



# NENQAYNI WELLNESS CENTRE SOCIETY

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## Tips and Tricks to Assist with Detoxing

Prior to detox, we recommend speaking with a healthcare professional to assist with a detox plan that may include medications and counselling or mentoring support. Access your support people often! The withdrawal symptoms are related to how much you usually use, how long you've been using and the intensity of use.

Minor symptoms of alcohol detox include:

- Anxiety & Panic Attacks
- Sweating
- Nausea
- Insomnia
- Headaches

More serious alcohol detox withdrawal symptoms are:

- Tremors (shakes)
- Seizures
- Extreme hallucinations
- Disorientation
- Delirium tremens (in rare cases)

**Alcohol withdrawal** symptoms generally start 6 hours – 24 hours after stopping alcohol intake. The symptoms usually peak at 72 hours – so the first 3 days will be the most challenging.

If you are experiencing significant tremors (shakes), seizures, hallucinations or disorientation you need to seek medical assistance immediately.

**Drug withdrawal** symptoms are different depending on which drug is used.

**Stimulant** (cocaine, crystal meth, caffeine, diet pills, crack, speed, Ritalin, steroids) withdrawal can happen within minutes, hours or days. Stimulant withdrawal does not directly cause life-threatening symptoms.

Symptoms can include:

- Excessive sleep and hunger.
- Depression, anxiety, panic attacks, mood swings and irritability.
- Loss of balance and decreased ability to do physical tasks.

**Depressant & inhalant** (marijuana, alcohol, "roofies", Zanax, Ativan, Restoral, Valium, Ambient, Lunesta, sleeping pills, gasoline and anything you can sniff) withdrawal symptoms can happen within minutes, hours or days. Depressant & inhalant withdrawal does not directly cause life-threatening symptoms.

Symptoms can include:

- Restlessness, difficulty concentrating, unable to sleep, feeling of your heart racing.
- Depression, anxiety, panic attacks, mood swings and irritability.
- Loss of appetite, weight loss.
- Tremors, sweating, nausea, headaches, ears ringing.

**Opiate and opioid** (heroin, fentanyl, carfentanyl, codeine, morphine, demoral, opium, oxycodone, hydromorphone or dilaudid) withdrawal symptoms can happen within minutes, hours or days.

Symptoms can include:

- Agitation, anxiety, unable to sleep.
- Muscle aches, abdominal cramping.
- Nausea, vomiting, diarrhea.
- Increased tears, runny nose, excessive yawning.

**Tips & Tricks** to assist with the detox process:

- Stay hydrated – drink at least 8 large glasses of water per day. Adding fresh sliced lemons to your water helps to flush toxins out of your body.
- Drinking rose hip tea during the detox process can provide pain relief.
- Drinking dandelion tea helps detoxify the liver and can decrease stomach upset.
- Nettle, burdock, milk-thistle, yarrow, and alphalfa are other helpful herbs in detoxing the body.
- Vitamins such as Magnesium, Vitamin C, Omega-3s, L-Theanine, and 5 HTP may also help support mood, motivation and irritability through the detox process, but you should check with a doctor, nurse, or pharmacist before starting new vitamins or supplements.
- Attending a traditional sweat ceremony helps the body to detox. If you are unable to attend a sweat lodge, a steam room or a sauna can be accessed through your local leisure center/pool.
- Have hobby items available – books, colouring, crocheting, carving, music, etc.
- Have a medicinal bath: use the herbs listed above or whichever you prefer, epsom salts, or activated charcoal (will make your tub dark, but cleans out easily!) to help support your mental and physical health while detoxing.
- Get into a healthy bedtime routine to reduce restlessness, insomnia, and nightmares. Things to help support healthy and restful sleep include: no screen time before bed, sleepy-time or chamomile tea, lavender (dried, essential oil, lotion).
- Eat healthy fruits & vegetables. Avoid processed foods or junk foods. Parsley helps support liver health, ginger and turmeric help stomach aches and reduce inflammation. You can also try natural juices to promote flushing and reduce sugar cravings: apple, carrot, celery and lemon is a great detox-supporting juice.
- Get daily exercise: moving your body might not only take your mind off cravings, but sweat will help flush your body of toxins, and physical exercise is a great way to boost endorphins and dopamine (happy brain chemicals) and relieve cramping and muscle pain.
- Practice intentional breathing, yoga, meditation, drumming, prayer, etc.
- Try acupuncture or acupressure or a massage to address cravings and physical discomfort. These may be covered under your status card through MSP if deemed medically necessary (i.e. you may need a doctors referral).
- Write yourself a letter about your intentions and “why’s”, make a vision board about where you want to be and what you’d like to have in your life.