

Brazil Nuts

Brazil nuts are excellent for boosting your immune system. They are a brilliant source of vitamins.



Aromadough

Aromadough is a stress ball with essential oils, it is used to ease anxiety and relax stimulant users. It is useful for reducing stress and tension.



Acupuncture

Accupuncture has been shown to reduce the impact of withdrawal symptoms from opiates, cocaine and amphetamines. It also diminishes cravings. It has been shown to improve clients overall treatment response.



Xyli-Gum

Xyli-Gum is a naturally occurring sugar. It helps with cravings especially for crack users; it also takes the taste of the drug away and induces saliva. It gives the user a chance to distract from the cravings.



Exercise

Exercise is an excellent way of reducing cravings and withdrawal symptoms. It also helps to reduce anxiety and re-adjust natural sleeping patterns. It is also useful in increasing self esteem and body image. Free sporting activities are available at the Raich Carter Sports Centre, Monday - Friday 10am-1pm, Wednesday 12-2pm. There are also opportunities to gain coaching qualifications. For more information please speak to a member of staff.

USING STIMULANTS?

We may have the "script" for you!!!

Pharmacy Stamp	Age	Title, Forename, Surname & Address
	D.O.B.	
Please dont stamp over the age box		
Treatment Start Date	Telephone Number:	
N.B. Ensure that you complete treatment		
Endorsements		
<p>1x 20 minute acupuncture weekly 3x detox teas daily 1x soak with bath salts nightly Chew gum constantly Use lip balm before, during and after use Use lavender aromatherapy oils Eat x2 Brazil nuts daily Use liquorice root when experiencing craving 1x sleep tea before going to bed</p>		
Name of worker	Date	
For dispenser No. of items on Form.	<p>Services 4 Stimulant Users Lifeline Sunderland 3 Saville Place Borough Road Sunderland SR1 1PA TEL: 0191 565 8070</p>	



Aromatherapy Oils

Lavender oil is used for relaxation. It is given in a bottle, you can use it in the bathroom or in a burner

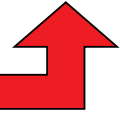


Detox Salts

Stimulant Drugs are very toxic and can damage the body. The natural medicines in the tea can clean and detoxify, alleviate pain, reduce fever and induce sweating, boosts the defences of the body and also fight infection.

Bath Salts

Bath salts help with relaxation, agitation and sleep. They help to relax tired muscles and cleanse wounds.



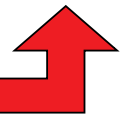
Sleep Teas

A common side effect of stimulant drug use is poor sleep patterns. Tiredness can increase vulnerability to depression and accentuate other mood problems. Sleep tea is specially designed to help increase sleep.



Lip Balms

Smoking or snorting can dry out the lips and nasal mucus causing cuts and cracks which if sharing equipment can lead to the spread of blood borne viruses.



Liquorice Root

When craving stimulants user's mouth can become dry and crack users in particular can taste the drug. Liquorice root can induce saliva and the liquorice can override the drug taste, distracting the client from the taste of the drug.



Omega 3

A recent piece of research found that cocaine users rates of relapse were much lower among those who had higher levels of Omega 3 fatty acids in their bodies. Omega 3 is provided at the end of the treatment provision.

Lifeline

Sunderland

If interested, please call us at Lifeline on 0191 565 8070