



ADVANCED DETOX AT THE HILLS



TABLE OF CONTENTS

01. Liver Detoxification

02. Brain Detox

03. Antioxidant Boost

04. NAD PLUS

05. Our Location

06. Comfortable Recovery at
The Hills

LIVER DETOXIFICATION

UNDERSTANDING THE LIVER'S FUNCTIONS

The liver, a vital filtration system in the human body, performs key functions such as converting toxins into waste products, cleansing the blood, and metabolizing nutrients and medications. It also plays a crucial role in breaking down proteins, converting amino acids into energy, and producing circulating proteins for normal blood clotting.

LIVER DETOXIFICATION STEPS

- **Stop Drinking**

Complete abstinence is necessary for the liver to heal.

- **Kick Other Addictions**

Eliminate substances like cigarettes and recreational drugs.

- **Healthy Diet**

Prioritize fresh fruits, vegetables, and liver-cleansing foods such as apples, beetroot, garlic, and turmeric.

IMPACT OF DRUGS AND ALCOHOL ON THE LIVER

Long-term drug and alcohol abuse can lead to severe liver issues, including fatty liver, cirrhosis, and alcohol hepatitis. Common culprits include acetaminophen, cocaine, phencyclidine, and alcohol, with drug- or alcohol-induced liver injury becoming a leading cause for liver transplants.

- **Regular Exercise**

Exercise daily to prevent obesity, boost the immune system, and reduce the risk of liver cancer.

- **Avoid Toxins**

Be mindful of medications and chemical exposures, opting for a toxin-free lifestyle.

IV LIVER DETOX

Explore innovative IV liver detox procedures for a targeted and effective approach.



BRAIN DETOX

UNDERSTANDING THE IMPACT OF SUBSTANCE ABUSE ON THE BRAIN

Prolonged substance abuse alters brain chemistry, affecting pleasure receptors, chemical responses, and associations. The brain adapts to the introduced chemicals, leading to difficulties in breaking the addiction loop.

HOW DRUGS AFFECT THE BRAIN

- **Controlling Impulses**
Strong impulse reactions are common during addiction.
- **Controlling Emotions**
Emotional control may be compromised.
- **Memory Loss**
Substance abuse can impact the hippocampus, affecting memory.
- **Reward System Trick**
Drugs trick and rewire the brain's pleasure system.
- **Flexible Thinking**
Processing information may be hindered.
- **Mental Health**
Various substances affect the brain differently, posing risks for mental health disorders.



EXPECTATIONS DURING A BRAIN DETOX

To help restore the function of the brain damaged by substance abuse. Detox processes vary based on addiction severity, with withdrawal symptoms lasting differing durations.



ANTIOXIDANT BOOST



OXIDANTS AND ANTIOXIDANTS IN ADDICTS

Drug addiction has been shown to increase the production of free radicals and reactive oxygen species (ROS). In the context of opium addiction, both enzymatic and non-enzymatic antioxidants, such as glutathione (GSH) and glutathione peroxidase (GPx), superoxide dismutase (SOD), and catalase activities, along with the concentration of vitamins A, E, C, and total antioxidant capacity (TAC), decrease.

Chronic drug and alcohol addiction contribute to oxidative stress, where free radicals and pro-inflammatory chemicals, like reactive oxygen species, are more abundant in circulation than anti-inflammatory compounds. Consequently, these substances deplete the body's natural antioxidants, causing an imbalance in oxidants and leading to several adverse changes, including cognitive impairment and neurological toxicity.

Chelation therapy becomes relevant not only in cases of lead exposure but also for other heavy metals. The therapy offers a solution to conditions caused by heavy metal toxicity by helping eliminate these toxic elements from the body.

ANTIOXIDANT BOOST UP (30 MINS)



NAD PLUS THERAPY

UNDERSTANDING NAD AND ITS ROLE IN ADDICTION RECOVERY



NAD (nicotinamide adenine dinucleotide) is a vital coenzyme depleted by alcohol and drug addiction. NAD IV therapy, delivering building blocks of NAD through an intravenous infusion, is a promising treatment option for addiction reduction.

EFFECTIVENESS OF NAD IV THERAPY

NAD Therapy offers a natural, supportive approach to recovery with minimal side effects.

◆ Detoxification Support

Helps accelerate the body's natural detox process by supporting the removal of harmful substances.

◆ Craving Control

Assists in reducing cravings, making it easier to regain control and maintain recovery.

◆ Energy Boost

Enhances energy levels and cognitive function, leading to improved focus and mood.

◆ Pain Reduction

Helps ease withdrawal symptoms and reduce chronic discomfort.



Our Location

Stunning Mountain Views in The Heart of Northern Thailand

Chiang Mai offers beautiful mountains, far from big city noise. Mountain views inspire success in recovery, encouraging an 'anything is possible' mindset. Top-notch amenities include private villas, a world-class gym, multiple swimming pools, and fine dining cuisine.



Comfortable Recovery at The Hills

Rehab takes hard work, focus, and energy. At The Hills, we make sure everything is taken care of for your comfort and relaxation.

Your recovery depends on it.

Learn more about our accommodation, facilities and services below:



Accommodation

At The Hills, you'll have your own villa equipped with:

- Comfortable queen size bed
- Mini fridge
- Bathroom with rain shower
- Full air conditioning
- Flat-screen TV with Netflix
- Daily Laundry service
- Daily room cleaning



Facilities

The Hills offers comforts and luxuries of a 5-star resort:

- Multiple swimming pools with gorgeous views
- Relaxation areas
- World-class fully equipped Gym
- Spa & Reiki services
- Meditation & Yoga pavilion
- Open-air gourmet restaurant
- Fresh smoothie and juice bar
- Sports court for basketball, badminton, and football



Services

To ensure you're well taken care of during your stay:

- All-day onsite support staff
- 24-hour security staff
- 24-hour onsite medical staff

Reach out for help

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If you or someone you love is struggling, our compassionate team at The Hills is ready to help you begin a journey towards long-term recovery. Focus on the whole person by addressing underlying mental health conditions or trauma perpetuating addiction. For more information, call our admissions team today.





CONTACT US



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