

For Immediate
Release

Lindsay Lohan Goes to Jail

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There is much talk and speculation as Lindsay Lohan embarks on the beginning of her jail term. Larry King Live and Entertainment Tonight are both reporting on this breaking news. Although her 90-day sentence, of which 23 hours per day are to be spent in isolation “for her own protection,” this treatment -- or more appropriately lack of treatment -- could in fact put her life at risk.

“I fully believe that consequences must be given and addicts must be held accountable in order for them to see what they stand to lose if they don’t choose to stop their addictive behaviors. But those consequences need to be *appropriate*, and in my opinion Lindsay’s consequence seems to be anything but appropriate,” says Candace Plattor, Addiction Specialist.

According to news reports, in addition to her excessive isolation Lohan will not be allowed to take the prescription medication she is addicted to, thereby making her withdrawal from the drugs extremely harsh and potentially dangerous. The process of withdrawing from these types of medications needs to be done gradually and under close medical supervision, something Lohan is apparently not being given the opportunity to do under these circumstances.

“I’m sure there will be some medical assistance available, but anyone who has gone through withdrawal from prescription drug addiction knows how severe and traumatic this experience can be. In my professional opinion, this would be the time when Lindsay needs to be monitored 24/7 rather than be kept isolated. She could easily develop seizures and go into convulsions, swallowing her tongue or hitting her head and body against concrete with no one finding her until it was too late,” explains Plattor.

“It is said that Lindsay will likely only serve a small portion of her 90-day sentence. If that is the case, my guess is that by the time Lindsay is released she will do anything she can just to kill the physical, emotional, and spiritual pain she is in – and she will head right to her dealer,” continues Plattor.

Contrary to what the judge in the case thinks, this sentence is not likely to have a positive effect on Lohan. The likelihood of her being “in recovery” at the end of her jail time is quite small, which means there is every chance that Lohan will once again be appearing in front of a judge.

In her award-winning new book called *Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction*, Plattor uncovers the realities of addiction and of loving someone who is entrenched in an addictive behavior.

Ms. Plattor graduated from the Adler School of Professional Psychology in 2001 with a Masters degree (M.A.) in Counseling Psychology. For over 20 years as a therapist in private practice in Vancouver, BC, she has been helping her clients and their loved ones understand why they are using their addictive behaviors in the first place, so that they can begin to make healthier life choices.

Title: *Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction*

Author: Candace Plattor, M.A.

Paperback: 180 pages

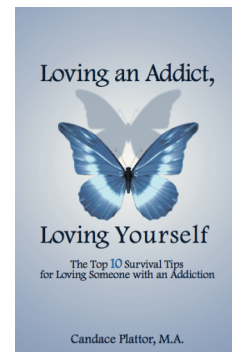
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The book, both print and ebook, is available directly through Ms. Plattor’s website at www.candaceplattor.com.



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