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Drug Rehab: From Detox To Permanent Recovery/Sobriety

By P. A. Davis

How should drug addiction be defined? Can substance abuse recovery ever really last? As these questions were asked in the 20th century, society provided many different answers. But does anyone even know what the correct answer is?

For too long the very nature of drug addiction had been difficult to understand. Needless to say, drug rehab centers inevitably offered treatment that was based on old historical misconceptions. As addiction programs spanned from unsuccessful to outright abusive, it is not surprising that drug recovery often proved short-lived or futile. However, breaking research has finally put the constant questioning to rest. Not only can substance abuse be treated, but more importantly, it can be defeated. Yes, when drug rehabs subscribe to up-to-date information, addiction treatment becomes a safe, easy, and one-time event.

Historical Background

During the course of the evolution of drug rehabilitation, two problematic scenarios dominated:

Condemnation and institutionalization existed as an early approach to drug addiction. Against the backdrop of Prohibition, drug addiction quickly took on epithets such as "disease" and "moral weakness." Combining these two false assumptions, early drug rehabs functioned as jail-like hospitals. Dim lighting ominously illuminated narrow hallways. Rows of beds, sometimes made of mere straw, filled tiny rooms. Negligence regarding necessities, such as sanitation and nutrition, was common. The staff in these institutions often proved to be cold, uncaring, cruel and abusive. While the severity of conditions did vary amongst establishments, the main philosophy behind drug treatment prevailed. Medication needed to cure the disease and to cleanse the corrupted soul. Sheltering society from the "wicked" and the "contaminated," rehab centers in effect functioned as dumping grounds for falsely accused addicts.

Societal and communal recovery tackled addiction with a completely different approach to treatment. The Civil Rights Movement began, and more and more humane laws and treatment practices developed. Advances in addiction research started to identify common environmental contributors

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(e.g., family problems, peer pressure, and employment difficulties) to drug abuse. However, as drug addiction was considered to be the product of social ills, addiction centers began to use this line of thinking as the basis for communal treatment programs. Problems in this form of treatment were harder to detect. Environmental factors do play a major role in drug addiction, and the solidarity of community does bring fellowship and support. Nevertheless, standard group therapy sessions still did pose a problem. With the volume of people requiring treatment, individual needs were lost. Within a public setting, people often felt uncomfortable sharing, and deep-rooted problems became further repressed. Although many did find effective help in this community structure, many others did not. Drug addiction is not a disease; so general "prescriptions" lose their effective power. Generic therapy is just incapable of healing every individual.

The True Identity of Drug Addiction and Lasting Recovery

If drug addiction never indicates moral shortcomings or a disease, then what is it? Everyone, old or

young, rich or poor, and even good or bad, is susceptible to substance abuse. Drug dependency is merely a problem that requires help. However, the bigger problem lies with drug rehabs themselves. Too many times, their help has just not been ineffective.

A myriad of unique, intertwined life experiences contribute to the individuality of every person. Hence, when this reality is considered, the need for individualized drug treatment becomes obvious. Many times in the past, addiction treatments focused on the drug dependency itself. However, drug dependency is only the manifestation of much larger underlying problems. Rehabs must move far beyond mere chemical dependency counseling. Often, addictions result when people inappropriately use substances to handle personal and professional hardships. When causal pains remain, substance abuse most likely returns. Incomplete solutions solve nothing. However, drug rehab centers that make these initial problems their priority insure lasting effects.

The Components of Permanent Drug Treatment

Finally, the ingredients of lasting drug therapy are understood. After drug detox is complete, comprehensive addiction therapy is crucial. Effective programs can be separated into two core features. Through the combined efforts of individualized and holistic methodologies, lasting sobriety is easily attainable. Within the group environment of a rehab center frequent one-on-one counseling sessions are vital. A variety of therapists individualize therapy further. As clients see a variety of counselors, team collaboration creates therapy programs, and individualized treatment becomes most effective. Comprehensive holistic treatment ensures that healing extends completely throughout each person's body, mind, and spirit. With the use of a variety of therapeutic techniques, treatment not only includes the whole person, but also works to unite these three human components together into a totality of wellness.

Embracing every aspect of human life, comprehensive drug rehab programs offer addicts a complete healing regime. As chemical dependency counseling specifically addresses the addiction, psychotherapy and the relaxed state of hypnotherapy work to heal conscious and unconscious pain. Pulling from prior environmental addiction philosophies, family and marriage counseling directly

attends to the social relationships that contributed and were affected by the addiction. Life purpose and spiritual counseling help strengthen and balance the sober life ahead. Further holistic addiction programs may include treatments such as yoga/music/art therapy, image therapy, and nutritional counseling. Most importantly, the holistic approach to rehab remains faithful to individualism. After clients' needs are assessed, the committed and professional rehabs are always willing to add additional treatments when needed. Holistic techniques restore body, mind, and spirit. With complementing individual treatment components, the recovering addict can ensure his/her unique future in lasting sobriety.

The twentieth century has been filled with incorrect interpretations of drug addiction. This has simply caused a history replete with ineffective and destructive treatment programs. Nevertheless, substance dependency is finally free of inaccurate stigmas. Drug rehab centers have now begun to recognize the true identity of drug addiction. It is another societal problem. With the appropriate methods of individual and holistic techniques, sobriety becomes more of a reality than ever.

By PA Davis sponsored by Passages Malibu Treatment Center. Passages can assist in overcoming addiction through Drug Rehab:

<http://www.passagesmalibu.com/drug-rehab.cfm>

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site when using this article.

Passive Smoke And Positives! Detox Today!

By Darry J.Oswald

Passive smoke and positives: Second hand marijuana smoke in a car can cause you to fail the next day. It is possible that second hand [marijuana] smoke will raise someone to the 50 ng/mL level; however, extreme exposure is required. For instance, a closed car full of pot smokers and a non-smoker may render the non-smoker positive for both urinalysis and the hair test, provided that they are sealed in the car for a while. The non-smoker would have to take in virtually as much second hand smoke as a smoker. Non-smokers are safe in a ventilated area, as long as they don't get a hair test. According to Clinton, simply blowing crack smoke on ones hair may cause a positive hair test. Second hand pot smoke doesn't affect the hair test results as much as crack smoke does mainly because exhaled smoke contains no THC. The only pot smoke that contains THC is the smoke that hasn't entered the lungs.

Detox your body from daily environmental toxins as well as prescription drug detoxification, drug detox, nicotine detox, alcohol detox product, which helps diminish the uncomfortable symptoms of drug detox withdrawal. Detoxification achieves total body purification, the rapid removal of drug residuals is a key goal in rapid drug detox. Without this rapid drug detox process, drug residues can remain in ones body and cause cravings for years after drug use has ceased. A vital step in a successful drug detox as well as drug rehabilitation is flushing out these accumulated toxic residues so that the individual no longer

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experiences unwanted adverse effects from toxins.

Avoid all toxins and unnecessary medications for at least 48 hours before your deadline. Do not eat or drink 4 hours prior to using this Clear Choice product. Allow 60 minutes for the Green Clean to become effective. For best flavor, refrigerate the detox drink before opening. Shake well then drink entire detox drink as quickly as possible. Immediately after consuming the detox drink.

Wait 15 minutes then take the two remaining Herbal Detox Capsules with a 16 ounce glass of water. Individuals weighing 200 lbs. or more should drink an additional 8 ounces of water. Urinate frequently to remove toxins. Continue to avoid food and beverages. The detox drink will become effective one hour after taking all of the detox drink and you will be in the Clear Zone for up to five hours. Maximum effectiveness is achieved within the first or second hour.

Essentially, a few hours before you have to go in to take your drug test, you should drink the marijuana detox drink. How to pass a drug test? How to clean your system from drugs depression drug how to pass marijuana test urine detox? Drink grape!

You must agree not to drink any alcohol when you are going through detox. After a successful detox, some people go back to drinking heavily again at some point. You must agree not to drink any alcohol when you are taking the detox medication. If you are alcohol dependent then detoxification ('detox') can help you to stop drinking. After detoxification and staying off alcohol, many people who successfully detox go back to drinking heavily again at some point.

The Detox Drink is a detoxifying product that holds the toxins in your body allowing you to pass a urine drug test. Find out at

<http://DetoxDrink.ewhy.info>



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