

# The Biology OF RECOVERY



## Addiction...

is a disease - not a moral choice. The help you need to get your life back is "treatment" - not "will power." Let's take a quick look at the biology of recovery.

## TREATMENT



## You enter treatment...

When you enter treatment, you have virtually no naturally occurring endorphins and a significantly decreased number of opiate receptors. You have anxiety, agitation, insomnia, diarrhea, cramping, nausea and vomiting.

## You experience relief...

Medication-assisted treatment provides an FDA approved, physician-controlled treatment medication that bonds to your remaining opiate receptors to eliminate withdrawal symptoms and control cravings. This helps you to bring an end to illegal drug use, wasted money, wasted time, and life threatening behavior. Now you can begin biological, psychological, and social recovery. But what about being drug free?



## RELIEF

## HEALING



## Scientific studies show...

Your brain responds to treatment over a 6-12 month period by rebuilding opiate receptors and restarting its production of natural endorphins. The result of this healing process is that you begin to feel "normal" again.

## Progressing in recovery...

Once your brain has repaired itself and you have engaged in counseling services to learn important recovery skills and relapse prevention techniques, your medication can be slowly reduced through a physician-guided tapering process.



## TAPERING

## RECOVERY



## Getting your life back...

You have now experienced 6-12 months of brain repair. You have learned practical skills to strengthen your recovery. You have worked to improve your life - finding a job, going to school, repairing relationships. You are now ready to leave treatment equipped for long-term recovery free of treatment medication.