



## Stress, Addiction Secrets And The Suburban Mom

(NAPSA)—Addiction does not discriminate. It affects everyone from suburban soccer moms to teachers to CEOs of Fortune 500 companies—but successfully treating it requires an individualized approach.

One group that is vulnerable to addiction is moms who strive to be superwomen—trying to excel as wives, mothers, employees, community volunteers and friends all at the same time. The downside to this goal: Some moms try to cope with the often impossible demands by turning to legal and illegal drugs, often with disastrous results.

Anyone who suspects that a family member has a problem with legal or illegal drugs may want to talk to him or her about getting help. Very few people can successfully kick an addiction on their own.

“Moms struggling with addiction need an opportunity to get their lives back,” says Dr. Carlos Tirado, chief medical officer at Enterhealth Life Recovery Center, an adult residential treatment facility in Texas. “Because one size doesn’t fit all when it comes to recovery, the best chance at success is a comprehensive, individualized approach that blends evidence-based behavioral and medical therapies to help them develop a lifelong, recovery-oriented lifestyle.”

A common misconception when it comes to alcohol and drug addiction is that the choice to stop using is obvious, even simple.

“Addiction is a disease that affects the mind, body, soul and relationships,” said Tirado. “To increase effectiveness, treatment must go beyond traditional talk and group therapy and incorporate the best science and medicine have to offer. This includes provid-

### Treating the whole person individually

- leading anti-addiction medications
- physical wellness and personalized nutrition
- withdrawal stabilization (detoxification center)
- cognitive behavior therapy
- individual and group therapy
- family therapy support
- tenets of the 12-step program
- lifelong recovery support post residential care



ing each individual with Life Care tools they can use to help recover their lives.”

The reality is that alcohol and drug addiction is a complex and chronic relapsing medical disease, so it’s important to choose treatment that is not just a recovery treatment program but long-term addiction disease management.

It can take 10-20 years to become an addict, and addiction can’t just be shut off with a short-term program. Long-term recovery treatment is necessary for success.

More than just a 28-day treatment facility, Enterhealth offers addicts a chance to get their lives back through a comprehensive individualized approach that treats the whole person—approaching addiction as a chronic brain disease. The center takes into account the physical, psychological, neurological, relational and spiritual aspects of each person. Then it targets those areas using proven methods that blend the most effective clinical research with innovative psychotherapeutic techniques.

For more information, visit [www.enterhealth.com](http://www.enterhealth.com).