

The
Detox Process
At The
Gardens Wellness Center




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Setting a goal of recovering from drugs or alcohol can be challenging. The first step of recovery is often intimidating because detoxification can be very uncomfortable. By going through the detoxification process in a comfortable, compassionate and safe environment, it is possible to start setting recovery goals and taking measures to reach those goals. Recovery from addiction is possible, but sometimes it takes a little help.



What is Detoxification?



Detoxification from drugs or alcohol, which is often called detox, is a process that allows your body to remove the majority of toxins that have built up within the body when a substance is abused. Depending on the specific substance, it can take a few days to a week or more to start moving beyond the withdrawal symptoms.

Psych Central explains that drug or alcohol detoxification can take a variety of forms. Since the substances that are abused can vary and the exact withdrawal symptoms that may develop will depend on the substance, the best way to help the body through the first steps of recovery will vary.

Generally, drug or alcohol detox is uncomfortable because the body will crave the substance that was abused. Although it may be challenging, at The Gardens Wellness Center, we understand the symptoms that can develop and we offer compassionate assistance throughout the process so that it is as comfortable as possible.



Common Withdrawal Symptoms



Worries regarding the symptoms that may develop throughout detoxification can make it harder to start moving toward recovery goals. By understanding the symptoms and the duration of time that the symptoms may develop, it is possible to start the detoxification process.

The substance and the duration of an addiction can contribute to the severity of the symptoms that may develop. In some cases, withdrawal symptoms are mild and will only cause minor discomfort, such as general nausea and mood swings. In more severe cases, shaking and hallucinations may develop.

The common symptoms that may occur include:

ANXIETY

DEPRESSION

SWEATING

SHAKING/TREMORS

NAUSEA

FLU-LIKE SYMPTOMS

ACHES THROUGHOUT THE BODY

HALLUCINATIONS

INSOMNIA

CONFUSION

SEIZURES



Common Withdrawal Symptoms



Since we understand the possible symptoms that may arise at The Gardens Wellness Center, we take measures to ensure that the process is as safe and comfortable as possible. In our detoxification center, we have experienced nurses, doctors and nurse practitioners who have been treating addiction for several years. Our medical staff ensure that the withdrawal symptoms are properly managed so that there are limited risks of severe health concerns.

Appropriate medical treatments are provided throughout the detox process based on the symptoms that develop. By providing a medically supervised environment, it is possible to reduce the discomfort associated with the detox process and to ensure that safety precautions are taken when they are necessary.



The Holistic Approach to Treatment



Although we take measures to ensure that every individual going through drug or alcohol detox is safe and as comfortable as possible, we understand that there are a variety of factors that may contribute to substance abuse. That is why we take a holistic approach to treatment and offer more than just medical treatment solutions.

At The Gardens Wellness Center, we focus on providing one-on-one care and support so that every individual is getting the treatment and assistance that he or she needs. By taking a holistic approach to treatment, we ensure that every individual has the tools to start working on his or her recovery.

The activities and treatment options that we offer include:

ACUPUNCTURE

YOGA

MASSAGE

GROUP PSYCHOLOGICAL THERAPY

NUTRITIOUS MEALS AND SNACKS

APPROPRIATE TREATMENT FOR DUAL-DIAGNOSIS



The Holistic Approach to Treatment



Along with providing activities and treatments that are designed to help improve comfort levels during the detox process, The Gardens Wellness Center also has a jacuzzi and sauna that is available to individuals who are going through the detox process.

Since the withdrawal symptoms that may develop can cause depression, anxiety or insomnia, we take measures to ensure that it is possible to reduce the negative emotional states that may develop. Acupuncture and massage help encourage relaxation and can help reduce the negative emotions that may otherwise develop. We also encourage the use of the Jacuzzi and sauna to help improve relaxation and sleep at night.



The Holistic Approach to Treatment



Along with the relaxing treatments, we offer yoga and psychological therapies that can help improve mood and encourage the body to heal. Yoga is a gentle exercise that can help strengthen the muscles and improve relaxation without giving up on good health. Yoga Journal explains that the focus on breathing and movement in yoga provides a calming effect on the mind. By focusing on the calming feeling and relaxing the body while breathing during exercise, it is possible to calm negative emotions and improve mood.

Group therapies can also help by providing encouragement and support through the initial steps of recovery. Since detoxification can be challenging, recognizing that others are going through the same experience and understand the discomfort can help reduce the negative connotations associated with the process.



Nutrition in Treatment



The holistic treatments that are available at The Gardens Wellness Center go beyond the basic exercises, massage and spiritual guidance. Our medical staff recognizes that certain substances can leech the body of nutrients and cause a variety of health conditions to develop.

That is why we offer meals and snacks throughout the day. By focusing on the nutritional needs of each individual, meals can become as important as the treatments that are used to help encourage relaxation and reduce discomfort.

Replenishing nutrients that have been depleted from substance abuse and encouraging a healthy diet can improve the overall health of each individual. Furthermore, it improves the way that the body feels because it is no longer struggling to function properly. The body needs nutritious meals to heal from the damage that was caused by drugs or alcohol.



Developing a Personalized Plan



Addiction treatment begins the day that an individual decides to enter a detox program. The Gardens Wellness Center focuses on providing treatments that are appropriate for each individual based on his or her goals and current situation.

Developing a personalized detoxification plan can help improve the situation by avoiding concerns that may otherwise develop. At The Gardens Wellness Center, there is a low client-to-staff ratio, which ensures that the needs of each individual are taken into account before the treatment program is developed.

We understand that there are a variety of problems that can develop throughout the detox process, including emotional concerns like guilt, shame or depression. That is why we focus on the needs of each individual and develop a holistic detox program that is designed to address the challenges that arise throughout the process.

Our staff include:

MEDICAL DOCTORS

NURSE PRACTITIONERS

NURSES

BOARD-CERTIFIED PSYCHIATRIST

ADDICTIONOLOGISTS

CERTIFIED THERAPISTS



Developing a Personalized Plan



Our medical staff are available to handle any physical health concerns that may develop. Furthermore, we can provide appropriate medical treatments to individuals who may have medical health concerns or chronic pain that may be contributing to the addiction. Individuals who have a specific health concern, such as diabetes or high blood pressure, can feel confident that appropriate treatments are provided throughout detoxification.

Along with the medical concerns, emotional health is also essential for recovery. That is why The Gardens Wellness Center provides the services of a board-certified psychiatrist and certified therapists to help each individual with any emotional challenges that may develop. It is not necessary to allow guilt and shame to develop into severe depression when solutions are available and treatments can be provided.



Maintaining a High Level of Comfort



As a general rule, detoxification is not a comfortable process; however, that does not mean that it is necessary for individuals who are working toward recovery to put up with an uncomfortable environment or a high level of discomfort.

The Gardens Wellness Center is a compassionate facility that offers more than just the basic treatments. We believe that a comfortable environment can help reduce the anxiety that is associated with the process.

The comforts that are available at The Garden Detox Center in North Miami Beach include:

SPACIOUS LIVING

INDIVIDUAL ENTERTAINMENT CENTERS

CABLE TELEVISION

ACCESS TO MOVIES

A SAUNA

A JACUZZI

PERSONAL HEADPHONES

A SCENIC AND QUIET COURTYARD



Maintaining a High Level of Comfort



Enjoy a peaceful and encouraging environment throughout the detoxification process. By offering a comfortable space throughout treatment, it is possible to focus on recovery without giving up due to small discomforts.

Relax in the Jacuzzi before going to bed at night to encourage a restful night of sleep or enjoy the sauna to encourage the body to sweat and remove toxins. Get a relaxing massage to work out muscle pains or aches that may develop or get an acupuncture treatment to encourage blood flow and improve relaxation.

Alternative approaches to healing and a holistic focus on treatment ensures that the detoxification process is as comfortable as possible. Furthermore, it helps improve recovery results when the treatment starts from the first step.



Rebuilding Life from the First Step



Drug or alcohol addiction is not the end of life, but it can take time and effort to rebuild relationships, improve personal health or reach for new goals. That is why it is important to go through a detoxification process that is encouraging, compassionate and understanding.

It is our belief at The Gardens Wellness Center that detoxification is the first step toward recovery. It is not just a chore or challenge to get through; instead, it is the first step toward a healthy and happy lifestyle. That is why we focus on each individual and provide a holistic approach to the detoxification process so that it is possible to start reaching for recovery goals.

We reach out to improve recovery results from the foundation by providing treatment in sunny North Miami Beach. The sunny and comfortable weather conditions encourage a good mood and improve the level of peace that is available. Along with the beautiful weather conditions, the comfortable ocean breeze and the well-maintained courtyard provide a high level of peace.



Rebuilding Life from the First Step



Along with the beautiful and peaceful environment, we offer the best holistic services to encourage healing and reduce the number of complications that can arise during treatment.

Since detoxification is potentially dangerous, we make sure that our medical staff is always available to help with any problems or complications that may arise. We also have staff members who are available to help with any emotional concerns so that it is possible to start reaching for realistic recovery goals.

By providing each individual with a personalized and consistent schedule, it is possible to start developing new habits that are healthy and encouraging. Regain personal self-esteem and confidence by learning new ways to approach challenges and relax.



Benefits of Detoxification



Detoxification is the foundation of recovery. It is the first step that leads to treatment and encourages long-term results. Even though the process is traditionally uncomfortable, there are ways to reduce the discomforts that may develop and encourage the treatment to continue moving forward.

By going through a compassionate detox program, it is easier to transition into additional treatment and then start working toward realistic goals for recovery. Although detoxification is the first step toward recovery, there are benefits associated with the process.

When detox is handled by a professional facility, the benefits associated with the program include:

Working through emotional concerns

Reducing feelings of anxiety or depression

Handling any physical health concerns that may arise

Identifying potential concerns associated with treatment, such as dual diagnosis


Developing a personalized treatment program

Taking the first steps toward recovery


Learning new ways to handle cravings that may arise

Setting up a solid foundation for recovery





Addiction can cause a variety of problems, but that does not mean there are no solutions to assist with the recovery process. The Gardens Wellness Center provides a solid foundation to recover from addiction in a comfortable and encouraging environment. Recovery from addiction is a process that must consider each individual as a person and then develop a plan based on the needs of the individual. Detoxification sets the foundation for recovery and there are professionals who can assist with the first steps toward recovery and a healthy lifestyle.



Links and Resources

[Detoxing from Drugs and Alcohol](#)
[Freedom from Addiction](#)
[Alcohol Withdrawal](#)
[Substance Abuse and Addiction Health Center](#)

The Gardens Wellness Center

Have any questions or concerns? Contact our caring counselors at 1(844) 812-3713

