

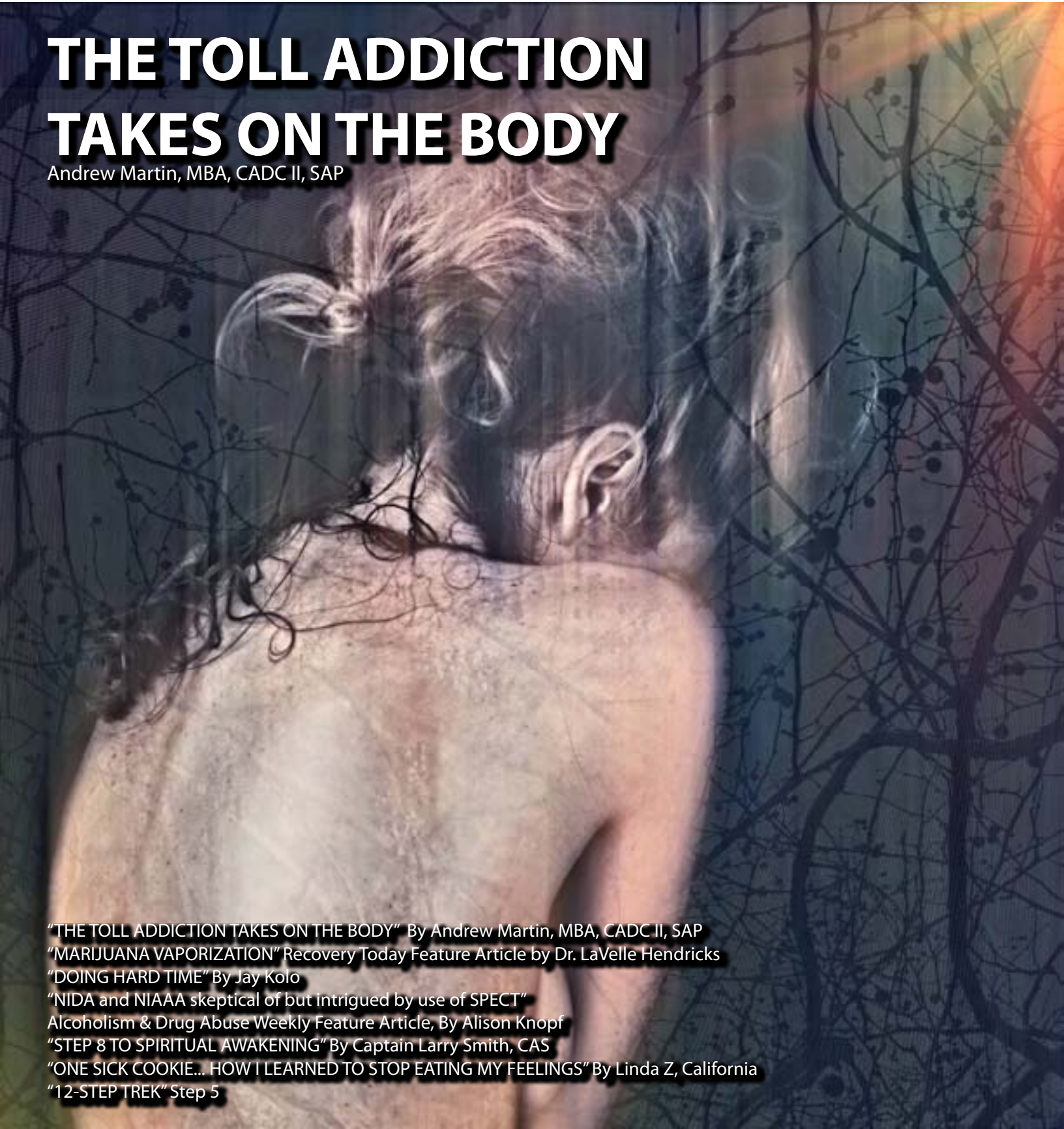
# SereneScene

Magazine for Long-Term Healthy Lifestyles of Recovery

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## THE TOLL ADDICTION TAKES ON THE BODY

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## THE TOLL ADDICTION TAKES ON THE BODY

By Andrew Martin, MBA, CADC II, SAP

Most of us have heard the phrase 'Our body is our temple', which accurately conveys the message that without a healthy body other aspects of our lives may suffer. Most of us have also known people that have mistreated their body and have suffered serious health consequences. For example, the individual who consumes vast amounts of sugar and becomes obese with complications of hypertension, joint ailments, and sleep disturbance. Most of us have also known people suffering from a disease with symptoms that seriously impact physical health, such as arthritis. When we consider the human body that has been impacted by the disease of chemical dependency, there is also significant impact on physical health.

Before we look at the impact of addiction on the human body, let's consider the healthy behaviors in recovery that can help nurse the body back to health. When the individual suffering from the disease of addiction is in remission (aka abstinence and recovery), there is an opportunity for the body to heal itself in many ways.

This healing requires discipline on the part of the afflicted individual, and with time, the body can make astounding healing progress. One of the seven principles of Balanced Center Living is entitled "Health" and does a good job of outlining the behaviors necessary for the body to physically mend.



### Health

#### 1.1. Rest

The physical body requires rest to recover from strain and to grow. The cognitive mind must rest, or enter into an anabolic state where simple substances are synthesized into complex living tissues, in order to maintain normal function. The average adult requires 7-8 hours of sleep each day, although some require as few as 5 hours and some as much as 10 hours each day.

#### 1.2. Nutrition

The best way to give your body the balanced nutrition it needs to function properly is by eating a variety of nutrient-packed foods every day that stay within your daily calorie needs. Just be sure to stay within your daily calorie needs. A healthy eating plan is one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans-fats, cholesterol, salt (sodium), and added sugars.

#### 1.3. Exercise

Moderate cardiovascular exercise for 20-30 minutes each day will significantly improve the body's health. Moderate exercise is the equivalent of walking or jogging at a 4 – 5 mile per hour pace. Strength training is also beneficial because muscle tissue tends to break down without use.

#### 1.4. Play

Play energizes us. It makes us happier, renews a natural sense of optimism and allows our imaginations to thrive. Play allows us to practice, elaborate on, and perfect skills before they become necessary (Rubin, 1982).

#### 1.5. Adventure

Activities for the purpose of recreation or excitement, whether potentially dangerous or not, creates psychological and physiological arousal that is interpreted in our mind as positive or negative. Adventurous experiences push our limits and provide opportunities for internal growth.

#### 1.6. Creativity

Mental processes (e.g. art, music, abstract thought, writing, etc.), involving the generation of new ideas or concepts, or new association between ideas or concepts. Creativity stimulates the brain and causes intellectual growth and elevates mood. Creative insight can evoke feelings of elation, personal awareness and spiritual enhancement.

When an individual is suffering from the physiological effects of addiction, their body is impacted in several ways. Primary detrimental effects are located in the filtering organs such as the liver and kidneys, and control organs in the body such as the brain and glands, and the cardiovascular system such as the lungs, heart and blood vessels. There are also detrimental effects in many other systems and organs in the body. The extent of the damage caused by the disease is entirely dependent upon the substance being ingested, the duration and quantity of the substance, and the capabilities of the individual's physiology.

The National Institute on Drug Abuse has compiled the results of extensive research on the various health effects of mood altering addictive substances on the human body.

### Cannabis

(Marijuana, Hashish, THC, blunt, boom, dope, gangster, ganja, grass, hash, hash oil, hemp, herb, joint, bud, Mary Jane, pot, reefer, green, trees, smoke, sinsemilla, skunk, weed)



**Acute Health Effects:** Heightened sensory perception; euphoria, followed by drowsiness/relaxation; impaired short-term memory, attention, judgment, coordination and balance; increased heart rate; increased appetite

**Long-term Health Effects:** Addiction - About 9 percent of users; about 1 in 6 of those who started using in their teens; 25 to 50 % of daily users

**Mental disorders:** May be a causal factor in schizophreniform disorders (in those with a pre-existing vulnerability); is associated with depression and anxiety

**Smoking related:** Chronic cough; bronchitis; lung and upper airway cancers is undetermined

### Cocaine

(blow, bump, C, candy, Charlie, coke, crack, flake, rock, snow, toot)



**Acute Health Effects:** Dilated pupils; increased body temperature, heart rate, and blood pressure; nausea; increased energy, alertness; euphoria; decreased appetite and sleep

**High doses:** Erratic and violent behavior, panic attacks



**Long-term Health Effects:** Addiction, restlessness, anxiety, irritability, paranoia, panic attacks, mood disturbances; insomnia; nasal damage and difficulty swallowing from snorting; GI problems; HIV

**Prescription Stimulants** (Amphetamine, Methylphenidate, ben-nies, black beauties, cross-es, hearts, LA turnaround, speed, truck drivers, uppers)

**Acute Health Effects:** Increased alertness, attention, energy; irregular heartbeat, dangerously high body temperature, potential for cardiovascular failure or seizures

**Long-term Health Effects:** High doses, or alternate routes of administration (e.g., snorting, injecting): Anxiety, hostility, paranoia, psychosis; addiction

**Methamphetamine** (meth, ice, crank, chalk, crystal, fire, glass, go fast, speed)

**Acute Health Effects:** Enhanced mood; increased heart rate, blood pressure, body temperature, energy and activity; decreased appetite; dry mouth; increased sexuality; jaw-clenching

**Long-term Health Effects:** Addiction, memory loss; weight loss; impaired cognition; insomnia, anxiety, irritability, confusion, paranoia, aggression, mood disturbances, hallucinations, violent behavior; liver, kidney, lung damage; severe dental problems; cardiac and neurological damage; HIV, Hepatitis

**Inhalants** (aerosol propellants, butane, gasoline, glues, isoamyl, isobutyl, cyclohexyl, laughing gas, nitrous oxide, paint thinners, poppers, propane, snappers, whippets)

**Acute Health Effects:** Confusion; nausea; slurred speech; lack of coordination; euphoria; dizziness; drowsiness; disinhibition, lightheadedness, hallucinations/ delusions; headaches; suffocation; convulsions/seizures; hypoxia; heart failure; coma; sudden sniffing death (bu-



tane, propane, and other chemicals in aerosols)

**Nitrites:** Systemic vasodilation; increased heart rate; brief sensation of heat and excitement; dizziness; headache

**Long-term Health Effects:** Myelin break down leading to muscle spasms, tremors and possible permanent motor impairment; liver/kidney damage

**Addiction:** A minority inhale on a regular basis, but among those, some report symptoms of addiction (need to continue using, despite severe adverse consequences).

**Nitrites:** HIV/AIDS and hepatitis; lipid pneumonia

**Prescription Sedatives, sleeping pills\*, or anxiolytics** (barbiturates, benzodiazepines)

**Acute Health Effects:** Drowsiness, relaxation; overdose

**Long-term Health Effects:** Tolerance, physical dependence, addiction

**Hallucinogens** (LSD, PCP, MDMA, Psilocybin, Salvia, Ketamine, acid, adam, angel dust, blotter, boat, blue heaven, buttons, cactus, clarity, cubes, ecstasy, eve, hog, little smoke, love boat, lover's speed, magic mushrooms, Maria Pastora, magic mint, microdot, mesc, peace, peace pill, peyote, purple passion, Sally-D, shrooms, uppers, yellow sunshine)

**LSD**

**Acute Health Effects:** Elation, depression, arousal, paranoia or panic; impulsive behavior, rapid shifts in emotions; distortions in perception. Increased body temperature, heart rate, blood pressure; nausea; loss of appetite; jaw-clenching; numbness; sleeplessness; dizziness, weakness, tremors

**High doses:** Panic, paranoia, feelings of despair, fear of insanity and death

**Long-term Health Effects:** Frightening flashbacks, Hallucinogen Persisting Perception Disorder (HPPD), low



addictive potential; however, tolerance possible  
PCP

**Acute Health Effects:** Low Doses: Shallow, rapid breathing, increase in heart rate and blood pressure; nausea, blurred vision, dizziness; numbness; slurred speech; confusion; loss of coordination; muscle contractions; analgesia; altered perceptions; feelings of being separated from one's body

**High Doses:** Feelings of invulnerability and exaggerated strength; seizures, coma, hyperthermia

**MDMA (Ecstasy)**

**Acute Health Effects:** Euphoria; increased energy, alertness, tactile sensitivity, empathy; decreased fear, anxiety; increased/irregular heartbeat; dehydration; chills; sweating; impaired cognition and motor function; reduced appetite; muscle cramping; teeth grinding/clenching; in rare cases—hyperthermia, rhabdomyolysis, and death

**Long-term Health Effects:** Impulsiveness; irritability; sleep disturbances; anxiety addiction

**Psilocybin**

**Acute Health Effects:** Low doses: Relaxation; altered sensory perception; increased energy, heart rate; decreased appetite

**High doses:** Effects similar to LSD, including visual hallucinations, altered perceptions; nervousness, confusion, panic, paranoia

**Long-term Health Effects:** Low addictive potential, however may produce tolerance

**Salvia**

**Acute Health Effects:** Short-lived, but intense hallucinations, altered visual perception, mood, body sensations; emotional swings, feelings of detachment from one's body; highly modified perception of external reality and self; sweating

**Long-term Health Effects:** Unknown addictive potential  
**Ketamine (similar to PCP)**

**Acute Health Effects:** Anxiety; agitation; insomnia; euphoria; excitement; slurred speech; blurred vision; irregular heartbeat

**Low Doses:** Nausea; elevated blood pressure; sedation; analgesia; impaired attention; memory and motor function

**Higher Doses:** Immobility; distortions of auditory and visual perceptions; feelings of being separated from one's body and environment; hallucinations; memory problems

**Long-term Health Effects:** Cognitive impairment, including verbal and short-term memory; blurred vision; loss of coordination

**Street Opioids** (Heroin, Opium, big O, black stuff, block, brown sugar, cheese, China white, dope, gum, H, hop, horse, junk, skag, skunk, smack, white horse, )



**Acute Health Effects:** Euphoria; warm flushing of skin; dry mouth; heavy feeling in extremities; clouded thinking; alternate wakeful and drowsy states; itching; nausea; depressed respiration

**Long-term Health Effects:** Addiction; physical dependence; collapsed veins; abscesses; infection of heart lining and valves; arthritis/other rheumatologic problems; HIV; Hepatitis C

**Prescription Opioids** (Hydrocodone, Oxycodone, Codeine)

**Acute Health Effects:** Pain relief, drowsiness, nausea, constipation, euphoria—in some



When taken by routes other than as prescribed (e.g., snorted, injected), increased risk of depressed respiration, leading to coma, death; CDC reports marked increases in unintentional poisoning deaths since late the 1990s, due mainly to opioid pain reliever overdose (often in combination with alcohol or other drugs).

**Long-term Health Effects:** Tolerance, addiction

**Androgenic Anabolic Steroids** (juice, gym candy, pumpers, roids)

**Acute Health Effects:** Headaches, acne; fluid retention (especially in the extremities), gastrointestinal irritation, diarrhea, stomach pains, and an oily skin, jaundice, and hypertension; infections possible at injection site

**Long-term Health Effects:** Liver damage; CVD: high blood pressure; increases in LDL ("bad" cholesterol); and decreases in HDL ("good" cholesterol); cardiac hy-



pertrophy, atherosclerosis

Addiction: Different from other drugs since abuse is not driven by euphoric effects. Nevertheless, individuals often continue abuse despite adverse physical/social consequences. Currently, few users of anabolic-androgenic steroids (AAS) seek substance abuse treatment, but those that present with AAS addiction display a distinctive pattern of comorbid psychopathology, overlapping with that of individuals with other forms of substance dependence

It can be difficult to diagnose many of the health problems associated with substance dependence. Once the individual is in maintained abstinence, a thorough assessment can be performed to determine the extent of rehabilitation necessary for the body. Because the body is impacted in so many ways, it is necessary to engage multiple medical professionals for a very thorough diagnosis. An internal medicine doctor is an ideal place to start, followed by a cardiovascular specialist, a psychiatric specialist, and finally an endocrinologist. With a well-rounded approach to diagnosis, a thorough rehabilitation plan can be implemented to speed recovery of the body's functions.

Physical recovery takes time. Depending upon the damage to the body, an individual may be well in a matter of one or two years – or an individual may only improve over a lifetime, but never regain full physical health. Regardless of the individual scenario, taking the steps to lead a healthy lifestyle will undoubtedly lead to a better quality of life. Why not make more healthy choices starting today?

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Andrew Martin  
M.B.A., CADC II, SAP

Andrew Martin began his entrepreneurial approach to business in 1982 at the age of fifteen. Throughout his career, Andrew has fulfilled his duties as a senior executive in viable business ventures in various industries including; health care, sound reinforcement and lighting, electrical safety equipment, commercial catering, specialty metal

shapes manufacturing, and the entertainment overhead suspension industry. Andrew's current business efforts are encompassed by Serene Recovery Network, a group of branded organizations with a common vision of helping people in early recovery to help themselves to a long-term rewarding quality of life without addiction. The individual businesses include Serene Center, a 36 bed transitional sober living facility in Long Beach, CA which also conducts outpatient counseling services, drug testing and monitoring, and outpatient detoxification. Serene Connections, a publishing and professional educational conference production company catering to the field of addiction treatment. Serene Directory, an online directory of professionals and organizations affiliated with behavioral and mental health. Serene Foundation, a micro loan lender providing funding for the continuum of addiction care. Andrew has authored many articles related to addiction treatment, health care agency productivity, industry specialties, as well as business approach and leadership and has been published in Serene Scene, Behavioral Health, Freedom Newspaper, Sound & Video Contractor, Western Wall and Ceiling Contractors Association Bulletin, Connections Magazine (Australia), dB Magazine, EQ, Lighting & Sound International (Canada), Sound & Communications, Live Sound International (UK), Recording-Engineering-Production. Additionally, many patents and trademarks have been awarded to Andrew Martin for various business related products, brand names, and service marks. Andrew is also very active in the California Association of Alcoholism and Drug Abuse Counselors (CAADAC) Board of Directors and Sober Living Network. Andrew also keynotes for many organizations.

## The Therapeutic Benefits of Group Therapy

with Allen Berger, Ph.D.

Allen Berger, Ph.D. and a panel of experts in the field of addiction treatment, explain the sociology behind group therapy approaches and the reason why group therapy is valuable in the treatment of addictions.

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## The Therapeutic Benefits of Group Therapy

with Allen Berger, Ph.D.





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## 30 DAY COORDINATED OUTPATIENT MEDICAL DETOX

### OVERVIEW OF OUR SERVICES

Serene Center Long Beach provides a specialized and individualized 30 day outpatient medical detoxification service in most instances for:

- Alcohol
- Opiates/Opioids
- Benzodiazepines
- Amphetamines

In certain rare instances there can be medical complications which require hospitalization which is not included in the services provided.

Individuals who are appropriate for outpatient medical detox services will receive the following:

- Medically Supervised Detox
- In-Office Acute Detox Medications
- Daily Monitoring of Detox Progress
- 30 day Transitional Sober Living
- Case Management
- Weekly Group Counseling
- Weekly Individual Counseling
- Daily Life Coping Skills Instruction
- Drug Testing Every Three Days

### ABOUT SERENE CENTER AND OUR PARTNERS

Serene Center Continued Care Transitional Sober Living bridges the gap between primary treatment and traditional sober living. We help alcoholics and addicts in early recovery learn how to help themselves. Through certified therapy, balanced center living counseling, and education they achieve independence and a better quality of life.

Stuart Finkelstein, M.D. has devoted his practice of medicine to the treatment of the disease of addiction. His knowledge in the field of detoxification is known throughout the continent. Dr. Finkelstein works closely with Lakewood Regional Medical Center and Los Alamitos Medical Center. He also serves as Medical Director for addiction treatment facilities.

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