Getting Physically Healthy in Recovery

The Journey Back to Health and Well Being

"Our Mission is to Heal"

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	What is Recovery?
A process of cha a self-directed li	inge through which individuals improve their health and wellness, live fe and strive to reach their full potential. (SAMHSA)

What is Well-Being?

Well-being describes our happiness, confoutlook on life. It is about feeling good and	
	nt's Journey begins with the following: Drug Screen TB skin test Thiamine for alcoholics Detoxification - sometimes protocol driven, acudetox

Alcohol

HEALTH EFFECTS

 Liver, stomach, esophagus, heart, brain, nerves, pancreas, blood pressure, cholesterol

DETOXIFICATION

- Needs to be monitored to avoid seizures and DTs
- Usually lasts 3-4 days

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· Management (1990)			
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Opiates

HEALTH EFFECTS

 Infectious diseases when snorted or used intravenously, not particularly toxic

DETOXIFICATION

Uncomfortable and feared

 Usually lasts 5-7 days, but low grade symptoms can last for weeks

Kratom - opioid-like from a plant native to Thailand

Sedatives

HEALTH EFFECTS

 Infectious diseases when snorted or used intravenously, not particularly toxic

DETOXIFICATION

- Uncomfortable and feared
- Usually lasts 5-7 days, but low grade symptoms can last for weeks

Kratom - opioid-like from a plant native to The	ailand
	nphetamines
 HEALTH EFFECTS Increase heart rate, blood pressure 	 DETOXIFICATION Not as well defined as other drugs
and body temperature, psychosis,	BATH SALTS
seizures, strokes, infectious diseases	• Cathinones; sold as Ivory Wave,
when snorted or used intravenously	Bloom, Cloud Nine, Lunar Wave, Vanilla Sky, White Lightning, Scarfac
	vaima oky, winte manania, ocanac

Cannibis

HEALTH EFFECTS

Brain, heart rate, lungs psychosis

DETOXIFICATION

Not as well defined as other drugs

SPICE

 Also known as K2, Dead Man Walking, Mamba, potpourri, incense, Blaze, RedXdawn

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- Medical staff can manage usual office practice medical problems - high blood pressure, diabetes, rashes, colds, infectious, headaches, pain, depression, anxiety
- Local physicians, physical therapists and dentists can be consulted
- HMH IS 5 MILES AWAY

Medicines for Addiction

ALCOHOL

- Disulfiram (Antabuse)
- Naltrexone (Revia and Vivitrol) anticraving
- Acamprosate (Campral) anticraving

OPIATES

Naltrexone (Revia and Vivitrol) - only
 Vivitrol is anticraving for opiates

Adjunct	
	Therapies Offered • Fitness-Personal Trainer
• Art Therapy	Therapies Offered
Art Therapy Meditation	Therapies Offered • Fitness-Personal Trainer • Dietary
	Therapies Offered • Fitness-Personal Trainer

SPRINGS					nues
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After completing treatment, the newly recovering person has been instructed to:

- Read labels hand sanitizer; vanilla; mouthwash; red wine vinegar
- Avoid heavy caffeine use do not substitute one addiction for another
- Never cook with alcohol
- Beware of medications that are safe/ to avoid

	
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	The Journey Continues
	After completing treatment, the newly recovering person has been instructed to:
	Not stop new medications without • Provide their care provider a copy of consulting his/her physician his/her lab results
经过程的证据的证据的证据的证据的	

- Schedule a physician appointment
- Inform all care providers of his/her recovery
- To have regular physicals to monitor all medical conditions

Ongoing Recovery

Lifelong Process:

- Continue stress management
 techniques learned while in treatment
 - Healthy habits sleep, diet, exercise
 Maintain balance in daily life
 - Maintain balance in daily life

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Additional Information

- Ucomparehealthcare.com/drs/ addiction
- Alcoholics Anonymous
- Narcotics Anonymous
- Nar-Anon/Al-Anon
- Chronic Pain Anonymous

The Journey Continues

The goal of recovery is to heal the mind, body and spirit resulting in a sense of:

Well Being

Thank you!