

**TWELVE NEW STEPS**  
FOR THE  
**XXI<sup>st</sup>**  

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**CENTURY**

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**Health Recovery Center**  
3255 Hennepin Avenue South  
Minneapolis, MN 55408

AA founder Bill W's intensive search for biochemical answers to alcoholism has now led us to a new understanding of this disease and a new creed that he would have approved.

# THE OLD WAY

We Admitted we were powerless over alcohol– that our lives had become unmanageable.

# THE HRC WAY

We understand alcoholism is a physical disease requiring biomedical/bio-nutritional intervention to repair the damage, i.e., stop cravings, lift depression, end anxiety, & stabilize moods.

# THE OLD WAY

Came to believe that a Power greater than ourselves could restore us to sanity.

# THE HRC WAY

We know restoring our health, physical well being, and emotional stability are the result of utilizing 21st century research to conquer this physical disease.

# THE OLD WAY

Made a decision to turn our will and our lives over to the care of God as we understood Him.

# THE HRC WAY

We decided to take responsibility for our own recovery by addressing our specific biochemical needs.

# THE OLD WAY

Made a searching and fearless moral inventory of ourselves.

# THE HRC WAY

We've brought alcoholism into the light & understand it for what it is –a disease, not a moral weakness.

# THE OLD WAY

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

# THE HRC WAY

We've come to know our "wrongs" are not the underlying cause of alcoholism... one does not ask God's forgiveness for having a disease.

# THE OLD WAY

We're entirely ready to have God remove all these defects of character.

# THE HRC WAY

We are committed to achieving the greatest level of biochemical stability attainable by science.



# THE OLD WAY

Humbly asked Him to remove our shortcomings.

# THE HRC WAY

Humbly, we remember how fragile our biochemistry is, pledging our vigilance in maintaining health through orthomolecular techniques.

# THE OLD WAY

Made a list of all persons we had harmed, and became willing to make amends to them all.

# THE HRC WAY

We understand long-term toxic effects of alcohol exposure causes the brain to alter, and express itself in abnormal, emotionally unstable ways.

# THE OLD WAY

Made direct amends to such people wherever possible, except when to do so would injure them or others.

# THE HRC WAY

Found the way back to stable emotions from intensive biomedical repair, not public mea culpas.

# THE OLD WAY

Continued to take personal inventory and when we were wrong promptly admitted it.

# THE HRC WAY

We strive to stay ever vigilant for physical/psychological changes in our lifestyle that can undermine our health by rekindling the underlying markers of alcoholism in our biochemistry.

# THE OLD WAY

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

# THE HRC WAY

We seek, from ongoing scientific research, the best orthomolecular tools available to correct biochemical imbalances and sustain a state of physical, emotional, & spiritual well-being.

# THE OLD WAY

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

# THE HRC WAY

Having been healed as the result of orthomolecular science applied to biochemical repair, we resolve to carry this knowledge to alcoholics and all who need this healing, and to use these tools all our lives.

# Speak to an Advisor

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