



Rehab Explores How Long Meth Stays in the System

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Cagnon, TX ? San Antonio Recovery Center is a local rehab that recently published an article exploring how long meth stays in the system. They offer a welcoming environment with low client-to-therapist ratios (8:1).

?When it comes to metabolizing anything, our body is fairly efficient. Every substance, however, metabolizes differently and at different rates. For methamphetamine, commonly referred to as simply meth, this process begins upon consumption.

Many parts of our body help with the metabolizing process, but the area that plays the largest role is the liver. Depending on how much you consume, your liver starts to process it once it?s entered your system. While in your system, it also impacts your bloodstream, central nervous system, brain, and more,? the article reads.

The half-life of a substance is the form of measurement used to determine how long a substance stays in the body. This means the amount of time it takes for half of the substance to leave the body. On average, the half-life of meth is 10-11 hours. Even if the effects are no longer felt, meth can still be present in the body during this time.

The liver has a maximum capacity that it can process at a time. The amount of meth taken can affect how

quickly the liver can process it. This time can be longer due to polysubstance use, or taking other substances with meth at the same time. Health history also plays a role in how fast the body can process meth. Metabolism can be affected by substance use, making it slower and keeping meth in the system for longer periods.

Urine tests are one of the most common tests primarily due to their accessibility and ease of use. They're non-invasive and can detect a variety of substances with fair ease. The downside, however, is that many people have been known to "cheat" urine tests, which can make them less reliable as a whole. Meth, on average, has a detection window of about 34-36 hours in urine.

Blood tests and saliva tests both have the con of being taken on-site and directly from a person, making them more reliable because they can't easily be "cheated." The downside is, however, that both blood and saliva tests generally have a very short window when it comes to detection time for most substances. Additionally, while saliva tests are generally noninvasive, blood tests are more invasive and tend to cost a bit more, too. Both blood and saliva tests have an average detection time of 24 hours after the last dose of meth.

Hair has the shocking ability to showcase quite a lot of information about not only what's been within our body, but also the general health of our body. Hair grows in sections, almost like the layers of a tree, and each portion can be indicative of a person's overall health if you know how to look at it. Because our hair grows slowly, this means that lots of time and information can be stored in your hair for long periods. On average, meth can be detected in hair for up to 90 days after your last use," the article continues.

There is no way to speed up the process of metabolizing meth. Drinking water will only dilute urine and can be a red flag for the person performing the test. The only way to ensure meth is out of the system is to stop taking it.

San Antonio Recovery Center has been a community partner for years. They welcome everyone to their alumni events, including those who did not attend their center. They have the largest alumni program in San Antonio, ensuring support for all who are in recovery.

To learn more about San Antonio Recovery Center, call 866-957-7885 or visit their website.

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San Antonio Recovery Center - Cagnon

San Antonio Recovery Center is based strongly on the 12-step treatment philosophy that has helped millions regain control of their lives. This successful San Antonio program emphasizes the recognition and identification of addictive behavior patterns.

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