

# 5 Dangers Of At-Home Detoxing From Heroin Addiction

By The Professionals At Grand Falls Recovery Center

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Heroin addiction is a serious problem that can have devastating consequences. According to the National Institute on Drug Abuse (NIDA), heroin is an illegal, highly addictive drug that is derived from morphine.

It is typically sold as a white or brown powder or as a black sticky substance known as “black tar heroin.” Heroin can be snorted, injected, or smoked and it produces a quick, intense high followed by feelings of relaxation and euphoria.

While heroin use may begin as recreational, it quickly becomes something that people feel they cannot live without. As tolerance builds and dependence sets in, users find themselves needing more and more of the drug just to feel normal.

This can lead to risky behaviors like sharing needles, which puts users at risk of contracting HIV/AIDS and other diseases. It is in your best interest to detox from heroin addiction in a safe and controlled setting, like a rehab facility.

## What Are the Dangers of At-Home Detoxing From Heroin Addiction?

Attempting to detox from heroin addiction at home can be extremely dangerous and even life-threatening. Here are five dangers of at-home detoxing that you should be aware of:

### Severe Withdrawal Symptoms

One of the most difficult aspects of heroin addiction is dealing with the withdrawal symptoms that occur when trying to quit. These symptoms can be both physical and mental, and they can range from mild to severe.

Physical symptoms may include nausea, vomiting, diarrhea, sweating, shaking, and muscle aches. Mental symptoms may include anxiety, depression, irritability, and insomnia.

Attempting to detox from heroin at home without medical supervision can be extremely difficult and uncomfortable. The severity of the withdrawal symptoms will vary from person to person, but they can be so severe that some people feel like they are going to die. This is why it is so important to detox under the care of a medical professional.

### Risk of Relapse

One of the biggest dangers of at-home detoxing from heroin addiction is the risk of relapse. When people try to detox on their own, they are often not successful in quitting and end up using again. This can lead to an even greater dependence on heroin and put them at risk for overdose or death.

### Lack of Support

Another danger of at-home detoxing from heroin addiction is the lack of support. When people try to detox on their own, they often do not have the support of family and friends. This can make the process even more difficult and increase the likelihood of relapse.

### Risk of Infection

If you are injecting heroin, there is a risk of infection, especially if you are sharing needles. Infections like HIV/AIDS and hepatitis C can be transmitted through shared needles, and they can be deadly. If you are detoxing at home, it is important to have access to clean needles and medical care in case you contract an infection.

### Risk of Overdose

One of the most serious dangers of at-home detoxing from heroin addiction is the risk of overdose. When people try to detox on their own, they often do not have access to the same level of medical care that they would if they were in a treatment center. This can lead to dangerous and even life-threatening situations.

## Where Can You Get Help?

If you, or someone you love, are struggling with heroin addiction, it is important to get help as soon as possible. Trying to detox on your own can be extremely dangerous and even life-threatening. At [Grand Falls Recovery](#), we can provide you with the care and support you need to safely detox and begin your journey to recovery.

## What We Offer At Grand Falls

At Grand Falls Recovery, we understand how difficult it is to detox from heroin addiction. That's why [we offer a medically-supervised detox program](#) that can help you through the withdrawal process. Our detox program is designed to make you as comfortable as possible while you detox, and our team of medical professionals will be there to support you every step of the way.

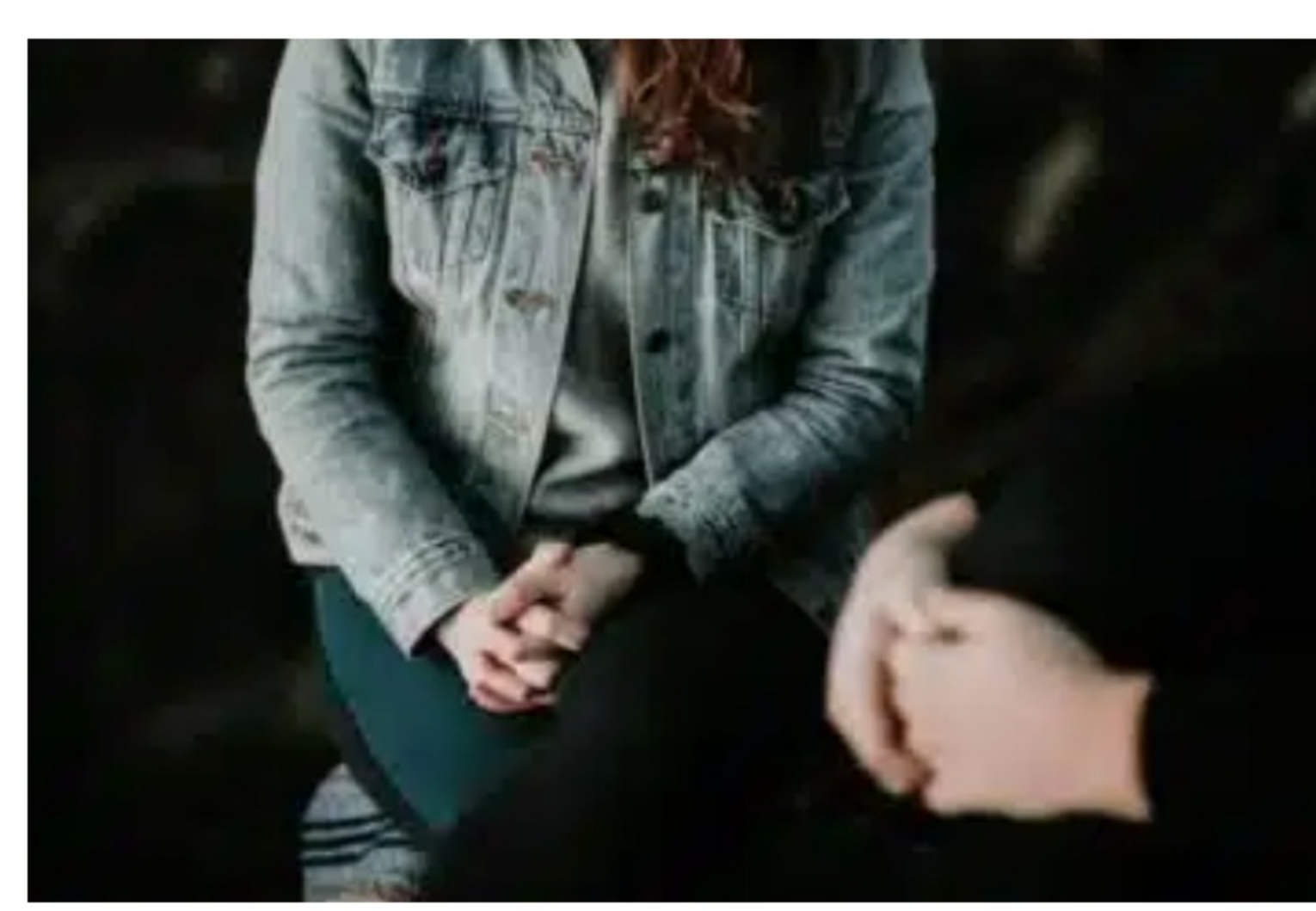
## Our Goal

At Grand Falls Recovery, we treat more than just heroin addiction. We also [provide treatment](#) for alcohol addiction, prescription drug addiction, and other Substance Use Disorders. Our goal is to help you achieve sobriety and live a healthy, happy life.

## We Can Help

If you, or someone you know, are struggling with heroin addiction, it is important to get help as soon as possible. There are [many treatment options](#) available, and the sooner you get help, the better your chances will be for a successful recovery.

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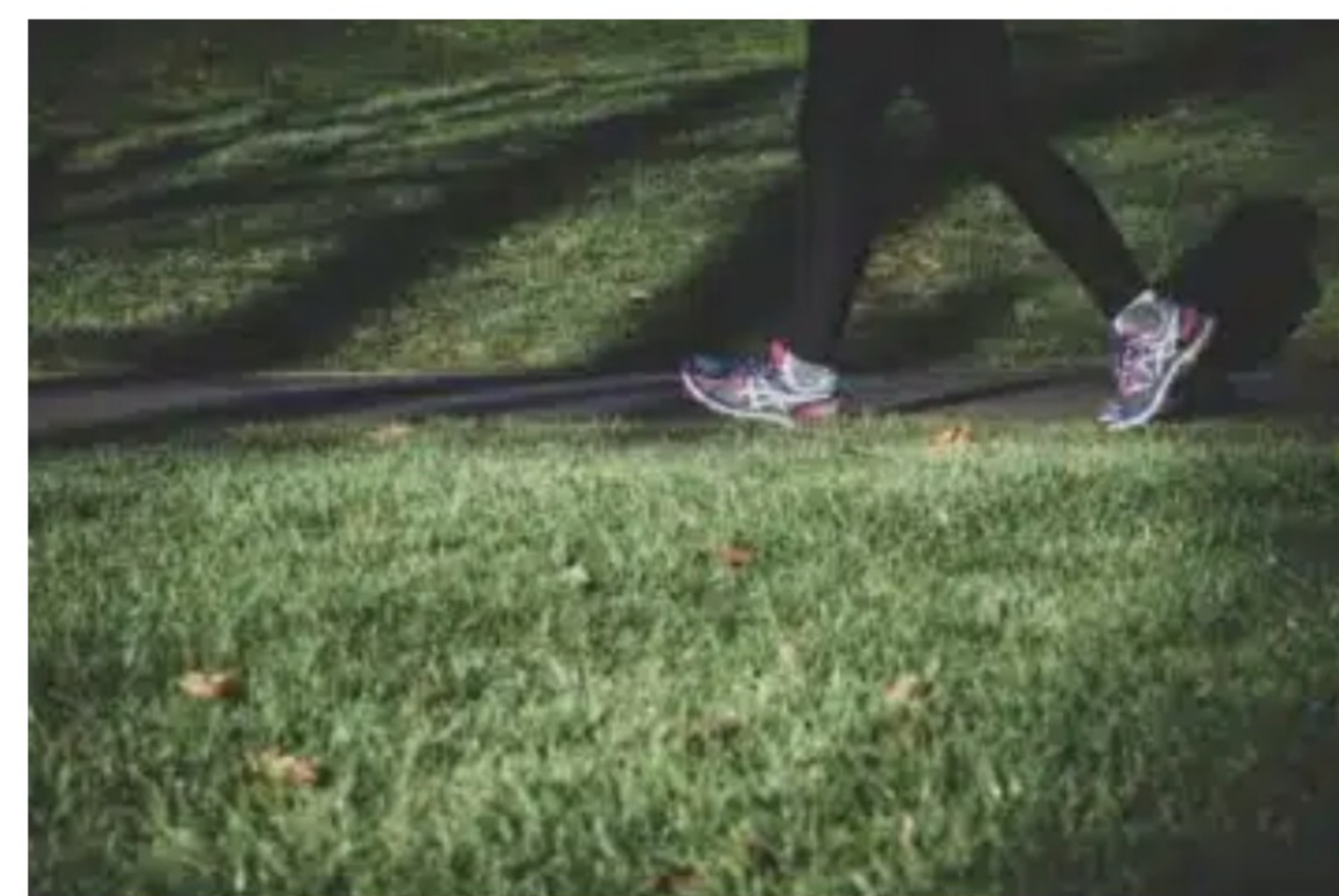
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## Get the Help You Need

Grand Falls Center for Recovery is here to help you, or a loved one, in finding lasting recovery from drug & alcohol addiction.

TALK TO OUR PROFESSIONALS

## Center For Recovery

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