

Natural Help 4...

Drug Detox



What is Drug Detox?

Recovering from a drug addiction is not easy. It is a long, hard road often accompanied by many stumbling blocks. An individual wanting to break an addiction to drugs will benefit from undertaking steps to **detoxify their system** and get 'clean'. **Drug detox** refers to this process.

What is a Drug Addict?

A person qualifies as an addict when he or she becomes dependent on drugs - taking drugs regularly and experiencing cravings for them despite the harmful effects. These drugs can be prescription medications and/or recreational drugs. **Millions of people are successfully recovering from drug addiction today** because they have received the right help, before it was too late. **Rehabilitation and treatment** are effective ways of learning how to stop abusing drugs. So, detoxification, often referred to as **drug detox**, is the first step in the **drug rehabilitation** process.

What is the Purpose of Drug Detox?

The primary objective of **drug detox** is to **eliminate the toxins accumulated in the body as a result of using drugs**. This is achieved through a **process of detoxification**. If these toxins are not removed, any drug residue left in the body will create addictive cravings for the drug again. Withdrawal is the term used to describe the body's reaction (with physical and psychological symptoms) to the removal of any substance it has become dependent upon.

Symptoms of Withdrawal

When an individual goes through withdrawal, symptoms such as **sweating, shaking, headaches, nausea, cravings, vomiting, abdominal cramping, diarrhea, insomnia, confusion, agitation, depression, anxiety**, or other behavioral changes may be experienced. The nature and **severity of withdrawal symptoms varies** dramatically depending on the type of drug or drugs used. In addition, the frequency of drug use also impacts on the **withdrawal symptoms**.

In today's global culture it is less common to encounter people who use one drug exclusively. Often you will find that people use a combination of drugs – be it alcohol and prescription drugs or alcohol combined with cocaine, heroin, crystal meth, or crack cocaine.

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Certain types of drugs such as opiates like heroin, methadone and prescription medication require a period of **medical drug detox**. There is a self induced, psychological dependence associated with these harmful substances, and a period of medical stabilization is generally recommended.

Medical Detox

Treatment includes close monitoring of the person's vital signs, medical support, emotional care and medication. Commonly used medications such as Klonopin reduce physical symptoms while anticonvulsant medication such as Buprenorphex can also be used during **drug detox**. This period of medical detox usually lasts for 3-7 days.

Rapid Detox

These **drugs may also be eliminated from the system by using the rapid detox process**. This process is conducted under general anesthesia and is overseen by certified anesthesiologists and a staff specialized in this procedure. The patient is administered medications that accelerate the physical reactions to the rapid withdrawal process which can last from 4 to 6 hours, while under anesthesia.

This is becoming a **quick method of drug rehabilitation**. However, only once the detox process is completed may the individual participate in the educational and therapeutic process of rehabilitation and treatment.

Natural Drug Detox

There are more **natural ways to detoxify the body** of harmful chemicals and drugs. Natural treatments such as herbal and homeopathic remedies from a reputable source will use the highest quality of herbs and minerals to help eliminate toxins from the body. These remedies are gentle, safe, and at the same time effective **ways to detoxify the body**. Herbs such as Taraxacum officinalis (Dandelion) and Foeniculum vulgare (Fennel) will **cleanse the toxins from the blood, fat cells, organs and urine**. Pelargonium reniforme has a wide range of therapeutic functions and is well known for its beneficial effect on liver functioning and as a digestive tonic.

The power of a proper diet that includes fruit, vegetables, juices and soup as **natural ways to detoxify the body** are equally important. Combined with plenty of water, exercise and nutritional supplements, these natural treatments can enhance purification and **lessen the severity of the withdrawal period**. Other holistic treatments that are also helpful when detoxing from drugs and chemicals include acupuncture, chiropractic therapy and massage.

In order for **drug rehabilitation** to be successful, the person suffering from the drug addiction including their friends and family have to admit that there is a problem. Once the desire and willpower has been accomplished to deal with the drug addiction, then the necessary action may be taken to enter rehabilitation and treatment. Enlisting the help of a therapist and a strong support network during this difficult period of **drug rehabilitation** is highly recommended. There is **life after drug addiction!**



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite

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frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

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This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

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