Sam J Delray Beach Resident Breaks the Family Cycle of Alcoholism with the Help of Legacy Healing Center

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Delray Beach, FL - One of the biological causes of addiction is a person?s genetics or the traits that are passed down from their parents and family. According to the National Institute on Drug Abuse (NIDA), genetic factors account for about half of all addiction risk factors and it is, therefore, an important consideration for any person with an addiction.

Legacy Healing Center sees many cases where addiction appears to be present within a family. In a recent 5-star Google review, a former client by the name of Sam said, ?Since my father was an alcoholic, it seemed like I was destined to be one, too?.

Sam could see himself going down the same path as his father who suffered from alcohol use disorder. The road that Sam was on seemed to inevitably lead to all of the same problems that his dad had and even though he understood it to some degree, Sam didn?t feel like he had control over it.

In his review of Legacy Healing Center in Delray Beach, FL Sam stated that ?binge drinking [led] to chronic day drinking?. Heavy alcohol consumption in a person with significant addiction risks can often lead to an

escalation of the problem. Once Sam was a habitual drinker, it led him to abuse prescription drugs. Sam spoke about his life falling apart as his substance use disorder progressed.

Thankfully, Sam was able to find effective help to break the cycle of alcoholism. One of the main causes of Sam?s addiction was hereditary ? his father had alcohol use disorder and Sam had the same biological risk factors for addiction. Sam?s abuse of alcohol would inevitably lead him to become addicted to alcohol and prescription drugs as the same processes that caused alcohol use disorder in his father led Sam to the same point in his life.

Legacy Healing Center was able to provide Sam with comprehensive addiction treatment programs that helped to uncover the physical, mental and emotional causes of his addiction. Through evidence-based behavioral therapies such as cognitive-behavioral therapy, he was able to improve his coping skills, his motivation for positive change, the way he responded to triggers, and his overall outlook on life.

The addiction treatment programs at Legacy Healing Center are designed to fit the needs of each person. Each personalized treatment plan is created after exploring possible causes of substance use disorder and then providing multimodal treatments with a holistic approach to address each aspect of a person?s addiction.

According to research by NIDA and other non-profit organizations, a person?s biology, environment, and development account for all of their addiction risks. Through treating the underlying causes of addiction, a person can overcome even hereditary or biological factors thanks to the cutting-edge therapies and treatments available at accredited addiction treatment centers such as Legacy Healing Center.

As Sam discovered, Legacy Healing Center was able to provide therapies and treatments that would help him to overcome his substance use disorder. Legacy Healing Center in Delray Beach is among the best addiction treatment centers in Florida and people who are struggling with an addiction that runs in their family should seek help today to break the cycle of addiction instead of struggling alone. For more information call (888) 534-2295 or visit www.legacyhealing.com.

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For more information about Legacy Healing Center - Alcohol & Drug Rehab Delray Beach, contact the company here:Legacy Healing Center - Alcohol & Drug Rehab Delray BeachTravis Benfaida(954) 420-7414info@legacyhealing.com1690 South Congress Ave Suite 202 ADelray Beach, FL 33445

Legacy Healing Center - Alcohol & Drug Rehab Delray Beach

Legacy Healing Center - Alcohol & Drug Rehab Delray Beach is the #1 drug & alcohol detox & rehab center serving Delray Beach. We help people who are wanting to live free from addiction. Drugs, Alcohol, Prescription Drugs. ?Rehab ?Rehab ?Rehab

Website: https://www.legacyhealing.com/delray-beach/

Email: info@legacyhealing.com

Phone: (954) 420-7414

