



Alternative Addiction Treatments: How to Decide What Works for You

If you're in recovery for addiction, chances are you've heard about alternative treatments. You may be wondering if these options are right for you, or if you should avoid them. Before you make your decision, go through these helpful steps:

Know Which Alternative Treatment Will Work

Addiction to drugs or alcohol is a vicious cycle to break. People are always looking for a way to ease their transition into a [clean lifestyle](#), which often leads to alternative treatments. But before you decide to take this path, do a little research into which methods actually work. There are tons of claims out there and so many people looking to make a profit, but it only takes a little digging to figure out which treatments may actually offer relief. For instance, [many supplements](#) have not been evaluated by the FDA, and can lead to dangerous reactions. Meditation, however, is effective in aiding addiction treatment and has no danger of harm.

Discuss Options With a Healthcare Provider

Drugs and alcohol can pose [serious risks](#) to your physical health. By now, you should have already scheduled a check-up with your healthcare provider to assess your health. If you haven't seen your doctor yet, set up an appointment and be sure to ask for advice about alternative treatment therapies. Many supplements or activities may cause negative reactions in your body if you have any health issues or take any prescription medications, so check in with your healthcare provider before you put alternative treatments into your recovery plans.

Use Self-Care No Matter What Treatment You Choose

When alcohol and drugs have controlled your life for so long, you tend to stop taking care of yourself. If you're looking to get and stay clean, you need to add self-care to your daily routine. Self-care can be as simple as eating a healthy diet or getting [enough sleep](#) at night. Start your new self-care practice by bringing some meaning to your mornings. Practice a quick breathing exercise and [set a positive intention](#) before you get out of bed. Whether you choose traditional, alternative or a blend of addiction treatments, self-care needs to be part of your overall wellness plan.

Take Steps to Kick Stress Out of Your Life

Stress can be a serious trigger for substance abuse, and re-use for those in recovery. You can't always avoid stress, but you can control how you react to it. Before you begin to feel overwhelmed, try channeling your stress into a new hobby or exercise plan. Hobbies like [gardening](#) and creating art are so effective in combating stress that they are used as alternative addiction therapies on their own. [A short workout](#) can also relieve stress and aid your brain in the production of those "feel-good" chemicals that keep you feeling relaxed and happy.

Consider Supplementing Traditional Treatments

If you're serious about kicking your addiction, there are some traditional treatments you cannot avoid. Counseling or therapy is definitely a step you won't want to skip. Addiction frequently stems from some unresolved mental health issue or personal trauma. Consulting a [mental health professional](#) will provide you with the tools you need to deal with your issues rather than avoid them with drugs and alcohol. Therapy can be intense, though, so use calming alternative treatments, like [yoga or swimming](#), to complement tough sessions.

Explore All of Your Options

Any time you seek treatment, you should educate yourself about the options available to you. Talk with different addiction treatment providers, get into group discussions with recovering addicts, and do your own research. Spend some time deciding the options that may be best for you, and stay involved in your rehabilitation every step of the way. This is your time to take back control of your mind, body and life, so make sure you're in control of your recovery as well.

Deciding which treatment options are right for you can be tricky. With informed research, professional guidance and personal insight, you can put yourself on a recovery path that works best for you. Only you will know whether alternative treatments are truly the best option for you.

Author

Kimberly Hayes enjoys writing about health and wellness and created PublicHealthAlert.info to help keep the public informed about the latest developments in popular health issues and concerns. In addition to studying to become a crisis intervention counselor, Kimberly is hard at work on her new [book](#), which discusses the ins and outs of alternative addiction treatments.

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