeah it really is So so speaking of necessity how can I help How can people that are

watching get involved and help make this a reality for Narcan Narcan is its own website You can go to [and.org](http://and.org) or you can go to [careaddictionnow.org](http://careaddictionnow.org) Uh I highly advise if you want to stay up to date check our research check out the doctors that we're working with and this uh you can get involved that way and there's we have a lot of different events coming up We actually have something on September 1st where we're actually doing a panel with seven different doctors and another couple unfortunately a couple of mothers that have lost their loved ones to addiction and uh bringing awareness But again it's getting the research behind it back by people that have experienced it first hand uh raising awareness like I said check out [careaddictionnow.org](http://careaddictionnow.org) um and get involved get involved Um This is this is your camera Uh is there a social media that they can go to Uh if you guys want to check out [cureaddictionnow.org](http://cureaddictionnow.org) on social media that would be the place to go or [curi.now.org](http://curi.now.org) Thank you so much Jason It was a pleasure meeting you and connecting with you Uh For more information please go to [cureaddictionnow.org](http://cureaddictionnow.org) Stop the judgment and save a life Uh Thanks for watching