



**TEXAS ALCOHOL DETOX:
THE FIRST STEP IN
ADDICTION RECOVERY**

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(866) 238-3154**

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Over 88,000 Americans die from alcohol-related causes every year making alcohol abuse one of the top preventable causes of death in the United States.

Are you or a loved one struggling with alcohol abuse? Find the support you need to heal at Sante Center for Healing.

TEXAS ALCOHOL DETOX PROGRAM

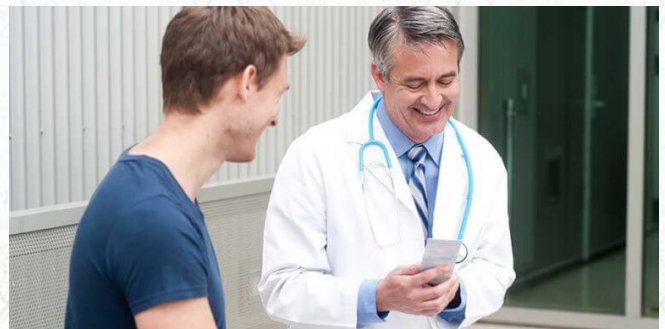


No matter which drug addiction you struggle with, the first step to recovery is always detox. The same is true when suffering from [alcohol addiction](#). Anyone struggling with alcohol use disorder wanting to move past addiction and heal first needs to flush the alcohol out of their system. This process is called detoxification or detox.

There are several ways to help individuals as they enter a [medication-assisted detox program](#) including medication, medical observation, and counseling at Santé Center for Healing. The initial process usually involves three stages: intake, medication, and stabilization.

First, our medical team does a comprehensive review of the drug, medical, and mental health histories of patients. This is done to make sure each individual's unique situation is best understood.

Second, if our [addiction treatment staff](#) deems it appropriate, medication may be administered to reduce the impact of the withdrawal symptoms the individual is facing. Finally, once the individual has gone through detox, which can take anywhere from three days to two weeks, individuals will be reassessed. Doing so places the patient into the right therapy programs they'll need to learn how to cope with their physical addiction and overcome the mental and emotional components of addiction. At Santé Center For Healing, we understand the importance of alcohol detox programs in Texas. We strive to create a customized experience that our clients can count on.



WHAT IS ALCOHOL USE DISORDER?



The medical term for alcohol abuse is alcohol use disorder or AUD. However, for most people, AUD can be used interchangeably with the terms alcoholism or alcohol abuse. Simply put, alcohol use disorder is when an individual is unable, either physically or mentally, to control their drinking.

Alcohol abuse is complicated. Widespread, socially acceptable, and often encouraged, and legal, alcohol has always been a risky substance and likely to be abused. Yet having an alcohol use disorder doesn't necessarily mean someone is addicted. However, it greatly increases the risk of dependency and the likelihood of addiction developing.

This is because alcohol changes an individual's brain chemistry, causing them to require the substance to function normally. As the disease progresses, individuals routinely find they need to drink more often or more potent alcohol to function. Often, it's no longer about the euphoric effect of drinking. Instead, due to the body's brain chemistry changing, individuals need the substance to simply function normally. It's at this stage, having built up a significant tolerance, an individual moves from just abusing alcohol to being addicted to it.

Unfortunately, those with alcohol use disorder can't simply stop drinking. Going 'cold turkey' can do more harm than good. Self-detoxing rarely addresses what an individual's body needs while going through withdrawal symptoms. Frequently, individuals who attempt self-detox end up relapsing.



ALCOHOL DETOX AS THE FIRST STEP IN ENDING ALCOHOL ABUSE



Nearly 11 million adults had an alcohol use disorder in 2018.

About 76% of those who die from alcohol poisoning are men.

Nearly 35% of young adults or nearly 12 million people, binge drink every month.



WHY SHOULD YOU SEEK DETOX SERVICES?

Through our Texas addiction detox programs, you'll likely experience harsh withdrawal symptoms. Without professional guidance, it's easy to fall victim to relapse halfway through detox. Sometimes the symptoms are so harsh that they cause physical harm. In these cases, seeking detox services is a matter of safety.

[Sante Center for Healing](#) strives to keep you healthy and happy during alcohol detox. Part of keeping you happy includes monitoring your withdrawal symptoms.

Withdrawal symptoms will vary from person-to-person for a number of reasons such as genetics, duration of use, age, etc. However, individuals who have been drinking heavily for a long time will likely experience the most severe symptoms. Also, heavy drinkers who have been doing so for a long time will see withdrawal symptoms arise sooner than others. For most individuals, withdrawal symptoms will last for up to two weeks. Symptoms are generally put into two classes, minor

and major. Minor withdrawal symptoms experienced during [addiction detox programs](#) can include:

- Anxiety
- Sweating
- Nausea
- Insomnia
- Headaches

However, there can be more serious withdrawal symptoms requiring medical supervision to ensure the individual's health and safety. For instance, major alcohol detox withdrawal symptoms include:

- Tremors
- Seizures
- Extreme hallucinations
- Disorientation
- Delirium tremens

This last symptom is perhaps the most serious. Delirium tremens occurs when the individual's body physically reacts to the lack of alcohol in the bloodstream in an extremely negative manner. For example, delirium tremens or DTs can involve seizures, irregular heartbeat, high fever, and uncontrollable shaking. A study by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) revealed that death may occur in up to 5% of patients with DTs. Thus, it's clear medically supervised professional Texas alcohol detox like that provided by Santè Center for Healing is the best way to begin overcoming alcohol

addiction. With a proper medical staff monitoring an individual's progress through detox, the chances of a serious medical issue arising lower, and should it occur, they are there to immediately address it.

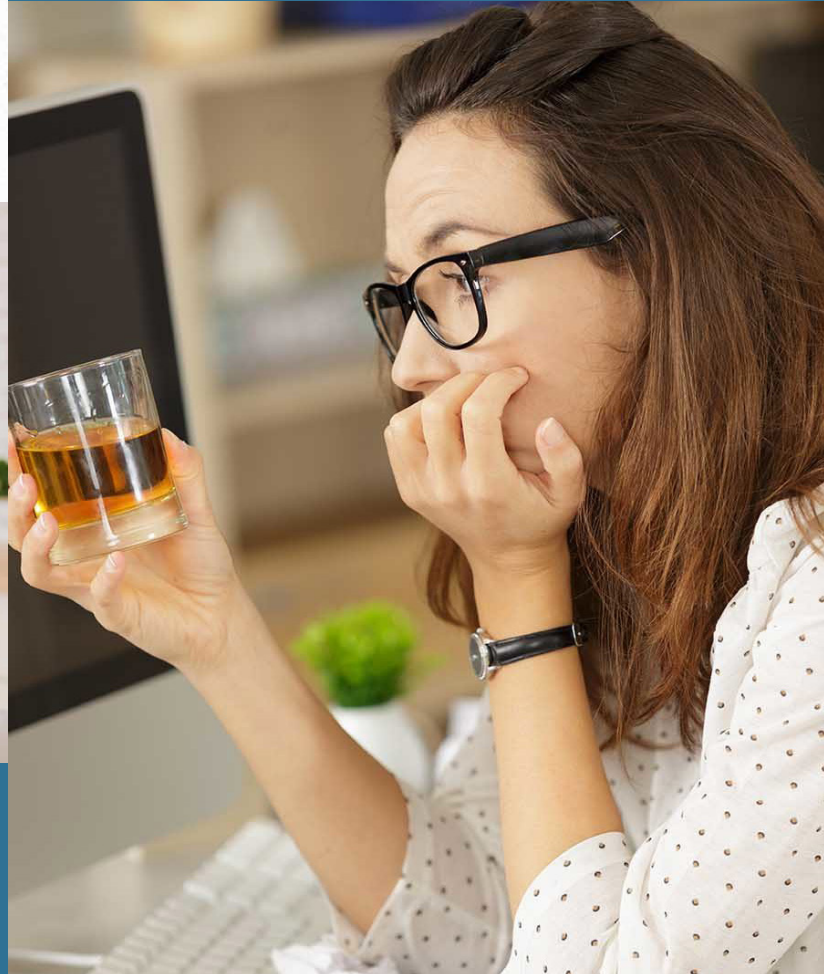
The severity of the symptoms varies depending on the length of your alcohol addiction. For example, withdrawal can lead to hallucinations and even death for some people. We urge everyone to seek professional [substance abuse treatment](#).

Our facility offers 54 beds, and we put our focus on offering an intimate setting. We always have enough people on staff to give you the one-on-one support that you need. We also know that privacy is important while you focus on recovery. Our staff members take privacy and comfort very seriously.



ALCOHOL CRAVINGS

Having alcohol cravings during detox is normal. Addiction makes the body crave alcohol and will feel like it's shutting down without it. These cravings are typically enough to make most people relapse. At Santé Center, we can help you manage these alcohol cravings.



PHYSICAL AGITATION



At Santé Center for Healing, we've noticed that some people experience physical agitation during alcohol detox. Increased heart rate and sweating only exacerbate the situation. However, failure to cope with these feelings can cause even more issues. We work with our clients to limit your physical agitation during the process.



[Trauma Therapy Programs](#) can play a major role in your recovery. The goal is to uncover hidden issues that may trigger your alcohol addiction. Dealing with trauma is the only way to fully overcome it. Since many people use alcohol to mask trauma, it's important to deal with these issues. physical agitation during the process.



GETTING TO THE CAUSE OF YOUR ADDICTION



We want to not only help you overcome addiction, but also make sure that you avoid relapse. Our compassionate professionals will help you provide a strong foundation for your entire rehab experience. To create this strong foundation, we offer addiction therapy as part of your detox treatment.

**DON'T LIVE ANOTHER
DAY WITH THE
THREAT OF ALCOHOL
ADDICTION HANGING
OVER YOUR HEAD.**

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