

Postscript, More Reading, and References

If the method of naltrexone's working isn't quite clear, especially the difference between blocking craving – which it **does not** do, and pharmacological extinction, which is what it **does do** – please read further here: [How Opioid Antagonists Reduce the Craving for Alcohol](#)

It's been a while since I wrote this article, and have since had further contact with Dr. Roy Eskapa who wrote the book [The Cure for Alcoholism: The Medically Proven Way to Eliminate Alcohol Addiction](#).

About the title he says: "In retrospect I somewhat regret the term CURE to some extent. Not that it is incorrect but that it turns people off – for obvious reasons. Too good to be true. And in fact just as with any medical treatment we cannot achieve 100 % 'cure' rates. Also one can relearn or 'catch' the 'thing' again".

I have also had contact with Claudia Christian, and Joanna at the [C3 Foundation](#). Claudia made the movie [One Little Pill](#).

The two of them (in best AA tradition, but entirely unrelated to AA of course) are helping individual alcoholics one by one – to find access to naltrexone and nalmeferone. They're in England, but are beginning to set up in the US, too. The movie is financing their efforts, and neither of them is drawing a salary from it. They're both recovering alcoholics themselves – the TSM way.

Joanne told me that nalmeferone is now approved throughout the European Union for use in pharmacological extinction treatment (in accordance with The Sinclair Method). Naltrexone has been used in Finland for at least a couple of decades. 70,000 people there have done this treatment, though there has not been much scientific long term follow-up.

Nalmeferone is still protected by patent, and therefore the

pharmaceutical company has a financial interest in promoting it, while no one is going to make real money on generic naltrexone, and therefore it is not being promoted by any company or through government channels.

She also told me it is her impression that the side effects from nalmeleme are frequently worse than from naltrexone, except that it's easier on the liver, and side effects from naltrexone are otherwise generally mild.

Further, here is a large community discussion site about TSM: [The Sinclair Method Discussion Forum](#).

Here is an interview with Claudia Christian, conducted by Shira Goldberg. Personally I find Shira a bit hard to listen to, but she really does get Claudia fired up, so all in all this is really a great interview: [Claudia Christian of Babylon 5 Fame talks about the Sinclair Method for Alcohol Reduction](#).

Also Larry King brought Claudia and a few other folks, including a 12-stepper together for a talk on the Sinclair Method: [The Sinclair Method—An Option for the Alcoholic using Naltrexone](#).