

The Best Way to Go About Quitting Adderall

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What is Adderall?

Adderall is a central nervous system stimulant, affecting the chemicals in the brain and nerves which contribute to feelings of hyperactivity and impulse control. Adderall can be used to treat symptoms of attention deficit hyperactivity disorder (ADHD) as well as narcolepsy, but although it does have its benefits when used appropriately, it can be a very dangerous drug when consumed incorrectly or in excess. Misuse of Adderall can cause stroke or even death in serious circumstances, but more common side effects include lack of appetite, dizziness, nervousness, poor sleep, headache and stomach ache.

Why Is Adderall So Addictive?

Adderall is made up of two different substances – dextroamphetamine and amphetamine. They stimulate the production of dopamine and norepinephrine inside the brain, and such chemicals are responsible for feelings of optimism, focus and pleasure. As this drug can help people to concentrate and decrease feelings of depression, it's easy to become reliant on Adderall and feel an inability to exist without it, and this can cause you to form a habit that's very easy to break. Unfortunately, Adderall is often prescribed to children and young adults who are more susceptible to forming a reliance on the drug from an all-too-early age.

What Is The Best Way To Go About Quitting Adderall?

The best way to go about quitting Adderall is slowly but surely, as you need to wean yourself off the drug over a longer period rather than quitting outright within a day. The reason that the dosage should be reduced gradually is to prevent causing a severe shock to the system – as Adderall is a heavy stimulant, withdrawing can cause a 'crash' phase during which time symptoms are far more extreme. This period lasts from 1-3 weeks depending on a number of different factors associated with your individual position and condition. A slow and steady pathway that allows you to wean your body off Adderall is far more effective and sustainable, and it can even help to weaken your withdrawal symptoms to make the process far more achievable. Having expert support on hand to help you through the process of withdrawing from Adderall can be so beneficial, as not only will you be safer out of harm's way, you'll also have constant access to an informative support network that can keep you on track to success.

What Are Some Of Adderall's Withdrawal Symptoms?

If you withdraw from Adderall after a considerable period of constant abuse, then your body will be unable to produce dopamine for a certain length of time. Withdrawal can cause symptoms including:

- Extreme fatigue
- Poor sleep
- Lack of concentration
- Anxiety
- Low mood (incl. suicidal thoughts)
- Slowing reflexes
- Aching

A number of different factors can affect the severity of your withdrawal symptoms, including the length of your Adderall addiction, the amount you took, your weight, your age and any mental health conditions you suffer from.

Remember: despite these withdrawal symptoms, continuing to consume Adderall is not the solution. Persistent Adderall abuse can lead to many dangerous side effects including heart disease.

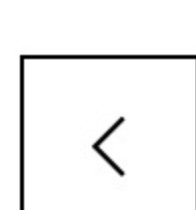
What Are The Benefits Of Quitting Adderall?

Quitting Adderall can provide your mind and body with a whole host of benefits both in the short and long term. No matter how long you have been addicted to Adderall, quitting will help you to feel better mentally and physically – you can expect to experience:

- Improved heart health: consuming Adderall frequently in excess places considerable stress on your cardiovascular system, which can lead to a number of different conditions including heart arrhythmias.
- Increased mood stability: due to the fact that Adderall dependency can cause anger and paranoia, quitting can help to alleviate mood swings and allow you to achieve emotional stability.
- Normalized eating habits: Adderall can cause real issues with a lack of appetite, which can lead to addicts missing meals frequently. Withdrawing can lead to an increased appetite, helping to reduce malnutrition and promote better overall health.
- Better mental clarity: sometimes, consuming too much Adderall can cause your thoughts to be manic and feel as though they're racing, so quitting can help you to gain mental clarity.

If you or someone that you love is suffering from an Adderall addiction, then we can support you through the process of sustainable withdrawal. We can provide the vital support network that will increase your chances of success, guiding you in the right direction towards recovery.

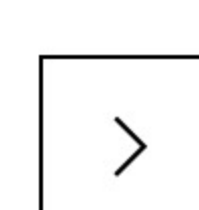
Reach out to a member of our friendly and informative team at Grand Falls Addiction Treatment Center in Joplin today to change your life for the better.



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