

# **NOVUS MEDICAL DETOX CENTERS, LLC**

## **SEVEN MOST COMMON MISTAKES PEOPLE MAKE IN CHOOSING A DETOX CENTER**

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Perhaps the most important decision that a person trapped by drugs or alcohol can make is the decision to escape the trap of these substances. However, the second most important decision is the selection of the right medical detox facility. Here are some mistakes that are commonly made but can easily be avoided—if you ask the right questions.

### **Common Mistake #1**

#### **ASSUMING ALL DETOX CENTERS USE THE SAME MEDICAL PROTOCOLS**

The one thing that is true about alcohol and drug abusers is that no two of them are alike. Drug and alcohol abusers can be different in many ways:

- Age
- Weight
- Gender
- Height
- Physical condition
- Types of health problems
- In the amount of drugs or alcohol they are using
- In the type of drugs or alcohol that they are using
- In the length of time that they have used a drug or alcohol

Unfortunately, most medical detox facilities do not take the differences in their patients into account but simply use the same medical protocol (medical procedures to detox from a drug or alcohol) for everyone .

They treat the 50-year-old man who has abused drugs for 30 years, is taking 150 milligrams of OxyContin a day, and is in terrible health in the same manner as the 21-year-old who became addicted three years before and is using 60 milligrams of OxyContin a day.

The result is that, for many, a medical detox is a much more unpleasant experience than it should be and, too often, the person leaves the medical detox facility before they finish and immediately resumes taking drugs or drinking alcohol.

## **SOLUTION**

Select a medical detox facility like Novus which adjusts its medical protocol to accommodate and be appropriate for each of our patients. We have helped 18-year-olds all the way to people over 80 years of age.

Before going to a detox center, ask them:

- How will they treat you differently than others?
- How many people leave before completing their detox?
- What natural supplements will they be using?
- Do they make adjustments to the detox protocol to better assist you in your detox?
- Do their patients leave on additional drugs?
- Do their patients write success stories and, if so, can you see them?

## **Common Mistake #2**

### **ASSUMING THAT THE FACILITY CAN CONTROL THE PAIN OF WITHDRAWAL**

Many medical detox facilities assume:

- Pain is a natural part of detox
- Pain is fine because you should not have taken drugs in the first place
- Pain is not something that can be controlled
- Pain will make you stronger

## **SOLUTION**

Ensure that the medical detox facility understands:

- The causes of pain during withdrawal
- How natural supplements can relieve pain
- The importance of hydration in relieving pain
- The importance of GABA and glutathione in relieving pain
- How replenishing depleted vitamins and minerals helps relieve pain
- The proper use of drugs to address the pain which won't prolong your detox unnecessarily

If the detox facility promises to eliminate or greatly reduce the pain of withdrawal, ask for copies of the success stories of former patients who were taking a similar amount of the drug from which you want to detox.

**Freedom from the pain of withdrawal is easy to promise but requires medical skills not possessed by most medical detox facilities.**

### **Common Mistake # 3**

**ASSUMING THAT YOU WILL HAVE 24/7 MEDICAL SUPERVISION**

Some facilities:

- Have one nurse for 20 or more patients
- Have no medical professionals at all
- Have no medical professionals except during the day
- Have security guards and not counselors at night or even all the time
- Have staff who are not very fluent in communicating in your language
- Do not have the ability to monitor a high risk patient with a closed circuit camera
- Do not check on patients unless they come to the nurse's station

## **SOLUTION**

Confirm that the medical detox facility:

- Has a nurse-patient ratio of no higher than one to twelve
- Has nurses on duty 24/7
- Has nurses who regularly check on patients in their rooms
- Has the ability to monitor a patient's room with a closed circuit camera
- Has counselors on duty 24/7—not security guards
- Has the ability to provide medical assistance at the facility around the clock
- Has medical professionals who are able to easily communicate in your language

## **Common Mistake # 4**

**ASSUMING THAT THE FACILITY WILL HELP STRENGTHEN YOUR BODY DURING YOUR DETOX**

Some facilities:

- Do not understand the importance of hydration
- Do not understand the importance of vitamins and minerals
- Do not understand the importance of glutathione and GABA
- Do not understand the importance of delicious, fresh food
- Do not offer the ability to take walks in a peaceful setting
- Do not offer the ability to exercise in a gym
- Do not offer the ability to play basketball or ping pong or other outdoor activities

## **SOLUTION**

Ensure that the medical facility:

- Provides IV's for hydration
- Provides vitamins and minerals
- Provides glutathione in a manner that can be more easily absorbed by the body
- Provides GABA in a manner that can be more easily absorbed by the body
- Provides delicious food that is available on your schedule
- Provides natural supplements in addition to needed medications

## **Common Mistake # 5**

**ASSUMING THAT THE PHYSICAL LOCATION AND STRUCTURE DON'T MATTER**

Some medical detox facilities are located:

- In noisy hospitals
- In a busy neighborhood
- In industrial neighborhoods
- Under an airport flight path
- Next to a hospital
- On busy streets
- In areas where it is not safe to walk
- In areas where there is no place to walk

## **SOLUTION**

Because less stress and more peace and quiet will help ensure that your medical detox is more comfortable and is a success, find a medical detox facility located:

- In a quiet, rural area
- In a home-like, comfortable setting
- In an area that allows you to walk, exercise and play basketball or ping pong
- On treed acres
- Away from sirens, horns and trafficking
- Away from the smells of car and bus exhaust
- Where you can actually hear and see birds—not just pigeons

## **Common Mistake #6**

### **ASSUMING THAT A PRIVATE ROOM IS NOT NECESSARY**

Most medical detox facilities:

- Only have rooms that are shared with two or more other patients
- Believe that it is not a problem for a person to have to deal with not only their detox but their roommate's detox
- Believe that the ability to have privacy and quiet in your room is not important
- Believe that you don't deserve a private room because you are a substance abuser

## **SOLUTION**

Ensure that your medical detox provides:

- A private room equipped with:
  - A comfortable bed
  - A television and DVD player
  - A telephone
  - Computer access
- A public area if you feel like socializing with others

## **Common Mistake #7**

ASSUMING THAT YOU WILL NOT NEED THE FREEDOM TO WORK, EAT WHEN YOU WANT, CHECK THE INTERNET, USE YOUR CELL PHONE OR SMOKE

Many medical facilities:

- Prohibit internet access
- Prohibit cell phone use
- Prohibit smoking
- Prohibit visitors
- Prohibit the receipt of packages
- Provide food only at certain times

## **SOLUTION**

Ensure that the medical detox facility:

- Allows wired and wireless internet access
- Allows cell phone use
- Allows smoking in designated areas 24/7
- Allows you to receive packages
- Allows visitors
- Allows you to eat delicious food when you feel like eating
- Provides snacks 24/7

## **CONCLUSION**

All medical detox facilities are not the same. Deciding to escape from the trap created by drugs or alcohol takes courage. However, the chances of real success in withdrawing from drugs and alcohol are increased if you take the time to select the best medical detox facility available to you.

Once you have made this decision, it is critical that you take the time to select a medical detox facility that will offer you the best opportunity:

- To actually complete your drug withdrawal or alcohol withdrawal
- To be physically and mentally better prepared for the next step in your life

## **BIGGEST MISTAKE?**

Perhaps the biggest mistake of all is not following through on your decision to go to a medical detox center to escape the trap of drugs and alcohol. Life will always put up obstacles but to have real quality of life, you have to do whatever it takes to find freedom from drugs and alcohol.

Our Admissions Counselors are available to help you come to Novus Medical Detox Center, one of the most successful facilities in the country.

**Find out why!**

**Call us Now at (800) 505-6604!**

**Or ask a question: <http://www.novusdetox.com/contactUs.php>**

At Novus Medical Detox Center, we specialize in helping people find a cure to the problems caused by drugs and alcohol. People also come to us for a safe and more comfortable:

- [Alcohol detox;](#)
- [OxyContin detox;](#)
- [Oxycodone detox;](#)
- [Methadone detox;](#)
- [Vicodin detox;](#)
- [Hydrocodone detox;](#)
- [Pecocet detox;](#)
- [Lortab detox;](#)
- [Fentanyl Patch Detox;](#)
- [Paxil and Zoloft detox;](#)
- [Detox from other unwanted drugs.](#)

Please contact us if we can help someone that you know.

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