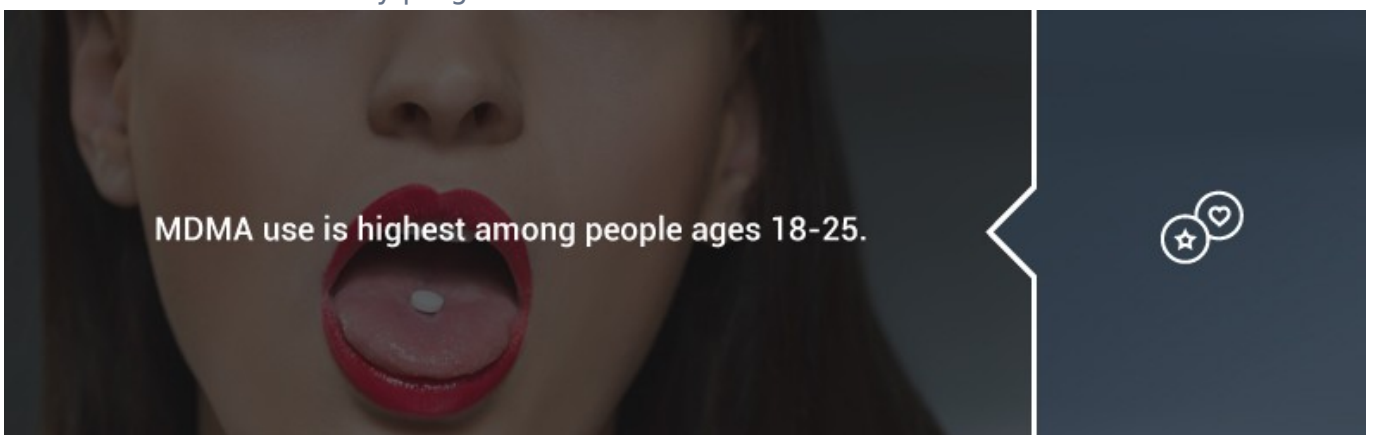




Illicit substances can be categorized into one of three major drug types: depressants, stimulants, and hallucinogens. Depressants consist of substances that slow or “depress” the body’s normal functions. In contrast, stimulants do the opposite: they jump-start the central nervous system, increasing the user’s heart rate, blood pressure, respiration and body temperature. Hallucinogens are unlike either of the other illicit drug groups; as the name suggests, these are drugs that cause hallucinations, whether visual or auditory. Sometimes, illicit drugs can fall into two of these three categories. Methylenedioxy-methamphetamine, more commonly called MDMA, is one such example. It falls into two categories: stimulant and hallucinogen. MDMA drug addiction is one type of addiction treatment available through the Wellness Retreat Recovery program.

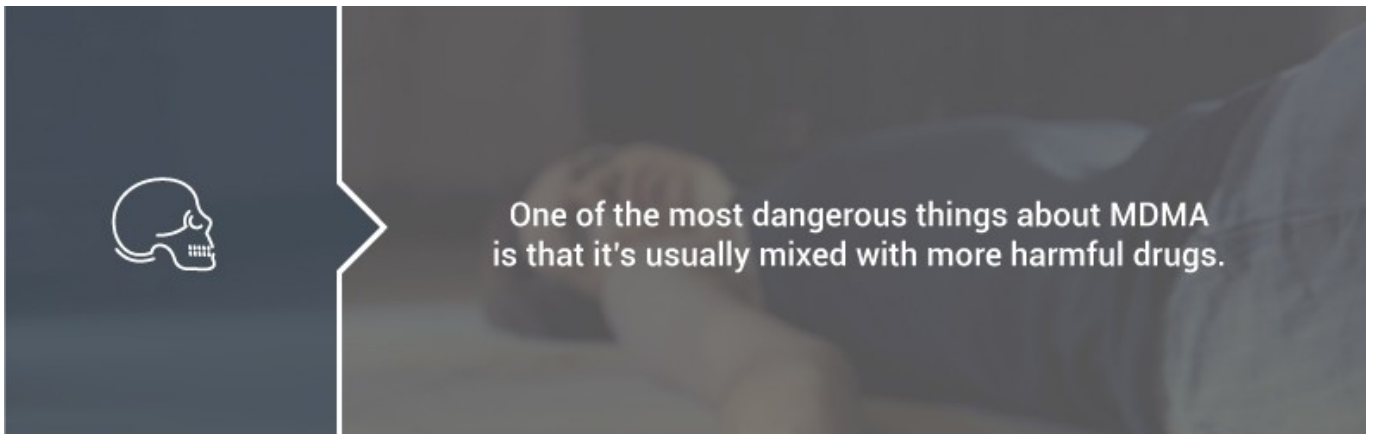


About MDMA

Like any other stimulant, MDMA increases the user's energy, blood pressure, heart rate, and respiration. Still, MDMA stands apart from other stimulant drugs because it triggers a number of effects that are more common among hallucinogens. In fact, MDMA is most well-known for being the active ingredient in Ecstasy, a "club drug" that distorts the user's senses and evokes uninhibited feelings of sensuality. Other effects include:

increased sensory reception (i.e. fabric seems softer, drinks taste stronger, etc.)
increased sensitivity to light
emotional exacerbation
sexual arousal

Overall, MDMA has been known to intensify users' emotional and physical experiences. However, this does not make MDMA a "safe" drug as many users might argue.



The Effects of MDMA on the Brain

Just like with any other illicit substance, continued use of MDMA can lead to addiction. So, in this case, the addiction would be one of physical dependence due to the change in brain chemistry that comes with MDMA abuse. In particular, MDMA triggers a flood of neurochemicals which stimulate the pleasure center of the brain. With time and continued use, an MDMA user's brain adapts to the regular surges of neurochemicals by decreasing their production and activation. Therefore, a lower tolerance for MDMA occurs. Without increasing doses of MDMA, users may experience a deficit of the neurochemicals that elicit the desired effects and suffer withdrawal as a result.

Withdrawal from MDMA

MDMA withdrawal has a wide variety of symptoms, including:

lethargy and/or lack of motivation
intense MDMA cravings
loss of appetite

depression
paranoia
insomnia
anxiety

Overcoming MDMA Drug Addiction

Intervention and treatment can save you from the physical, emotional, and social problems that come with long-term MDMA abuse. At Wellness Recovery Retreat Center, our experts and medical staff will find the treatments that work the best for you.

Finally, if you or a loved one has developed an MDMA drug addiction, please [Contact Us](#). An Admissions Expert will help you find the best course of action for a long-lasting recovery.