

# 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 change through which individuals improve their health and wellness, live a self-directed life and strive to reach their full potential. (SAMHSA)

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## 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 Thailand

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## Cocaine, Amphetamines

### HEALTH EFFECTS

- Increase heart rate, blood pressure and body temperature, psychosis, seizures, strokes, infectious diseases when snorted or used intravenously

### DETOXIFICATION

- Not as well defined as other drugs

### BATH SALTS

- Cathinones; sold as Ivory Wave, Bloom, Cloud Nine, Lunar Wave, Vanilla Sky, White Lightning, Scarface
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## 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 Care

- 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

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## 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

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## Adjunct Therapies Offered

- Art Therapy
- Meditation
- Yoga
- Massage/Reflexology
- Acupuncture
- Fitness-Personal Trainer
- Dietary
- Oak Store - self-help books/tapes/oils
- Spiritual Support
- Drumming Circle

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## The Journey Continues

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 consulting his/her physician
- Schedule a physician appointment
- Inform all care providers of his/her recovery
- Provide their care provider a copy of his/her lab results
- To have regular physicals to monitor all medical conditions

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## Ongoing Recovery

Lifelong Process:

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

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## Additional Information

- [Ucomparehealthcare.com/drs/addiction](http://Ucomparehealthcare.com/drs/addiction)
- Alcoholics Anonymous
- Narcotics Anonymous
- Nar-Anon/Al-Anon
- Chronic Pain Anonymous

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## The Journey Continues

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

**Thank you!**