

## **THREE COMMON MISCONCEPTIONS About Alcohol/Drug Addiction and Recovery**

Number one is the common misconception that detox is part of rehab. Actually, the detox process prepares a person for rehab by medically removing the addictive chemicals from their mind and body so they can be in their right mind and be able to benefit from a stay in rehab. This means that addicts and alcoholics who enter detox over and over and over, but skip out on rehab, don't really get any benefit of rehab. The benefit of rehab comes when a sober person is living with other sober patients and is exposed to the truth about addiction and recovery and all its essential details. In that environment they can learn what is necessary to create a successful and responsible drug and alcohol-free life.

Number two misconception is that prescription drugs that are prescribed by a physician, must not be addictive drugs; after all, the doctor prescribed them. Adderall, Ritalin, and Vyvanse are examples of addictive prescription drugs that are very similar to methamphetamine and can be sold on the street as such. Benzodiazepine drugs such as, Valium, Xanax, and Klonopin are as addictive as alcohol and work very similarly in the brain. The opiate painkillers such as Oxycodone, OxyContin, Vicodin and many others are all very chemically similar to heroin.

There are non-addictive prescriptions that can be used in place of every one of these addictive prescription drugs. It is very important to have a doctor who knows about addiction and recovery and the difference between addictive and non-addictive prescriptions.

Number three misconception is that heroin and other illegal drugs are worse than alcohol. It will always be a debated topic, but the reality is last year, opioids are reported to have been the cause of about 65,000 overdoses, alcoholism on the other hand claimed about 90,000 lives. Alcohol gets a pass in our society probably because it is legal. In addition, more deaths are likely related to the annual alcohol death count due to alcohol-related illnesses that are not always as obvious as when heroin kills someone.

Alcohol addiction is usually a much slower killer. It may take years and years for an alcohol abuser to damage their liver or kidneys enough to become lethal.

Mike Speakman  
PAL Founder  
[mike@mikespeakman.com](mailto:mike@mikespeakman.com)