



Alesandra Rain author, drug expert

Alesandra Rain has 18 years experience in the field of prescription drugs and their effects on the nervous system; personality alterations due to addiction; drug/drug interactions; drug/herb; drug/food and the withdrawals from various classifications of pills. Additionally, she has extensive knowledge of psychoactive medications within every age group.

With a Bachelor of Arts in Psychology and completed graduate work in a Master's of Fine Art, Alesandra went on to become a renowned author, speaker and expert in this specialty field.

Alesandra's introduction to prescription pills came after an auto accident required nearly three dozen surgeries that left her plagued with insomnia, anxiety and pain. She spent a decade on over 1,000 pills a month and then suffered tremendous physical decline from the combination of pills. Eventually Alesandra wanted her life back and unable to find help, she chose to go cold-turkey in the Cirque Lodge Treatment Center in Utah. She was taking

multiple benzodiazepines, sleeping pills, painkillers, muscle relaxers and antidepressants. The excruciating withdrawals gave Alesandra an inside view of prescription addiction that is also affecting millions of people today.

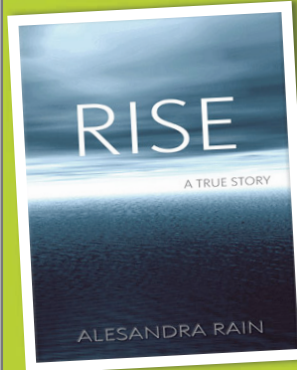
Alesandra is a prescription drug expert and the cofounder of Point of Return, a nonprofit that assists the public in recovering their lives from prescription pill addiction. Her team is a group of committed professionals who have dedicated their lives to this critical cause.

She currently resides in Malibu with her rescue dog Sky.





RISE

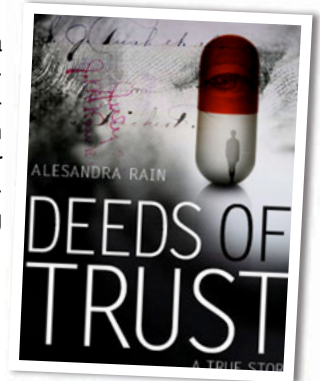


coming soon

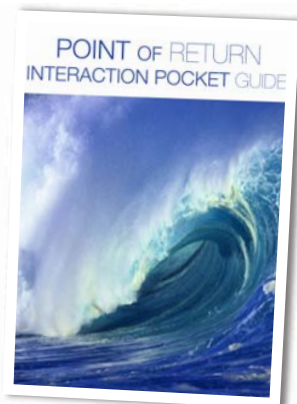
A private look into the global issue of prescription drug over-prescribing and dependence. Alesandra Rain's riveting true story of hope, inspiration and redemption is expanded to include voices from around the world. Alesandra captures her torment and subsequent healing in a way that has the reader experiencing every emotion while her compelling story unfolds. You will find yourself laughing, crying and ultimately applauding her strength of spirit.

DEEDS OF TRUST

Alesandra Rain's memoir; a compelling chronicle of betrayal, loss and the overwhelming strength of the human spirit. Alesandra captures her riveting true story of deception and intrigue while putting a face on a worldwide issue.

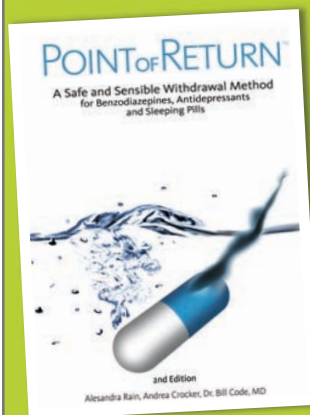


INTERACTION GUIDE



This small interaction guide lists potential drug interactions with foods, herbs and over-the-counter medications based on the P450 liver enzymes that medications travel; including Benzodiazepines, Antidepressants, Sleeping Pills and Anti-Psychotics. It outlines restricted items that may interact with the medications and are best avoided.

POINT OF RETURN



An in-home withdrawal method for Benzodiazepines, Sleeping Pills and Antidepressants. Includes interaction and dietary restrictions by drug name based on the P450 liver enzyme system. Co-written by Alesandra Rain, Andrea Crocker and Dr. Bill Code, an expert in brain function and addiction.

RADIO

- * KGO San Francisco - The Karel Show - [Listen](#)
- * WOR-AM (NYC) The Joey Reynolds
- * WWRL-AM 1600 AM (NYC) Sammy and Army in the Morning
- * Voice of America - Choices-Get it Right with Work and Life
- * National Public Radio (NPR)
- * LIB Radio Network
- * Erskine Radio (Multiple Interviews)
- * Hip Hop War Report
- * Blake Radio
- * Holistic Perspective - Progressive Radio
- * K-Talk AM 630 (Salt Lake City, UT)
- * WFNY-FM (New York, NY)
- * Advice Radio - "Writers, Authors & More"
- * WJZW-FM (Washington, DC)
- * WBIG-FM (Greensboro, NC)
- * KHTL (Albany, OR)
- * KCBX NPR
- * WBAI (New York, NY)
- * Talk12 Radio
- * WTNB (St. Petersburg, FL)
- * WMNF-FM (Tampa, FL)
- * KIML-AM (Gillette, WY)
- * KPQ-AM (Seattle, WA)
- * WITH, WNZQ, WNRC, WWDS
- * WJZW (Washington DC)
- * WPFW-FM (Washington DC)
- * WXRK (New York, NY)
- * KTWM (Los Angeles, CA)
- * WENG (Englewood, FL)

PRINT

- * **CNN News** (Article) - [view](#)
- * **ABC News** (Opiate Abuse) - [view](#)
- * **ABC News** (Charlie Sheen) - [view](#)
- * **Prevention Magazine** (Article)
- * **Chicago Tribune** (Article) - [view](#)
- * **Health Connection** - [view](#)
- * **MORE Magazine**
- * **Crusador Magazine** (Feature)
- * **Outside Magazine** (Feature)
- * **Recovery Solutions Mag** - [view](#)
- * **AOL Health**
- * **Pasadena Star** (Article)

- * WWNN (Boca Raton, FL)
- * KTYM (Los Angeles, CA) Bobby Howe
- * KBPI-FM (Denver, CO)
- * WFHR-AM (Marshfield, WI)
- * KZZZ (Tucson, AZ)
- * KTYM-AM (Inglewood, CA)
- * KFAX (Fremont, CA)
- * WIHT, WMZQ, WTNT, WWRC, WWDS
- * KIML-AM (Gillette, WY)
- * KPQ-AM (Seattle, WA)
- * KSJS (San Jose, CA)
- * KLWN (Kansas City, KS)
- * KBPI-FM (Denver, CO)
- * WDLB (Wisconsin Rapids, WI)

TELEVISION

- * **CNN National News - In Depth** - [view](#)
- * **Geraldo at Large, Fox News Channel (Frequent Guest)** - [view](#)
- * **KOVR Channel 13 - CBS Morning News - Sacramento, CA**
- * **Santa Monica- Public Access TV**



- * WTAN, WZHR (Clearwater, FL)
- * KSTE-AM (Sacramento, CA)
- * WMPG-FM (Portland, ME)
- * WERC-AM (Baton Rouge, LA)
- * WNN (Deerfield, FL)
- * WGSL-AM (Buffalo, NY)
- * Kerrang Radio (United Kingdom)
- * WXCI-FM (Connecticut)
- * WMNF-FM (Tampa, FL)





[watch video](#)



[watch video](#)

DRUG EXPERT

ALESANDRA IS ALWAYS PREPARED ON THE SUBJECT AT HAND AND HER INCREDIBLE KNOWLEDGE MAKES INTERVIEWING HER SUCH A PLEASURE.

- GREG HART PRODUCER, GERALDO AT LARGE

FOX NEWS CHANNEL



ABC NEWS



ENDORSEMENTS

“If I have a big story and I need a go-to expert on drug addiction, my first call is Alesandra Rain. She is fast, reliable and always has the best answers to my most difficult questions. Alesandra is a tremendous wealth of knowledge and fantastic on the air, a true pro.”

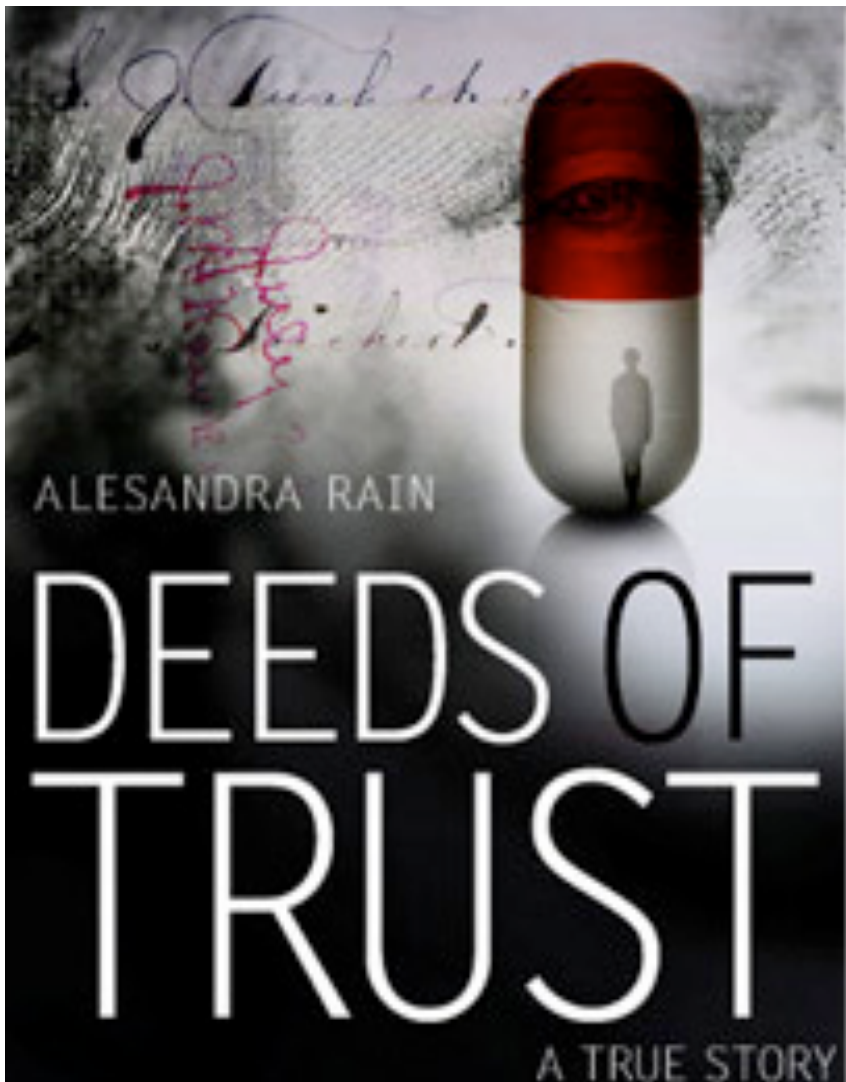
- Greg Hart
Producer, Fox News

“Deeds of Trust is one of the BEST WRITTEN BOOKS I've ever read!!! The story Ms. Rain relates is powerful and poignant.”

- Erskine, Erskine Radio (voted book of the Year 2007)

“A World of Drugs - Such a predominant part of Society and Captured perfectly by Alesandra Rain.”

- Guy Rathbone
NPR - Turning Pages



“I just wanted to tell you how much I enjoyed your book. I couldn't put it down. I'm sure you've been told by many readers that you have a perfect movie sitting there with Deeds of Trust.”

“Your story is fascinating. On your darkest day, you could have never imagined what God would do through your struggle. I am reaping the benefits of your victory. I truly believe with all of my heart that you are being positioned by God to impact the world in your field. I'm sure you are thinking, "I'm not so sure." You need to be thinking Global. Every nation. When I was on the phone with you I really sensed that God was telling me that you have incredible humility. The truly humble ones are the people that can handle fame and fortune. It won't ruin you. My prayer for you and your company is that God will open up doors that you can't even believe.”

“Alesandra, I read Deeds of Trust cover to cover without break tonight, and I am rendered utterly speechless. I won't even attempt to articulate my thoughts about you because I am not capable of it at the moment. If I can help you reach the widest audience possible, I would be honored.”

“Starting with page one, I was captivated with Alesandra's story and couldn't put the book down. Her story brought me to tears and by the end had filled me with hope. I am grateful to Alesandra for sharing her story, and never giving up on finding a viable solution to the problem that is plaguing our world today.”

“I just finished reading Deeds of Trust ...amazing! I think the book should be made into a movie so more people can be exposed to your story.”

“Starting with page one, I was captivated with Alesandra's story and couldn't put the book down. Her story brought me to tears and by the end had filled me with hope. I am grateful to Alesandra for sharing her story, and never giving up on finding a viable solution to the problem that is plaguing our world today.”

“I read your book and once I started, I could not put it down. What a page-turner! I cannot believe what you have endured. It is very admirable you have taken such Gut Wrenching heartache and turned it into to something so positive.”

“Your book truly changed my life. I hardly have the words because the change was so big. Although I have been witness to nearly every type of drug abuse and seen the ravages they wreak on a person both spiritually and physically – I was only seeing a “snapshot” of the effects of drugs.”

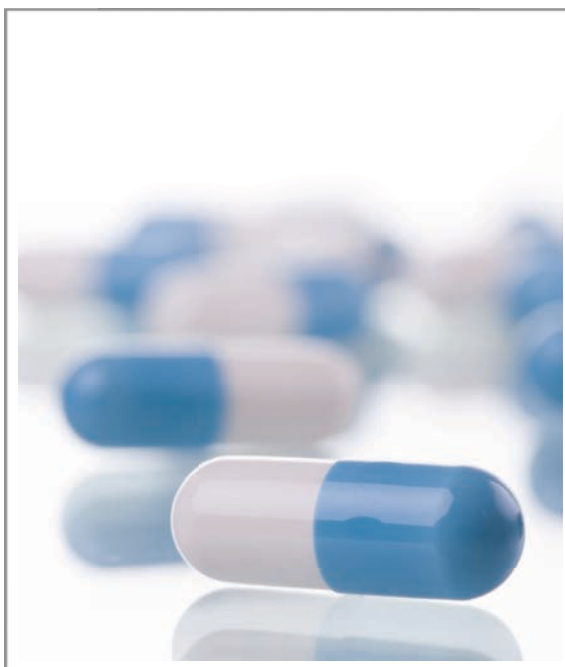
“I have just finished reading Deeds of Trust and the feeling I have is hard to describe. I want to say Congratulations but I wonder how appropriate that is concerning this gripping narrative of your walk through years of puzzling and terrifying experiences. The feeling I have is something like a blend of how I might feel if I spoke to a leader of a nation that had just won a major world war, combined with the feeling of talking with someone who had been liberated from concentration camp.”

INTERVIEW TOPICS

Press Kit

1. Are Celebrities More Susceptible to Prescription Pill Abuse?
- 2. What Ages Are Most Heavily Drugged Today?**
3. What Is The Correlation Between Pills and Health?
- 4. How Addictive Are Anxiety Medications and Sleeping Pills?**
5. How Do The Withdrawals From Prescription Pills Differ From Illegal Drugs?
- 6. Why Is Prescription Pill Addiction Not Widely Understood?**
7. Why Is The Medical Community Predominantly Unaware Of The Side Effects Of Prescription Medications?

TOPICS



Drug Interactions

Celebrity Deaths

Statistics

Press Kit

DID YOU KNOW...

- Grapefruit combined with sedatives (Xanax, Ativan, Klonopin, Valium) can inhibit the enzymes involved in drug metabolism and thereby intensify the effect, including suppressed respiration.

- The fiber in oatmeal and other cereals can interfere with the absorption of Digoxin (heart medication).

- Decongestants may cause harmful increases in blood pressure for patients taking antihypertension medications or monoamine oxidase inhibitors (MAOIs).

- Goldenseal, a popular herbal supplement, when combined with caffeine can cause gastrointestinal distress and dluresis (rapid water elimination).



- MAO Inhibitors when combined with high tyramine foods (cheeses such as American, cheddar, blue, brie, mozzarella, and Parmesan), yogurt, sour cream, cured meats (sausage and salami), liver, caviar, avocados, bananas, yeast extracts, raisins, sauerkraut, soy sauce, fava beans, red wine, certain beers, and products containing caffeine) can cause a severe headache and a potentially fatal increase in blood pressure (hypertensive crisis).

- SSRIs (Antidepressants) combined with St. John's Wort can cause a unsafe rise in Serotonin, called Serotonin Syndrome, which can be fatal.

- Kava kava, a popular herbal taken to reduce anxiety may have additive effects if combined with muscle relaxants, sedatives, or antidepressants.

- Goldenseal, a popular herbal supplement, when combined with caffeine can cause gastrointestinal distress and dluresis (rapid water elimination).

- Ginkgo biloba inhibits blood clotting, and may alter the effect of anticoagulants or blood thinners, such as warfarin. Ocular hemorrhage was reported in a patient taking aspirin with ginkgo biloba.

- Kava Kava, a tropical root that acts as a mild tranquilizer, was pulled from the market after liver damage and death from several people who combined it with alcohol.

- Pseudoephedrine (nasal decongestant) may reduce the effectiveness of some heart medications.

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MICHAEL JACKSON



BRITTANY MURPHY



HEATH LEDGER



ANNA NICOLE SMITH

Michael Jackson

Died June 25, 2009 from a lethal combination of anesthesia and sedatives. , Toxicology indicated high levels of anti-anxiety drug 'Xanax', lower levels of 'Propofol' – an anesthetic, significant amount of narcotic 'Dilaudid', traces of 'therapeutic' levels of 'Fentanyl', plus a prescription painkiller 'Vicodin', anti-anxiety pills 'Valium' and the sleeping drug 'Ambien' were also established.

Brittany Murphy

Died December 20, 2009 from Pneumonia, Anemia and 'multiple drug intoxication. Vicodin, Chlorpheniramine (active ingredient in OTC medications), L-methamphetamine (component of some inhalers).

Simon Monjack

Died July 21, 2010 – 3 antidepressants, Cialopram (Celexa), Duloxetine (Cymbalta), and Trazodone (Desyrel); 2- Anxiety meds (Benzodiazepines), Diazepam (Valium) and Lorazepam (Ativan); Hydrocodone (Vicodin), Pregabalin (Lyrica) and Acetaminophen (Tylenol), all analgesics, and an antihypertensive, propranolol (Inderal).

Andy Irons

(Surfer) Died November 2, 2010 from heart disease with drug use a contributing factor. Alprazolam (Xanax), Methadone (synthetic opiod), and the cocaine bi-product benzoylecgonine.

Corey Haim

Died March 10, 2010 - The coroner found 8 types of drugs in Haim's system, but stated that none were in high enough amounts to contribute to his death.

Filip Nikolic

(Singer) Died 2009 Heart Attack induced by Sleeping Pills.

Heath Ledger

Died February 6, 2008 – Accidental Drug Death. Respiration stopped from a drug interaction between six drugs: painkillers oxycodone and hydrocodone, Benzodiazepines Temazepam (Restoril), Diazepam (Valium), alprazolam (Xanax) and doxylamine (OTC sleep aid)

Anna Nicole Smith

Died February 8, 2007 Lethal Combination of Sleeping Pills and Benzodiazepines - Eleven drugs, including Chloralhydrate (sleep aid) and 4 Benzodiazepines: Clonazepam (Klonopin), Lorazepam (Ativan), Oxazepam (Serax) and Diazepam (Valium)

Casey Calvert

(Guitarist Hawthorne Heights) Died 2007 of a lethal combination of Hydrocodone (painkiller), Citalopram (antidepressant) and Clonazepam (benzodiazepine)

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- Spending in the US for prescription drugs increased 6 times from 1990 – 2008, to \$234.1.
- Zopiclone (Lunesta) and Zolpidem (Ambien) are the most commonly prescribed hypnotic.
- Benzodiazepines (Valium, Xanax, Ativan, Klonopin) are one of the most prescribed drugs in the world.
- Sales of Sleeping pills and Antidepressants have increased since the Recession.
- According to the CDC, approximately 750,000 people a year are rushed to emergency rooms in the United States because of adverse reactions to pharmaceutical drugs.
- An analysis of 168,900 autopsies conducted in Florida in 2007 found three times as many people were killed by legal drugs compared to cocaine, heroin and all methamphetamines combined.
- Of injury deaths, overdoses of prescription pills are the 2nd most common cause of death in the U.S.
- 1 in 7 prescriptions in the U.S. are for psychoactive medications.
- In 2005 sleeping-pill use was up 85% among older children and adolescents.
- Adults aged 50 and older comprise 51.5% of all emergency room visits each year due to adverse reactions to medications.
- Children were the leading growth demographic for the pharmaceutical industry in 2009.

STATISTICS

