Freelance article, SEO style example:

Topic: What is Medical Detox?

Medical Detoxification is an aided withdrawal process from the physiology effects of alcohol or [substance abuse](http://www.helpguide.org/mental/drug_substance_abuse_addiction_signs_effects_treatment.htm). The term detoxification roughly translates to a clearing/purging of toxins from the body. The detox is normally authorized under the supervision of qualified medical professionals at an alcohol or [drug rehab center](http://www.unityrehab.com). The process mandates the use of medicine to ease the withdrawal symptom and is often the first step in the treatment of drug addiction. Medical detox done alone without proper follow-up is not sufficient treatment against substance addiction.  
  
 There are typically three steps in the medical detoxification process; evaluation, stabilization, and guiding. During the evaluation process clinicians test the patient’s bloodstream for substances that are presently circulating and its amount. The patient is also screened for potential co-occurring disorders, [dual diagnosis](http://en.wikipedia.org/wiki/Dual_diagnosis), and any physiological issues. The patient is then guided through the detoxification process in the stabilizing stage. Typically done with medication, part of the stabilizing process is informing the patient of what to expect during their treatment and recovery process. The final step of the detoxification process is guiding the patient into treatment. Medical detox only deals with the physical aspect of [drug addiction](http://www.drugabuse.gov/drugpages/). In order for the patient to complete the recovery process they also need to address the psychological aspects of [drug addiction](http://www.drugabuse.gov/drugpages/). The patient would need to complete their recovery process by enrolling in a [drug rehab](http://www.unityrehab.com) program.  
  
 One of the common symptoms of medical detoxification is withdrawals. Withdrawal is the body’s reaction to the removal of a substance it has become dependent on. The length of withdrawal and side effects varied depending on the amount of [substance abused](http://www.samhsa.gov/). Some side effects associated with withdrawals are; sweating, shaking, headaches, drug cravings, nausea, vomiting, abdominal cramps, diarrhea, sleeplessness, confusion, agitation, [depression](http://www.nimh.nih.gov/health/publications/depression/complete-index.shtml), anxiety, and behavioral changes. Some physical symptoms may last for several days, but the [depression](http://www.nimh.nih.gov/health/publications/depression/complete-index.shtml) that often accompanies withdrawal may last for weeks. Withdrawal can be easily treated with medications to ease the symptoms, but treating withdrawal is different from treating addiction. Treating drug addiction would require additional treatments in a rehabilitation program.

[Alcoholism](http://www.mayoclinic.com/health/alcoholism/DS00340), as defined by the Mayo Clinic, is a chronic disease in which your body becomes dependent on alcohol. The patient is overtaken by the disease and has no control over the amount they drink. The patient may acknowledge the destruction [alcoholism](http://www.nlm.nih.gov/medlineplus/alcoholism.html) is causing with their relationships, finances, and health but still continues to drink excessively. Alcohol detoxification is no different from drug detoxification in which you abstain from the chemical substances immediately to begin the detoxification process. Side effects of the alcohol detox may include shaking, confusion, and hallucination. The patient will continue their [alcohol treatments](http://www.mayoclinic.com/health/alcoholism/DS00340/DSECTION=treatments-and-drugs) by medication, seeking a psychologist, and support groups. Patients recovering from alcohol dependence may inject a monthly medication Vivitrol, which works by decreasing the craving for alcohol. It is important for recovering alcoholics to find a psychologist to help them with their emotional issues because alcoholism is commonly co- occurring with other underlying mental health issues. Anxiety and [depression](http://www.nimh.nih.gov/health/publications/depression/complete-index.shtml) are very common upon people with [substance abuse](http://www.helpguide.org/mental/drug_substance_abuse_addiction_signs_effects_treatment.htm) problems. In order for recovering alcoholics to continue their success with their sobriety they should seek support groups in their communities. Support groups help the patient cope with their new lifestyle by offering continuing support, as well as managing any possible relapses. The most widely known support group for recovering alcoholics is Alcoholic Anonymous. Unlike [drug addiction](http://en.wikipedia.org/wiki/Substance_dependence) treatment, only those with severe [alcoholism](http://www.apa.org/helpcenter/alcohol-disorders.aspx) will need to check into an [alcohol rehab center](http://www.unityrehab.com)

Choosing to get a medical detox is generally the first step towards a successful recovery. The first step would be to research a [drug rehab center](http://www.unityrehab.com) that can administer the medical detox as well as follow up treatments to address the psychological aspects of drug addiction. It is crucial for the patient to follow up their drug detox by checking into the [drug rehab center](http://www.unityrehab.com). They need to be routinely monitored by medical professionals who can ease them through the symptoms of withdrawals, as well as check for signs of relapse while offering continuing counseling and support. Finding a rehabilitation center that can sufficiently meet the patient’s need throughout the whole recovery process is a guaranteed path towards a sober future.