

CAN I DO THIS “COLD TURKEY”?

Some people cannot stop drinking on their own. The disease is too serious and they may suffer from severe withdrawal symptoms, which can lead to death. Other people, whose drinking is not so severe, may suffer from mild symptoms and can manage through a self-detox process with guidance from a professional. You have to know yourself and your body's reactions. Mild alcohol withdrawal symptoms may occur within 24 hours after the last drink and include insomnia, anxiety, sweating, stomach upset and raised blood pressure. Severe reactions may result in tremors, disorientation, irregular heartbeat, seizures and death. Withdrawal symptoms can last up to 10 days for some.



At Grounded Wellness Services we do not offer Medical Detox from Alcohol. Our services include Psychotherapy and Wellness coaching/instruction. For a brief list of Medical Detox facilities see list below:

Fellowship Hall:
800-659-3381
<https://www.fellowshiphall.com/>

ADS:
855-801-9817
<http://www.adsyes.org/>

Addiction Recovery Care Association, Inc (ARCA)
877-615-2722
<http://www.arcanc.org/>

Grounded Wellness Services

Website: www.groundedforpeace.com

Email: amanda@groundedforpeace.com

Office Location:
3723 West Market Street
Unit B
Greensboro, NC 27410

PHONE: 918-973-2233

GROUNDING WELLNESS SERVICES

CAN I SELF DETOX FROM ALCOHOL?



PHONE: 918-973-2233
WWW.GROUNDEDFORPEACE.COM

GUIDELINES IF YOU DECIDE NOT TO SEEK PROFESSIONAL HELP



Guideline Steps

Step 1

Start by tapering off, if you don't want to quit immediately. If you cannot cut down, medical help is a must.

Step 2

Stick to beer, which has a lower alcohol content than hard liquor, if you decide to taper off first. Drink no more than one beer per hour.

Step 3

Drink lots of water to fight off dehydration as the alcohol leaves your system.

Step 4

Gradually reduce your intake over a period, from a day to a week. It is suggested by some to start by cutting back by half. Keep it at this level for 4 days. If no problems, then cut by half again for 4 days. At this period it is suggested you can stop. You can do this or cut back slower if needed.

Step 5

Take plenty of vitamins, particularly vitamins B and C, either through supplements or in foods and fluids.

Step 6

Eat a diet high in vegetables and fruits. Alcohol displaces nourishing foods and can cause malnutrition. Take a probiotic; alcohol sterilizes and kills off many of the good bacteria that help you digest foods and helps you reduce painful indigestion.

Step 7

Continue to monitor yourself closely, long after you have successfully quit drinking. Depression can often arise during the early stages of recovery. Counseling or self-help programs are recommended.

WARNINGS

- Withdrawing from alcohol can be dangerous for people who already have high blood pressure or heart conditions. In these cases medical assistance is highly recommended.
- Your doctor can provide you with withdrawal medication. Speak to your primary care provider in regards to this to understand more.
- People with mild symptoms are still advised to seek outpatient detoxification through a treatment program.
- If you would like more information or would like some support in reducing or stopping your alcohol consumption, please contact Amanda to schedule an appointment.

