

## WHAT HEROIN WITHDRAWAL IS REALLY LIKE: THE TRUTH

Heroin is an addictive substance. For those using the drug or for those who know someone on this drug, that is already apparent. Heroin takes hold of its users in a way not many other drugs do. Heroin gains control not only mentally, but also physically. Even for a part time heroin user (if there is such a thing) the physical addiction may become intense. And the physical addiction is what causes the heroin withdrawal. While many of the symptoms of heroin withdrawal are mental, there are many more that are physical and those physical symptoms of the withdrawal are what drive many addicts back to heroin instead of trying to get clean.

Heroin withdrawal, is an addicts worst nightmare. Often times it is the fear of the withdrawal that will drive many addicts to steal, lie and cheat to get more heroin. Why? Because they don't want to feel the pain that comes along with running out.

So what is heroin withdrawal like? It is like the flu times ten. It basically is the flu mixed in with a bipolar anxiety disorder that rips you of your will to live in a sense. Here are the symptoms of unaided heroin withdrawal or doing it cold turkey:

**1. Intense heroin cravings:** It will seem like every cell in your body is yearning to get high again. This is hard to overcome and takes an immense amount of willpower and mental strength. Most addicts, not to say that they cant, but the truth is, they wont make it past this first symptom. The craving almost takes control of the body and mind. It is like you're on auto pilot. But it can be overcome, it is easier with outside help though.

**2. Profuse sweating (not explained by environment or physical activity).**

Yes, that is right. For no reason at all you will be sweating. And we don't mean like you're clammy. We mean sweating like, pit stains, drenched t-shirts, sweat dripping down your face. And why? Not sure. You're not hot that is for sure, often times you are freezing cold and sweating like this. The sweats are associated with intense temperature changes in your body. One minute your hot and the next you're freezing. But no matter what, you are definitely sweating. You shower trying to wash it off, and then you are freezing getting out and still sweating. It isn't pleasant.

**3. Severe muscle and bone aches:** No really, it will feel like your bones and muscles have been bruised from the inside out. Of course the severity of this symptom and all symptoms vary but on worst case scenario, your bones will hurt. It will be a deep pain, that is just achy and you don't understand where it is coming from.

**4. Nausea and vomiting:** Chances are you will have no appetite. Some people have nausea and vomiting worse than others. Some get it bad and some don't at all. You will feel queasy and you may even be sick to your stomach.

**5. Feeling of heaviness:** It will feel like your bones all of a sudden got heavier. It will be harder to get out of bed and walk around and just do anything at all. It will feel as if your soul is 2,000 pounds. And you will also feel as if you're carrying the weight of the world on your shoulders. Part of this is mental, the other part, the sluggishness is physical.

## ...What Heroin withdrawal is really like

**6. Intense cramping in limbs, resulting in Kicking:** Not sure about the cramps, but the kicks are real. Some people get them in their legs, some people get them in their arms, some even get it in their lower back. Whatever the case it will feel like you need to stretch all the time. It will feel like your bones need to crack or pop or release pressure. This results in the kicks or bending to try and relieve some of that.

**7. Crying:** You're emotional. It sucks. This is normal.

**8. Insomnia:** With everything else going on in your body it is only normal that you wouldn't sleep very well. Insomnia as well as nightmares are common. You may toss and turn, be too hot or too cold, be thinking too much etc. Whatever the reason, sleep won't come easy.

**9. Runny nose:** Not sure what causes this but everything will start to run. Your eyes will be watery and your nose will start to run like you are sick. And you will feel like it.

**10. Diarrhea:** Opiates, and heroin which is an opiate, cause constipation. So once you stop the heroin, your body can now do what it hasn't been able to do. The result? Diarrhea. You may find yourself spending more time in a bathroom than you have in a long time.

**11. Fever:** This might have to do with the sweats, the chills, and the tremors etc. Your body temperature on heroin has been all deregulated and weird. Now that you arent on heroin it is slowly going back to normal hence the fever in the meantime.

**12. The Thoughts:** Your thoughts will be untamed and totally out of control. Your entire life will flash before your eyes in a sense and it will hurt. Everything you have ever done wrong will make you feel bad and everything you have done right will make you wonder where it all went wrong. It will seem like everything is moving against you. The birds will chirp, the sun will come out and for some reason it just makes you more depressed. It is a sick feeling inside of yourself. All these feelings of guilt and shame will come up. It literally feels like the world is coming to an end for a bit. You will hate yourself for using heroin one second and then crave it the next. You will swear to never use again so you don't ever have to feel this way again and in the next few minutes wish you had a bag of dope just to feel better. This emotional chaos, turmoil, darkness, whatever you want to call sucks. Luckily, it doesn't last. But in the meantime it feels like this, this pain, has become your existence.

Now this all sounds horrible. And it kind of is. Not going to lie to you. But it doesn't last for very long and it certainly doesn't last forever. For some it lasts longer than others, but it does end. You should expect it to last anywhere from 3 days to 3 weeks. YOU CAN GET THROUGH IT. So if you want to quit drugs, get help.

Life can be beautiful again. This isn't the end. This, heroin withdrawal, is merely the beginning of a new and awesome life. After all nothing beats freedom!!!!

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