

## Holistic Addiction Treatment

Into Action Treatment is a holistic addiction treatment facility. [Holistic drug rehab](#) treats the whole person — physically, mentally, emotionally and spiritually. Our three month substance abuse treatment program begins with placement in a medically supervised detoxification center, but that's only the beginning of the recovery process. In addition to medical personnel, psychotherapists, and addictions counselors, we have allied with health professionals who specialize in holistic treatments for recovering addicts and alcoholics.

### **Benefits of Holistic Into Action Treatment**

As a certified Florida drug rehab facility, we believe that substance abuse is a multifaceted condition that is best treated on all levels to ensure the greatest probability of lasting recovery. We stay informed about the latest proven techniques and research, and are the first in the country to use both vibroacoustic and harmonial therapy. In addition to traditional medical treatments, participation in 12-Step groups and individual/group psychotherapies, holistic care incorporates treatments designed to create emotional balance, physical health, mental clarity and spiritual growth.

### **Can Holistic Addiction Treatment Help Me Stay Clean And Sober?**

Clean and sober living is about more than just removing alcohol and drugs from your system. In order to maintain sobriety for any length of time recovering addicts and alcoholics must learn new behaviors and coping skills in order to create a healthy, balanced, and rewarding lifestyle. Without effective tools for new living a recovering person can fall quickly into relapse. For example, nutritional therapy and

herbal supplements can assist the body to rebuild itself so that physical healing can occur. Exercise can be an effective way to blow off steam and to get endorphins, the feel-good chemicals in the brain, flowing through the bloodstream. Yoga can relax the body and clear the mind, while meditation can help those in recovery attain a peaceful state of mind without resorting to drugs or alcohol. Acupuncture treatments can correct energy imbalances in the body that were brought on by substance abuse. These holistic addiction treatment methods can lessen withdrawal symptoms in the early stages of recovery and, when practiced throughout life, can help maintain serenity and inner peace.

### **Holistic treatments include:**

- Physical exercise
- Meditation, yoga, and relaxation techniques
- Nutrition counseling
- Massage therapy
- Chiropractic therapy
- Acupuncture and Reiki treatments
- Art therapy
- Psychodrama
- Life skills training
- Vibroacoustic therapy
- Harmonial therapy
- Meditation on the beach
- Yoga

## Holistic Addiction Treatment Center

At Into Action Treatment, a holistic addiction treatment center, we are committed to your recovery and we believe that sober living is about more than just not using drugs and alcohol. Our treatment program is carefully designed to provide not only detoxification and traditional treatments, but to present clients with an arsenal of tools and techniques that have helped many recovering people to find lasting joy and freedom in a clean and sober lifestyle. Our holistic treatment for addiction helps individuals recover fully and achieve sustained sobriety. Into Action is a drug treatment center located in beautiful South Florida. Our drug addiction therapy uses a client-based approach to recovery, and our [holistic alcohol treatment](#) program allows individuals to address all of the factors that have contributed to their addiction.

If you or someone you know is in need of [holistic drug detox](#), [contact us today to learn how we can help](#).