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The Ultimate Guide to Addiction Recovery 2019 01

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WHAT IS ADDICTION?

Addiction is a complicated disorder and chronic dysfunction, which changes the operating function of the brain and body, which can also create dangerous damage to families, relationships between couples, workplaces, schools, and communities. When a person is addicted to any kind of substances like alcohol or other kind of drugs, commonly experience some signs and symptoms like preoccupation with using, failed attempts to quit, severe lack of control, tolerance and removal. It’s all regarding the way your system craves a substance or habits, particularly if it creates a necessary or obsessive pursuit of lack of interest over consequences.
The brain is the most complicated organ in the human system. Your brain enables you to imagine, breathe, move, speak, and believe or feel. A human brain has 3 pounds of grey and white matter that sits at the center of all human activity, your own personal mission control. It regulates your body’s basic functions, like both outside which means what your skin feels and eyes notice and inside which means your body temperature and heart rate moves way to the mind, that receives, sends, processes, and combines it. So that you can sustain and operate under all kinds of transforming situations and learn from experience.

Brain is the powerhouse of our body, whatever reflexes we feel, the pain and every kind of emotions is controlled by our brain. By using drugs it regulates the action of your brain and it stimulates particular enzymes so that one can feel relaxed and relieved from stress. Those who wants to overcome their bad situation or mood swings they prefer to use drugs to enhance their feeling. But they never imagine what will happen if they control the overall power of the body and mind.

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In this sort of circumstance, when people began to abuse drugs and alcohol it affects a huge impact on the brain because it is a part of the body directed with improving important life-sustaining which operates like your respiration. The brain also permits you to interpret all the sensory impressions you are regularly working, as well as your feelings and sentiments, these circumstances all affect your behavior by abusing substances.

The limbic system is the part of the brain which contains its pleasure center which controls and regulates the capability to experience the pleasure that connects collectively a group of brain structures which regulate our emotional responses.

This method is stimulated by healthy and positive activities, such as eating, meditation or exercising and spending time with family and friends. It is similar to when a person consumes alcohol or drugs which gives them enough happiness and joy which tends the user to repeat them again and again.

Drugs impact the process of the brain which frequently sends, receives and processes data. Some sort of alcohol or drugs stimulate the pleasure centers in the mind by misleading the brain’s receptors and connecting cells in the brain. They simulate the functioning of the brain’s natural chemicals but don’t activate the brain in the same manner as its natural chemical messengers which are also called as neurotransmitters.

When people abuse certain alcohol or drugs, they deliver multiple times the amount of the brain’s pleasure chemical dopamine which is a neurotransmitter that improves feelings, enhances pleasure, that connected with the action, reward and strengthening behaviors, motives, and attention. If the drug is inhaled or injected, these consequences are felt quickly, this causes of addiction involve chemical imbalances in the brain and mental diseases such as schizophrenia or bipolar dysfunction.

While using drugs to enkindle one kind of hormone, you are suppressing other hormones too, hence they will have some negative effect to boost their ability and lack their production, this directly or indirectly affects your immune system. Once your level of immune system is suppressed, thereby you will be prone to lots of diseases and health hazards.
When a person is addicted to drugs or alcohol they may be experiencing a different feel, which they feel like they are in a very comfort zone, overcoming their struggles and relieved from stress, but which is not the same as they think. They are worsening their environment and slowly poisoning their mind and body. They are really falling into the traps and making them suffer a bit lot rather than facing their reality. Here below we have listed some common signs and symptoms of drug and alcohol addiction for your reference.

What are the common signs and symptoms of drug and alcohol addiction?

- Physical dependence
- They develop a tolerance level.
- Experiencing withdrawal symptoms
- Stealing money for obtaining drugs.
- Behaving in an abnormal way and becoming angry, sad too often.
- Dropping out of school, office and ignoring individual relationships & commitments
- Drug-seeking habits.
- Being lonely and poor hygiene.
- Interested in frequently risky behaviors.
- Sleeplessness and being inactive all the time.
- Lying too frequently and lashing out when questioned about their drug addiction.
- Develop unhealthy relationships with those who support the addiction.

For you are your loved one who is struggling with this kind of symptoms and signs. finding the best alcohol treatment centers or drug treatment centers which help you win the battle of addiction in your initial stage.
Addiction is not a simple disorder that attacks an individual. It also affects the complete family. Since the dependence leads to powerful cravings and desires to drink or abuse drugs to avoid feeling removal signs and symptoms, users put maintaining it first and abusing substances realizes it or not. They may believe they are only harming themselves, but this is not true, the drug and alcohol addiction affects the entire family.

When it comes to family, it denotes the word “WE”, but this drug and alcohol addiction slowly changes this we into me. This spoils the whole relationship with the family members. The addicted person may think they are enjoying their life spending so much in their imaginary life and they are less likely troubling their loved ones. But the strange reality it is not they are troubling them a lot with emotional stress and rather spoiling their own health too. Imagine how your family member will be happy, if you feeling sick and avoiding all the family occasions.
When you or your loved one is engaged in this kind of activity the confidence carved and increased conflict between you and your family. Over time, connections among you and your family will experience due to various circumstances of lies, half-truths and broken promises. Once if you are breaking your promises and little held up to your work and late to your family occasion is reasonable and no one is going to blame a lot on you. But think what will happen if this is a continuous process and still you are wantedly avoiding everybody, thinking that they will be happy without you. Because if once trust has been destroyed, it’s very challenging to rebuild it.

Definitely the addicted person needs the family support and chose a good physiatrist to get counselling to relieve from your level of addiction. Try to overcome your addiction, follow the regular diet meal and put your best to beat addiction.

If you or your loved one is experiencing a drug or alcohol addiction, you can start to find a way to discuss with a professional assistant at drug and alcohol treatment centers. Long-term rehabilitation is achievable with individualized dependence treatment.
When a person abuses alcohol around 1 to 2 glasses in an hour which can develop a person’s BAC to 0.05 percent that makes a person feel relaxed; their inhibitions will be reduced, and their judgment and response times may be reduced or impaired. But, its effects a person’s body, which also leads to weakens the immune system and linked with impaired judgment may increase your risk for the disease.

**WHAT ARE THE GENERAL NEGATIVE PHYSICAL EFFECTS OF DRUG AND ALCOHOL ADDICTION?**

**LET US DISCUSS THE PHYSICAL EFFECTS OF DRUG AND ALCOHOL ADDICTION:**

People who are addicted to drugs and alcohol have some kind of symptoms commonly and few of such symptoms are listed below:

- Cold sweats
- Dry mouth
- Gastrointestinal illness
- Lack of Memory
- Death
If a person starts abusing alcohol they may feel comfortable, positive, cheerful, and friendly. The pleasurable consequences of alcohol are undeniable which makes an individual forget and ignore all negative thoughts. But, each and every individual as different aspects and mindsets, accordingly, alcohol impacts each person in various ways. Some people may be ready to limit their alcohol consumption, others have a hard time managing their drinking problem.

When a person continuously consumes alcohol in large amounts that lead to many health problems, including:

- Delirium tremens, or “DTs”
- Malnutrition
- Stroke
- Hypersexuality
- Nosebleeds
- Parkinson’s disease
WHAT ARE THE GENERAL MENTAL/EMOTIONAL/SOCIAL EFFECTS OF DRUG AND ALCOHOL ADDICTION?

Oftentimes, individuals are encouraged to extreme abuse of drug and alcohol by a desire to avoid or forget from their personal problem. They may have experienced some sort of injury in the past and present, which leaves them disturbed by feelings of tension and anxiety.

THESE ARE THE MENTAL/EMOTIONAL/SOCIAL EFFECTS OF DRUG AND ALCOHOL ADDICTION:

- Agitation
- Dysphoria
- Hyperactivity, restlessness
- Wild mood swings
- Legal problems compared to drinking or using drugs, like DUIs or assaults from being under the influence

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THESE ARE EFFECTS OF HIV DRUG AND ALCOHOL ADDICTION:

- Ulcers
- Cellulitis
- HIV infection
- Hepatitis B and C infection
- Developed risk of overdose

THESE ARE THE EFFECTS OF THE SMOKING PROBLEM:

- Burns on lips, fingers
- Lung cancer
- Respiratory disorder
- Lung injury

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Meth is a bitter-tasting crystalline powder which is white in color that can quickly dissolve in liquid or alcohol. When higher levels of methamphetamine enter into your brain, it makes a more powerful drug. It also has a longer lasting and more toxic consequences on the central nervous system. It is an extremely addictive drug which can be inhaled, injected, breathed or consumed by mouth.

**THESE ARE THE SIGNS AND SYMPTOMS OF METHAMPHETAMINE ADDICTION:**

- Brain hemorrhage
- The rapid degeneration of physical appearance
- Hallucinations
- “Meth mouth,” nasty brown teeth
Heroin is a drug, which is highly addictive form of opioids. It is an illegal one to use and it is processed from morphine, a naturally occurring substance extracted from the seed pod of certain varieties of poppy plants.

Continuous use of heroine will change the physiology of the brain and creates a long term imbalances in the hormonal and neurological systems. These side effects can’t be reversed easily as it affects the overall decision making abilities and responses to the situations. It also regulates the behavioural activities.

Heroin addiction is a very difficult one to identify. If you are worried about your loved ones and interested to help them to get away from this addiction, the below listed symptoms will help you:

- Weakness
- Laziness
- Death
- Unconsciousness
- These are the effects of heroin addiction
When you make a choice to attain treatment for addiction it is an important decision. Addiction recovery treatment centers are available in many places and across the country, and every state provides various methods or techniques of addiction recovery program and therapies.

When you discuss addiction recovery treatment options to your loved one, you need to address them about what kind of problem they are facing. It’s essential that you don’t speak to your loved one in a way that will create a deep discussion or argument. It’s obvious for those abusing drugs to get annoyed and irritable quickly, so you require to address the circumstances with care.

Nearly 23.5 million grown-ups and youngsters in the U.S. have been addicted to substance abuse like drugs and alcohol for which they need to attain addiction recovery program in alcohol treatment centers or drug treatment centers. In the United States,
only 11 percent of them obtain addiction recovery treatment at a licensed drug treatment centers.

The travel to sobriety is neither simple nor short. When a person becomes an addict and wants to recover from dependence the addicts go through an extremely special journey to independence from alcohol or drugs. There are some steps of addiction treatment which offers in alcohol treatment centers or drug treatment centers that are required for every individual who is suffering from drug or alcohol addiction.

Nowadays, the model of addiction disorder is universally admitted. Because there are multiple circumstances that define why one person falls to the disease and other person doesn't, there is also a number of treatment options. When a person is properly admitted to their levels of treatment, he takes up the initial step to move forward to be a sober person. Getting out addition takes some time and lots of patience to get rid of that. There were different techniques followed for addiction recovery, since all the individuals are not the same, but their goal to get rid of addiction will be the same. (See also: addiction recovery quotes).

Here we are going to answer four on the majorly discussed question and the questions are listed below:

- How mindfulness-based recovery helps people to benefit from addiction rehabilitation?
- How Faith-Based addiction therapy benefits you from addiction recovery?
- How EFT or Tapping helps you to recover from addiction?
- How wilderness addiction treatment supports people to recover from addiction?

When you have the answers for all these questions you will be in the right way to gear up and move forward to achieve your goal. These were really the most common ways to overcome addiction and definitely anyone enjoys doing it rather than neglecting. Everyone enjoys what they do, but in the sense of drug addiction everyone does something which ends up hurting themselves or others so choose the best way to become sober and don't struggle. Everyone in addiction aide will help you out there to become a whole person.
If you want to recover from addiction successfully, initially, your mind should be fully recovered, the mind must be the first to fully recover. Frequently, when an individual addicted to any kind of substance abuse to cope with daily difficulties what they face, they may appear disengaged from their loved ones and their family members. There are several treatments like individual therapy, 12-step program, and Dialectical Behavioral Therapy is the best solution for joining individuals to the supporters and family who are helping their rehabilitation process.

Faith-based addiction therapy includes 12-step meetings, is that they need faith in a “higher power,” which an individual interprets as God. An individual coming from a Christian environment, this therapy will especially express to your core powers and ideas which will make you surround with a community of like-minded people who can identify your conflicts and benefit you to recover confidence in yourself and in God. Still, if you have reached down to a path which has driven you away from your Christian roots, now it's time to find solace in your faith.
EFT is abbreviated as Emotional Freedom Techniques, but it’s frequently called “The Tapping Solution”. This way to sobriety is combined in both Eastern beliefs which surrounds the energy flow of and in Western talk treatment.

EFT is comparable to acupuncture which stimulates the equivalent energy meridians in the body without using needles. Using their fingertips, therapists tap smoothly on their client’s body which releases stuck energy. Simultaneous, the person is motivated to communicate through their minds, emotions, and difficulties. This therapy approach mixes physical relief and emotional relief to help the recovering addict attain and sustain in sobriety.

Wilderness treatment for dependence, also identified as ecotherapy, a treatment which benefits on the helpful neurophysiological effects of nature. Wilderness treatment is an adventure-based therapy option that benefits you to a different opportunity which gives you a mixture of fun activities to encourage lifelong growth and improvement through an unknown background. When you attain this beautiful adventure trips, you’ll obtain concentration, awareness, obedience, and the endurance it takes to succeed whatever develops into your way, including your drug or alcohol addiction.
When a person addicted to any kind of substance use disorder and/or mental health disorder, therapy is a basic component of treatment for recovery. When you decide to attend treatment with accredited clinicians and professionals in alcohol treatment centers or drug treatment centers is most significant for a complete recovery process.

Many drug rehabilitation center provides you various kinds of treatment were you will be receiving special high-quality care, held to a higher level of standard. In addiction recovery treatment centers they offer the best programs and services for the best result and assuring a better recovery. For more information feel free to call us today 802-231-1018.

Sources:
https://www.mentalhelp.net/articles/what-is-addiction/
https://www.addictionrecoveryguide.org/
https://www.youtube.com/watch?v=2E6vZt_DC5I

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