



Shadow Mountain Recovery Explains Meth Side Effects

October 21, 2022

October 21, 2022 - PRESSADVANTAGE -

Shadow Mountain Recovery Taos, an addiction recovery center in Taos, NM, has recently published a blog post that explains the side effects of meth. Methamphetamine or meth can easily be produced, which is why it is frequently misused in New Mexico and in the entire country. However, it is important to note that meth use has several unwanted side effects, such as having a negative impact on the individual's appearance and damage to the organs, such as the lungs and the heart.

Since meth is a stimulant, it provides the person using it with a boost in energy and stamina. Thus, in the short term, meth provides a boost of energy but it causes a reduction in the appetite of the user. Furthermore, in the short term, the individual will experience a faster and often irregular heartbeat, and the body temperature may increase, along with blood pressure.

It is important to note that the short-term stimulating effects of meth are not worth the undesirable long-term side effects. These include severe dental problems; significant weight loss; intense itching leading to sores caused by scratching; anxiety; memory loss; confusion; paranoia; violent behavior; and hallucinations. In addition to these long-term effects, those who use needles to enter meth into their bodies are at much higher risk of blood-borne diseases, such as hepatitis B or HIV. Those who use needles to inject meth into their bodies should know about the needle exchange programs in their area. These programs provide people with

fresh needles as a way to prevent the spread of such diseases. While these programs don't treat the addiction, they may keep people alive and free from other serious health issues until they are ready to enter an addiction recovery program.

Meth affects both the mind and body because the "powerful rush" of dopamine due to meth use is what the person craves. Over time, the individual develops a tolerance to the drug and will have to increase the dosage to achieve the same amount of "rush" they have previously experienced. Meth causes serious effects on mental health, resulting in confusion, anxiety, and difficulty in sleeping. Furthermore, over time the meth user may develop paranoia and begin to see things that are not actually present.

Meth psychosis is a common effect of meth use. This is a mental health condition where the individual's perception of reality has become distorted, making it very hard to distinguish what is real or not. This causes them to believe things that are not true, see and hear things that are not real, and struggle to keep their relationships with other people. According to a 2018 review of studies in the *Psychiatry Research* journal, about 36.5 percent of meth users developed psychosis. Symptoms of meth psychosis include hallucinations; paranoia; agitation; speaking fast; having conversations that are difficult for others to understand; changing topics rapidly in conversations; beliefs that are not rooted in reality; and itchy skin that feels like bugs are crawling on the person.

Established in 2006, Shadow Mountain Recovery provides a recovery center for people who are struggling with an addiction. They offer programming for every level of addiction treatment and then ongoing support for the affected individual. Their well-rounded treatment has been proven to help the person establish new life patterns through the application of effective therapeutic strategies in combination with the philosophy of 12 Step recovery and participating in physical and recreational activities as a method of self-expression. They specialize in offering safe and effective treatment solutions for people who are struggling with an addiction, substance use disorder, and prescription pill addiction; with and without co-occurring mental health disorders. Their team of clinical professionals will evaluate the client's specific needs and then suggest the appropriate treatment plans while making it easier for the patient to choose the program and in making effective aftercare decisions.

People who would like to know more about the addiction recovery programs can visit the Shadow Mountain Recovery website, call them on the phone, or contact them through email. They are open 24 hours a day, every day of the week.

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For more information about Shadow Mountain Recovery Taos, contact the company here: Shadow Mountain Recovery Taos 575-758-1630 info@shadowmountainrecovery.com 250 Shadow Mountain Rd Taos, New

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Shadow Mountain Recovery Taos

Shadow Mountain recovery centers are places of healing and building. We don't promise a quick fix or a luxury vacation. Rather, we provide a place to have those difficult, but necessary, conversations that are essential to lasting change.

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