



THE ROOT CAUSE CO

Free 30-Day Functional Recovery Starter Stack

A science-informed plan to support mood, energy, motivation, and nervous system healing after opioid withdrawal

Laura Zambrana, FNP-C
[The Root Cause Co](#)

Welcome

*You are not broken.
Healing takes time.*

If you're reading this, there's a good chance you've already made it through one of the hardest parts: stopping opioids.

But many people are surprised to find that even after detox, they still feel exhausted, anxious, flat, unmotivated, or unlike themselves.

This does not mean you're failing.

It means your brain and body are healing.

This starter stack was created to give you practical, science-informed support for your first 30 days of recovery.

Why You Still Feel Bad After Detox

Stopping opioids is a major step forward – but many people are surprised to find that even after detox, they still don't feel like themselves.

You may feel:

- exhausted
- anxious or on edge
- emotionally flat or depressed
- unmotivated
- mentally foggy

*Detox removes the substance.
It does not instantly restore the brain.*

This is not a failure. And it does not mean something is wrong with you.

Detox removes the substance from your body, but it does not instantly restore the systems that opioids affected.

Opioids impact:

- dopamine (motivation and reward)
- serotonin (mood and emotional balance)
- the nervous system (stress response and regulation)
- sleep cycles
- inflammation and energy production

These systems take time to rebalance.

That's why many people experience lingering symptoms after withdrawal – often called post-acute withdrawal symptoms (PAWS).

Common Symptoms in Early Recovery

It is very common to experience symptoms after detox, even if the acute withdrawal phase has passed.

You may notice:


- low energy or persistent fatigue
- depression or emotional flatness
- anxiety or restlessness
- poor or inconsistent sleep
- brain fog or difficulty focusing
- low motivation
- irritability or mood swings
- digestive issues
- cravings that come and go

These symptoms can feel discouraging – especially when you expected to feel better after stopping.

But they are part of the healing process.

Your body is working to:

- restore balance
- regulate stress responses
- rebuild normal signaling in the brain
- stabilize energy and mood



This phase is temporary - even when it feels slow.

What to Focus on During the First 30 Days

During early recovery, the goal is not perfection.

The goal is stabilization.

Instead of trying to fix everything at once, focus on a few key areas that support healing.

➔ **Stabilize your daily routine**

Simple, predictable structure helps regulate the nervous system and reduce overwhelm.

➔ **Support your sleep**

Sleep is one of the most important parts of recovery, even if it takes time to improve.

➔ **Nourish your body consistently**

Regular meals help stabilize energy, mood, and blood sugar.

➔ **Reduce overwhelm**

You do not need to solve everything right now. Keep things simple.

➔ **Expect healing to take time**

Progress may be gradual. That is normal.

**Consistency matters
more than intensity.
Small daily actions add up
over time.**

Daily Recovery Support Basics

These simple daily habits can support your body and nervous system as you heal.

Focus on consistency, not perfection.

- Eat regular meals with protein and balanced nutrition
- Stay hydrated throughout the day
- Get outside for fresh air and light exposure when possible
- Keep stimulation low (limit noise, chaos, and overwhelm)
- Incorporate gentle movement like walking or stretching
- Create a simple, calming evening routine
- Prioritize rest, even if sleep is inconsistent
- Stay connected to at least one supportive person
- Give yourself permission to slow down

You do not need to do everything at once.

Start with a few small changes and build from there.

What Can Make Symptoms Worse

During recovery, certain patterns can make symptoms feel more intense or prolonged.

Being aware of these can help you protect your healing.

- poor or inconsistent sleep
- skipping meals or not eating enough
- too much caffeine
- isolation or lack of support
- unrealistic expectations about recovery speed
- pushing yourself too hard
- high stress or overstimulation
- ignoring your body's need for rest

Recovery is not just about willpower.

It is also about reducing the things that strain your system while it is trying to heal.

Gentleness and consistency will take you further than pushing through.

You Are Not Broken — You Are Healing

The early phase after opioid withdrawal can be one of the most difficult parts of recovery.

You may feel discouraged, disconnected, or unsure if things will improve. But what you are experiencing is not failure.

It is healing.

Your brain and body are working to restore balance — even when it doesn't feel like it yet.

You do not need to have everything figured out right now. You just need to keep going, one step at a time.

If you need more support

If you're still feeling stuck, overwhelmed, or unsure what to do next — you don't have to figure this out alone.

I offer one-on-one educational consultations where we can:

- talk through what you're experiencing
- help you understand what's happening in your body
- create a clear, realistic path forward

Ready for Support? Work with me 1:1

Private, judgement-free support.

Your information is always kept confidential.

*You are not alone.
And healing is possible.*