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## How do you handle a substance abuse related death?

Contributed by Leslie Karsner

More info...

By Dr. Jennifer Baxt, DMFT, NCC, DCC

When dealing with a member of the family who is either addicted to alcohol or some other hard street or prescription drug(s), there is the risk that the particular individual may eventually cause themselves great harm, or even death. Families, especially ones who were very close for the longest time, before the addiction took over, will often go through incredible suffering. First, there is the situation where the family will try their best to support their family member and work with them to find a solution to the problem. Then, when that doesn't seem to work, the family may try to just live with the problem, hoping that it will go away. Lastly, there is the situation where the family members separate and try to leave behind, or ignore, the problem that they have been unable to fix or deal with. Not every family reacts to the problem in the same way, though the three different situations expressed will be felt by most families in such a situation in one way or another. Regardless of how they deal with it, however,

### The Recovery Process After Quitting Drugs

By Jonas Smith

One of the first things that will happen to you when you quit drugs is detoxification. This is where all traces of the drug are removed from your body. You should not try to detox without the help of a doctor, and the rehab center will have medical staff to help you through. There are also some drugs that can aid in detox that you might be given, of course under a doctor's supervision. The next articles give more in-depth information about detoxification. You will be part of a community of individuals all trying to get help for their addictions. Many rehab centers operate as a small community and decisions about life at the center are often made collaboratively.

You may be required to take classes or attend lectures about various aspects of drug addiction. These are important because they can help you lay a foundation for life after you are released from the program.

You will also probably have group therapy which will entail talking to others and listening to what they have to say. Participation in this program

### Some Tools To Help Overcome Addiction

By Jonas Smith

Regardless of the addiction, be it drugs, alcohol, gambling, relationships, etc., a 12-step program is the fundamental tool of many recovery programs. The basic 12 steps that groups' members actively stress are as follows, varying in some degree per addiction recovery program. Note that no particular religion or spiritual affiliation is required. All are welcome and invited.

### 12-Step Program

1. We admit we are powerless over our addiction - that our lives have become unmanageable
2. We believe that a Power greater than ourselves could restore us to sanity
3. We made a decision to turn our will and our lives over to the care of God as we understood God
4. We made a searching and fearless moral inventory of ourselves
5. We admitted to God, to ourselves and to another human being the exact nature of our wrongs
6. We are entirely ready to have God remove all these defects of character
7. We humbly asked God to remove our shortcomings
8. We made a list of

Transform Your Life. Learn New Tricks. It's Important. Here Is Why

By Mercedes Oestermann van Essen

The road to self mastery can be challenging. The path to wisdom is littered with failed attempts, frustration before the new insights and snippets of enlightenment take hold.

Just like anything in life personal development and mastery of the self requires persistence, discipline and the willingness at times to deal with stuff which is not on your Christmas wish list.

If you stick with it the pay offs are better mind control, the ability to step back and evaluate your life, your ambitions and the rest of the world with calm non attachment. Those of you who are into Zen will testify to the invaluable benefits of non attachment to events.

So we have the tools, but times are tough. Your best intentions are challenged and the build up to Christmas highlights all that personal stuff that is not going so well. And then there is the economy and the pervasive doom and gloom around us.

It is always the same old story. We get caught up in the collective consciousness and lose our own independence

What One needs to know about Biodynamic craniosacral therapy

By Biodynamic Biodynamic

What One needs to know about Biodynamic  
craniosacral therapy

With the development of human civilization science is also evolving. In the previous century many new sections of sciences have been developed. These have opened several hitherto unexplored facts about life to people. Biology has been behind the creation of many such sub branches and one of its divisions is Biodynamics.

The word biodynamic is derived from embryology and experimental biology during early 20th century. Biodynamic craniosacral therapy blends meditation, psychology, meditation along with manual healing arts in a distinct therapeutic system. It is meant for healing the brain and nervous system by engaging the organization and order integral to the bodys fluid volume.

If a person wants to obtain knowledge on Biodynamic training or therapy then he should contact Dr. Michael Shea. He is among the leading authors and preeminent educators in the spheres of craniosacral therapy and somatic psychology. Dr. Michael Shea conducts seminars in

Central Nervous Depressants

By Jonas Smith

CNS depressants slow normal brain function. In higher doses, some CNS depressants can become general anesthetics. Tranquilizers and sedatives are examples of CNS depressants.

CNS depressants can be divided into two groups, based on their chemistry and pharmacology. Barbiturates, such as mephobarbital (Mebaral) and pentobarbital sodium (Nembutal), which are used to treat anxiety, tension, and sleep disorders. Benzodiazepines, such as diazepam (Valium), chlordiazepoxide HCl (Librium), and alprazolam (Xanax), which can be prescribed to treat anxiety, acute stress reactions, and panic attacks.

Benzodiazepines that have a more sedating effect, such as estazolam (ProSom), can be prescribed for short-term treatment of sleep disorders.

There are many CNS depressants, and most act on the brain similarly—they affect the neurotransmitter gamma-aminobutyric acid (GABA). Neurotransmitters are brain chemicals that facilitate communication between brain cells. GABA works by decreasing brain activity. Although different classes of CNS depressants work in unique ways, ultimately it is their ability to increase GABA activity that produces a drowsy or calming effect. Despite these beneficial effects for people suffering from anxiety or sleep disorders, barbiturates and benzodiazepines can be addictive and