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We are convinced that a spiritual mode of living is a most powerful health restorative.But this does not mean that we disregard human health measures. God has abundantly supplied this world with fine doctors, psychologists, and practitioners of various kinds.

Do not hesitate to take your health problems to such persons... **Their services are often indispensable in treating a newcomer and in following his case afterward.**



Alcoholics Anonymous Page 133



Doctor Silkworth

Of course **an alcoholic ought to be freed from his physical craving for liquor, and this often requires a definite hospital procedure**, before psychological measures can be of maximum benefit.

Doctors Opinion, Alcoholics Anonymous xv -xvi

Most of us have ignored our physical and mental health while pursuing our addiction. **Be sure to consider visiting your physician and dentist. Taking care of your health is an important step in sobriety.** We find it important to get plenty of sleep, good nutrition and physical exercise.



[Making a beginning in Recovery – SLAA Fellowship World Services website](#)

- What “doctors, psychologists, and practitioners of various kinds” have helped you in recovery?
- How have these health professionals helped you in recovery?

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