

Overcoming Addiction

Opiate Dependency & Detox



OPIATE DEPENDENCY

The use of opiates for medicinal purposes dates back to Assyrian/Babylonian cultures. For pain relief modern medicine has found no substitute. These analgesic drugs are highly effective, addictive, and dangerous!

Whether you use opioids for pain relief or escape they are highly seductive. Opiates, like heroin, can transport you to a place of indescribable bliss and less potent versions can stop diarrhea (Imodium) or cease uncontrollable coughing (Cough syrup with codeine).

The sale of opiates has always presented problems for society - Addicts, Opium Wars, illicit pharmaceutical labs, and corruption. On the flip side when opioids are used correctly they can be called a miracle drug. Since the Civil War forward, opiates have been the pain reliever of choice for wounded soldiers and the terminally ill.

The Opiate Explosion

Today opiates are more abused than any other drug except alcohol and marijuana. **In 2014, Ohioan doctors prescribed more than 750,000,000 opioid painkillers. That translates to 65 pills for every man, woman and child.**

The opioid problem has accelerated since morphine, the active ingredient of the opium poppy, was isolated and purified (1805). At the end of the century, opiates became even more popular when the Bayer Company commercialized a formula that delivered morphine across the blood brain barrier faster. The trade name for their medical advance was heroin. Shortly after releasing this medical advance, Bayer realized heroin was highly addictive, and stopped sales.

Opioids can be given in a variety of ways. Taken orally, snorted, injected, smoked or inserted via a suppository. The effectiveness of the "high" or pain relief experienced is, OPIATE DETOX & OPIOID DETOX QUANTUM BRAIN CLEANSE 1 A 10-DAY IV NAD+ THERAPY in part, dependent on the method of the delivery. For example, injecting heroin delivers the fastest and most powerful result. Also, the type of opioid you take defines the strength of its analgesic effects.

All opiates, also called opioids, are a class of drugs scheduled by the Drug Enforcement Administration based on their potential for abuse. Schedule I (heroin) to IV (propoxyphene).

Drug names include opium, heroin, morphine, codeine, hydromorphone (Dilaudid), oxycodone (Percodan, OxyContin), meperidine (Demerol), diphenoxylate (Lomotil), hydrocodone (Vicodin), fentanyl (Sublimaze), and propoxyphene (Darvon).

Opioids Can Cause Brain Damage

The human body runs its own opioid factory, an endogenous (internal) opioid system, that regulates numerous physiological functions, including response to pain, stress, respiration, gastrointestinal transit, as well as endocrine and immune functions. The opioid system plays a critical role in the body. Opioids control pain, reward and addictive behaviors.

When you inject an external opiate like heroin into your vein, your central nervous system makes no distinction that the external opioid was not manufactured internally, and the heroin acts at the same receptors (just more powerfully). This sudden flooding of opioids, in high doses, brings about short-lived euphoria causing the brain to regain its chemical balance by shutting down the endogenous opioid system. Without endogenous opioids "feeling normal" ceases to exist. Addicts describe this feeling as the opposite of drug induced euphoria and can be the cause of cravings and relapse.

Don't try to quit opioids alone! To achieve success you must have a recovery plan that helps you build resilience to everyday triggers and live peacefully in remission. Call Luna Living 440-703-0940, we can help.

OPIOIDS CHEMICALLY SUPPRESS RESPIRATION. WHEN ABUSED THEY CAN DEPRIVE THE BRAIN OF AN ADEQUATE OXYGEN SUPPLY. Brain cells are extremely sensitive to changes in oxygen levels; some brain cells can die within five minutes. As a result, **lack of oxygen to the brain can cause severe brain damage, and even death. Mixing opioids with alcohol and other drugs can be lethal.**

Dependence

WHO IS AT RISK OF OPIOID DEPENDENCE? Anyone can develop an opioid dependence. Regular use (e.g., several times a day, for several weeks or more) can lead to physical dependence which is why you should **never play around with opiates. Don't share painkillers with family or friends.** Even under properly managed, short-term use, opiates cause dependence. You can't be too careful when taking opiates. Pay attention!

Opiate users will develop tolerance to the drug and need more to achieve the same results. Although physical dependence to opiates is the body's natural adaptation to chronic exposure, it is not the same as addiction. Nonetheless, it is possible to experience withdrawal symptoms, especially if you stop your medication abruptly. When you stop, you might have watery eyes, a running nose and sweating. These are signs of withdrawal.

Opiate Addiction

ADDICTION IS OPIATE DEPENDENCE + COMPULSIVE DRUG SEEKING AND USE DESPITE THE RISK OF DEVASTATING CONSEQUENCES.

GETTING STARTED ON YOUR RECOVERY

Opiates Detox or Opioid Detox

There are two stages of withdrawal from opiates — acute and post-acute.

During the acute stage of withdrawal you experience physical discomforts associated with removal of the drug from your body. Whereas during the post-acute withdrawal you overcome physical discomfort but now experience more emotional and psychological symptoms.

There is no easy way to describe how your body will react to changes as your brain works to return your chemistry to normal.

Typical Acute Withdrawal Symptoms

- Low energy, irritability, anxiety, agitation, insomnia
- Runny nose, teary eyes • Hot and cold sweats, goose bumps
- Yawning
- Muscle aches and pains
- Abdominal cramping, nausea, vomiting, diarrhea

Opiate acute withdrawal symptoms may be mild to severe, depending on the severity of your addiction, and the combination of substances you are abusing.

Typical Post-Acute Withdrawal Syndrome (PAWS)

- Mood swings
- Anxiety
- Irritability
- Fatigue
- Lack of focus
- Disturbed sleep
- Restlessness

Post-acute withdrawal symptoms may start once your body is clean but your brain is still adjusting. Take for example, quitting smoking. Old patterns die hard. A coffee in the morning, triggers you to light up. Although you may no longer smoke, you still experience the craving as genuine withdrawal. Neuroscientists now know that physical and psychological behaviors follow the same reward pathways in the brain that have been damaged by your substance abuse.

ONCE DETOXED YOU MUST HAVE A REMISSION LIFESTYLE PLAN (RECOVERY PLAN) THAT DISCOURAGES RELAPSE. It is not enough to “want to stay clean”. You need a plan that supports you and helps you cope with any day-to-day mood changes. During the first year or so you can expect feelings to change minute to minute as your brain heals. Additionally, you should anticipate how you will cope with good and bad days.

AVOID HIGH RISK SITUATIONS. Create a personalized plan that improves your resilience to life’s ups and downs.

DON'T GO IT ALONE! There are too many variables that can jeopardize your successful recovery. Luna Living is a remission lifestyle plan that help you immensely to manage your recovery (remission) Call Luna Living, 440-703-0940.

YOUR TREATMENT AND LEVEL OF CARE SHOULD BE DETERMINED BY MEDICAL DIAGNOSIS. Call us for an assessment of your condition and to discuss finding the right recovery solution for you. The decision to start your life over is a major accomplishment. Let us make it easier. Call today! 440-703-0940. We are open 7 days a week. Same day appointments are available.

Quantum Brain Cleanse™ Detox, A 10-Day IV NAD+ therapy

The fear and horror associated with substance and alcohol withdrawal is reason enough for most addicts to avoid “getting clean”. Our medical detox program begins with treating the debilitated state of your brain and body with targeted nutrition and adequate fluids. your family on building a new and exciting lifestyle. Until you are physically stronger you cannot access the internal resources needed to overcome cravings and change your addictive behaviors.

Quantum Brain Cleanse™ is a pivotal difference between Luna Living’s outpatient detox program and traditional rehab detox programs. This is a medically-supervised, nutritionally-aided detox therapy, delivered via an IV drip, under the care of a doctor. Intravenous delivery is used to avoid most unwanted side-effects, such as nausea and stomach cramping often associated with taking high doses of supplements by mouth. Bypassing the digestive system, the body can receive immediate benefit and more readily assimilate higher doses of nutrients.

The 10-day detox protocol, Quantum Brain Cleanse, assists your detoxification and rejuvenation process by nourishing your body, fueling its natural ability to heal. The medically-supervised, nutritionally-aided detoxification support, in the form of nutrition and adequate fluids, improves the elimination of toxins and encourages the healing of the organs directly involved in detoxification: the brain, liver, kidneys, and intestinal tract.

After detox you are ready to begin your remission lifestyle. This detox protocol is not a replacement for cognitive therapy and behavioral

change. During the 10-day protocol you will begin cognitive treatments and lifestyle supportive care. If you are currently working with a therapist or medical professional, we can include them in your treatment plan.

Participating in our program should create minimal disruption to your day-to-day routine. Taking two week's vacation allows most to maintain employment.

Quantum Brain Cleanse can assist you to detox from the following addictions.

Alcohol	Amphetamines	Antidepressants
Barbiturates	Benzodiazepines	Cocaine
Crystal Methamphetamine	Heroin	Marijuana
Methadone	Nicotine	Opioids
Prescription Painkillers	Stimulants	Suboxone

Disclaimer: The detoxification experience as outlined on this website is meant to be an example, but results, withdrawal symptoms, and experience will vary by patient, severity of addiction and other factors.

What is NAD?

Nicotinamide Adenine Dinucleotide (NAD) is a coenzyme made from niacin, vitamin B3. It is found in all living cells and is required by the body to repair and rejuvenate cellular activities. In the body, NAD upregulates energy production, by increasing the levels of neurotransmitters like serotonin, GABA and dopamine.

A body in optimal health produces a sufficient supply of NAD from nutritional foods; however, chronic drug and alcohol abuse deplete the body's reserves. At the moment of detox, you cannot eat enough food, fast enough, and rich enough in amino acids, vitamins and minerals to overcome the damage addiction caused. An IV drip makes it possible to infuse your bloodstream with nutritionally enriched fluids that help you sidestep withdrawal symptoms and regain mental clarity.

Our Philosophy On Starting Over

Opioid abuse damages normal brain function. It physically destroys your health and leaves you emotionally debilitated. Until your body is physically rejuvenated you cannot access the internal resources needed to overcome cravings and change your addictive behaviors.

At Luna Living you will never declare your life unmanageable or admit you are powerless. In fact, we insist you think powerfully, believe in yourself, and act hopeful, courageous, and motivated.

After many years of experience helping people, just like you, we know these qualities are what it takes to live in remission. Rest assured, in moments of strength and weakness, our medical staff will do everything to help you recover your healthy identity.

Luna Living can help you get answers you need!

440-703-0940

info@lunaliving.org

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Disclaimer: The research papers listed do not necessarily reference or specifically contemplate the specific NAD+ infusion therapy provided by Luna Living; but instead, discuss the benefits of NAD treatment and research more generally.