

New Report From Local Recovery Center Warns of Hidden Dangers in Cut Cocaine

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Real Recovery Solutions, Florida?s largest sober living provider, has released a new blog titled ?What Is Cocaine Cut With?? The piece takes a closer look at one of the most dangerous and overlooked parts of cocaine use, including the hidden additives and contaminants that can turn a single use into a life-threatening event.

In Tampa alone, 244 people lost their lives in 2023 with cocaine in their system. Of those, 203 had at least one other substance in their body. The blog asks a difficult but necessary question: ?How many of them had taken cocaine that was cut or laced with other substances without their knowledge??

The article explains that most cocaine is not pure. It?s often mixed, or ?cut,? with cheap white powders such as baking soda, baby powder, or sugar to stretch profits. Others go a step further and ?lace? cocaine with psychoactive drugs (substances that change how the brain and body respond). As the blog notes, ?Fentanyl, an extremely potent synthetic opioid, is a common lacing agent because it is very cheap to produce. It?s dangerous for those who don?t have a tolerance, especially if they don?t know that it?s mixed into their cocaine.?

The post goes on to describe how these additives can change the way cocaine affects the body. Local anesthetics like benzocaine or lidocaine can cause dizziness, swelling, and an irregular heartbeat. Animal deworming drugs such as levamisole can lead to serious infections and even tissue damage. And when cocaine is mixed with other stimulants or depressants, the body can quickly become overwhelmed, raising the risk of overdose.

Even harmless-sounding fillers like cornstarch or sugar carry risks when inhaled. Over time, they can damage the nasal passages and make breathing problems worse. The blog stresses that there?s no reliable way to tell if cocaine has been cut just by looking at it. ?Because there is no standard process for producing illicit cocaine, it could be cut with another substance at any point,? it explains.

Throughout the article, Real Recovery Solutions ties education to empowerment. The blog shares practical steps people can take to stay safer, including using fentanyl test strips, which have been legal in Florida since 2023. But it also acknowledges that real safety comes from a larger decision ? the choice to step away from cocaine use altogether. ?The best way to avoid cocaine that?s cut or laced with other substances is to quit taking cocaine entirely,? the article reads. ?That isn?t an easy task, but the right cocaine rehab will empower you with the support you need.?

For Real Recovery Solutions, this message aligns with their mission to make long-term recovery attainable and sustainable. Their programs combine 12-step principles, clinical guidance, and practical life skills to help clients rebuild structure and self-worth. Most of their team members have lived through recovery themselves, which allows them to connect with clients in a way that feels honest and compassionate rather than clinical.

?At Real Recovery, many of us have been right where you are now,? the team shares in the blog. ?We?re proud to be the largest network of sober living homes in the state of Florida. Here, you won?t just be a person in recovery; you?ll be part of a supportive recovery community.?

By publishing educational resources like this, Real Recovery Solutions continues to raise awareness about the realities of substance use while offering a path forward rooted in connection, responsibility, and hope.

For more information about Real Recovery Solutions or to speak with their team, call 813-373-6762 or visit their website.

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Real Recovery Solutions - Bradenton

Our mission is to provide quality addiction treatment and a safe, stable recovery environment with a strong community support system to help men successfully transition back into the real world and recover from addiction.

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