



# YOGA, MASSAGE & ACUPUNCTURE

*Holistic Therapies Aid Overall Wellness During Treatment*

Holistic methods such as yoga, massage and acupuncture provide natural relaxation and pain relief during the recovery process.

Substance abuse often starts as a way to escape emotional or physical pain. During the process of addiction, those who are abusing drugs or alcohol learn to ignore the messages their bodies send, and feelings and emotions are numbed. By the time someone arrives at a treatment center, he or she has been tuning out the body's physical and emotional responses for so long that it can be difficult to re-engage. Early in recovery, many people have a hard time articulating what they're feeling at all. That's where holistic therapies come in. Alternative methods like yoga, massage and acupuncture can help patients reconnect with their bodies. These natural practices can also be used to address everything from pain and anxiety to agitation and sleep problems, helping to restore overall health.



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Addictive behaviors separate and disconnect us from ourselves.

## **Yoga: More Than Just Stretching**

The practice of yoga can benefit anyone, but specific yoga techniques can be particularly useful in detoxification and rehabilitation. These include breath control, certain postures or poses, relaxation and meditation. Simply teaching someone to breathe consciously can positively impact the treatment process. Addictive behaviors separate and disconnect us from ourselves, while the practice of yoga is all

about connection and balance, making it a perfect fit as part of a holistic recovery program. Yoga provides practitioners with tools to take control of their own healing as they begin to feel connected to their bodies in ways they never felt before. This ancient practice is relatively new in substance abuse and mental health treatment, but it is valuable for promoting impulse control, coping skills and cleansing the body of toxins.

## ***The Healing Power of Massage***

Massage can aid healing in a number of ways. Primarily, it decreases the production of the stress hormone cortisol. It has also been shown to increase the levels of dopamine in the brain, and it helps to slow breathing and heart rates, naturally relaxing the body. Detox and massage go hand in hand. In a treatment setting, massage can be valuable as a way to normalize the production of dopamine for those going through the withdrawal process. The physical act of massage also helps with the detoxification process by helping to flush out the remaining chemicals from substance use. This works by increasing the circulation of blood and lymph, which helps the body rid itself of the toxic residue from substances more quickly.

Massage on its own is not a treatment method for addiction, but non-talk therapies like massage can play an important role in recovery, helping patients learn how to be present in their own bodies. Additionally, massage can help decrease muscle pain, ease medication dependency, promote tissue regeneration and improve energy.

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### ***About Foundations Recovery Network***

Foundations Recovery Network is recognized as the premier leader in integrated treatment for co-occurring addiction and mental health concerns. Our award-winning model combines evidence-based addiction treatment with innovative therapies for emotional and mental health to address co-occurring disorders effectively. Results demonstrate that FRN patients are twice as likely to maintain sobriety one year post-treatment compared to those who attend traditional programs.

### ***The Benefits of Acupuncture***

This age-old healthcare method has many applications today. Acupuncture helps to promote balance and encourages restorative functions through the correlation of individual locations and the superficial energy phenomenon of



the body. This unique therapeutic practice can be used to relieve pain without the use of medications. Acupuncture has been used in detox to lessen withdrawal symptoms, proving extremely helpful after opiate or alcohol abuse. While not a treatment method on its own, this ancient natural healing method can be an important supportive component in treatment, enhancing overall body function and reducing anxiety.

