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### **Naturopathic and Alternative Treatments:**

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Acupuncture and alcohol rehab.

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Acupuncture for addiction and substance abuse.

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## **Meditation**

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## **Hypnotherapy:**

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Hypnosis today. <http://www.hypnosis-today.com/index.html>

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<http://www.webmd.com/anxiety-panic/guide/mental-health-hypnotherapy>

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[http://www.selfgrowth.com/articles/Does\\_Hypnosis\\_Work\\_For\\_Alcoholism.html](http://www.selfgrowth.com/articles/Does_Hypnosis_Work_For_Alcoholism.html)

## **Mutual Aid Groups:**

AA Agnostica:

<http://aaagnostica.org/>

Alcoholics Anonymous (AA)

<http://www.aa.org>

LifeRing:

<http://lifering.org/>

Moderation Management:

<http://www.moderation.org/>

Rational Recovery:

<https://rational.org>

SMART Recovery (Self-Management and Recovery Training):

<http://www.smartrecovery.org/>

SOS – Secular Organizations For Sobriety / Save Our Selves:

<http://www.sossobriety.org/meetings/>

Women For Sobriety (WFS):

<http://womenforsobriety.org>

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