

Incorporating Holistic Treatment into Benzodiazepine Dependency Treatment

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Benzodiazepines, or benzos for short, are a class of prescription sedatives normally used to treat various conditions including seizures, panic attacks, anxiety and insomnia. While these drugs can be highly effective when used as prescribed, they carry a significant potential for dependency and benzos include Valium, Xanax and Klonopin.

However, benzodiazepine dependence can still develop even when these medications are taken as prescribed. This happens because benzos work in the body's central nervous system to induce feelings of calmness and relaxation. Over time, the body becomes tolerant to the drug's effects leading individuals to keep increasing the dosage to achieve the desired result. This tolerance can eventually lead to physical and psychological dependence on the drug where the individual becomes highly reliant on the medication to function in their daily life.

Incorporating Holistic Treatment into Benzodiazepine Dependence Treatment

Holistic treatment or therapy is an approach to [drug treatment](#) that considers the whole person - mind, body and spirit – instead of only focusing on the symptoms of addiction.

Some of the ways holistic treatment methods can be incorporated into benzo dependency treatment include:

Individual and group therapy

Traditional addiction therapy approaches like individual and group therapy can still be crucial in holistic treatment. They allow individuals to explore underlying issues that led to dependency while exploring ways to make long-term changes to better their lives.

Mindfulness and meditation

These practices are central to holistic treatment. Both mindfulness practices and meditation are used to encourage participants to become more aware of their thoughts, feelings and physical sensations. As a result, they help reduce anxiety while promoting deep relaxation.

Physical fitness

Regular exercise and physical activities such as yoga are a key part of holistic treatment. They help individuals to not only improve their physical health but also their mood while helping to alleviate stress.

Expressive therapy

Participants in holistic therapy are encouraged to express their thoughts, feelings or life events through activities such as dance, art, music or writing. These activities are also a great way for those in recovery to keep busy and avoid temptations.

Nutritional therapy

Part of self-care in holistic treatment involves developing healthier eating habits. Individuals are taught how to prepare healthy, nutritious meals to complement the rest of their treatment and improve their overall well-being.

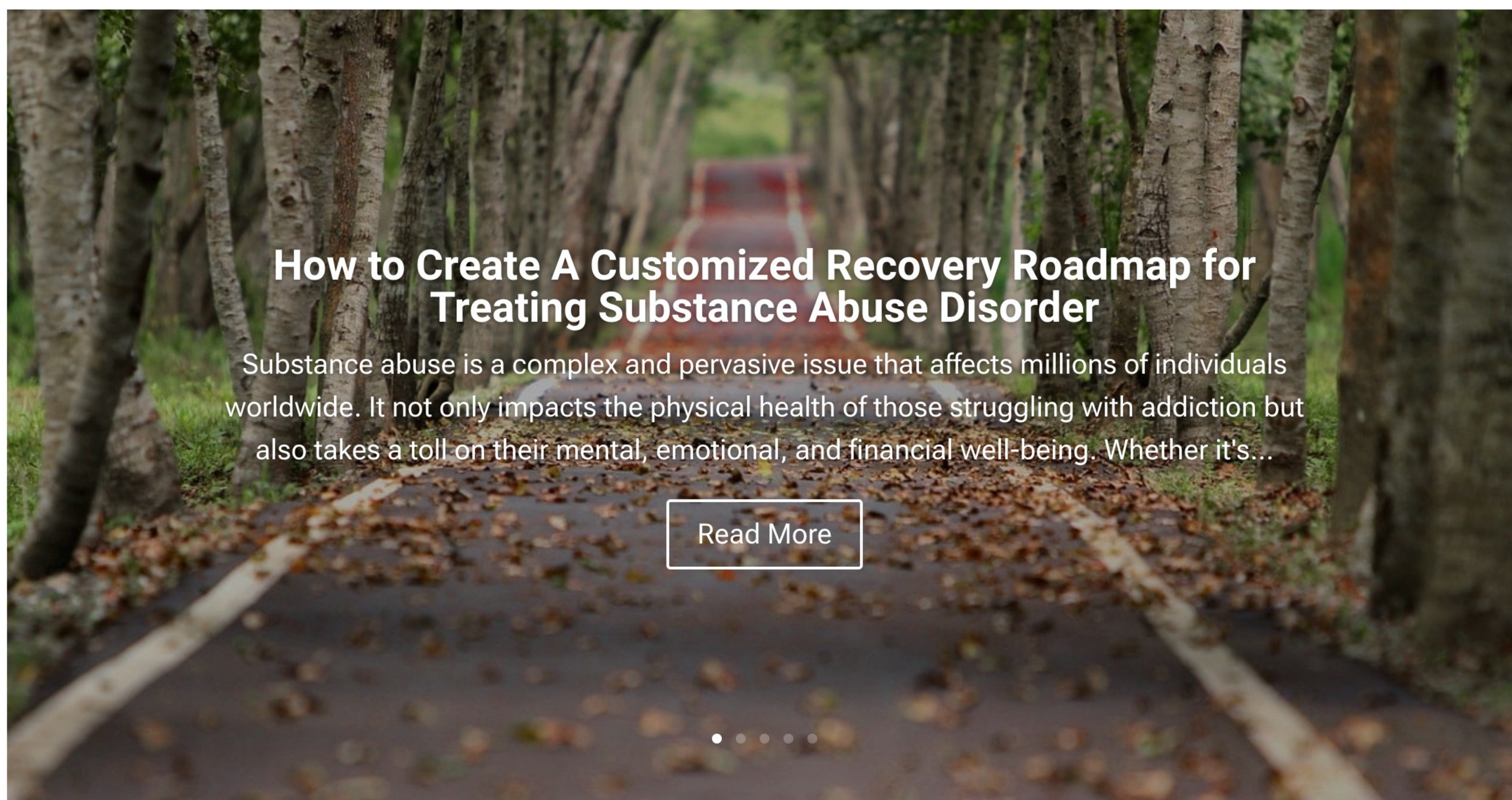
Break the Cycle

Left unchecked, benzodiazepine dependency can quickly spiral into addiction. That's why incorporating holistic techniques into treatment can provide a well-rounded and effective approach to recovery.

At [Findlay Recovery Center in Ohio](#), we are passionate about providing affordable and effective treatment for those struggling with substance abuse. We know that there's no one-size-fits-all method for addiction treatment so we focus on personalized treatment programs that take into account an individual's unique recovery goals. We also offer holistic treatment options as part of our drug or [alcohol rehab treatment](#) programs. Don't let dependency or addiction to benzodiazepine define you. With the right combination of therapies and support, you can rebuild your life. [Reach out to us](#) to break the cycle of addiction and start a new chapter of sobriety and well-being.

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Pick up the phone, fill out a form or chat with us below to get started on your free consultation and treatment assessment.



Complete Pre-Assessment
Once you reach a Findlay Recovery Center treatment coordinator, we will do a simple pre-assessment to make sure we're a good fit for you.



Plan Travel & Admit
Our caring treatment advisors will help plan travel & anything else you need before you enter our drug rehab program in Ohio!

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Contact Details

1800 Manor Hill Road
Findlay, Ohio 45840

1-855-605-2135



Hours of Operation

About Our Company

Findlay Recovery Center is a drug & alcohol treatment center in Findlay, Ohio that offers evidence-based, detoxification and residential inpatient treatment at an affordable rate.



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