A New Start and Recovery

**Nutrition:**

True recovery from substance abuse is about restoring your mind and your body. Good nutrition is one of the best ways to replenish a body that’s been ravished by addiction. For more tips and a customized plan, talk to a nutrition specialist or look for a drug rehab program that includes nutritional counseling. Diet plays a significant role in how you feel; the better you feel, the greater your chances of a successful, lasting recovery.

**Exercise:**

Epidemiological studies reveal that individuals who engage in regular aerobic exercise are less likely to use and abuse illicit drugs.

**Water:**

The physical discomfort that detox can cause can sometimes be alleviated with basic comfort care, including plenty of water and juice and mild exercise

**Sunshine:**

The evidences from literature concerning vitamin D and the central nervous system support the plausibility of this hypothesis, which can provide a new direction towards an effective treatment approach for drug abuse and addiction. If vitamin D treatment proves effective, many patients would benefit from it, as vitamin D is an accessible, safe and inexpensive treatment.

**Temperance:**

Temperance is the espousal of moderation, marked by personal restraint. It has been studied by religious thinkers, philosophers, and more recently, psychologists, particularly in the positive psychology movement. Upheld as a virtue throughout time and across cultures, it was one of the cardinal virtues in Greek philosophy, being believed that no virtue could be sustained in the face of inability to control oneself,

**Air:**

If the efficacy of this moderate-intensity aerobic exercise intervention can be demonstrated, drug dependent patients may be provided with a valuable adjunct to traditional substance abuse treatment. Furthermore, future studies may contribute much-needed knowledge about the role of aerobic exercise in reducing alcohol and drug use and increasing fitness in drug dependent patients.

**Rest:**

Even when addicts are in recovery, however, a good night’s sleep can still be hard to find, as insomnia takes on a life of its own that is entirely independent of drugs and alcohol. It is hard to believe that sleep can be even more elusive for some addicts than sobriety, but that is indeed the case, and in some instances, substance abusers in recovery are driven so crazy by their insomnia that it can actually cause a relapse. This is especially true of alcoholics, who sometimes get so desperate that they start drinking again because they believe (falsely) that the sedative effects of alcohol will help them sleep normally once again.

Sleep patterns can be severely disrupted with substance abuse. In fact some will use drugs to stay up and avoid sleep. Meth amphetamine addicts will go for days without sleep. Some abuse sleeping pills and this can be dangerous for the addict, due to cross addiction.

**Trust in Divine Intervention:**

Higher religious faith and spirituality are associated with increased coping, greater resilience to stress, an optimistic life orientation, greater perceived social support and lower levels of anxiety. The findings are similar to previous studies that show people recovering from substance abuse tend to place great importance on prayer, belief in a God and a strong sense of faith. The findings are also similar to the result of studies examining the relationship between religion and mental health with other populations. Those studies reported increased coping skills and greater resilience to stress and overall life satisfaction.