



Crystal Clear + Sexually Recovered

Breathe's trauma-informed clinical program adeptly addresses the physical, emotional and sexual health of our clients as key components to living free. With small group and one-on-one sessions, we address five specialized areas of treatment:

- Emotional Regulation
- Anxiety + Depression
- Sleep Hygiene
- ChemSex Fusion + Recovery
- Family of Origin + Choice

An inclusive program, Crystal Clear's suite of services focuses on both the mental and emotional intricacies of addiction, withdrawal and recovery. We help clients rebuild life and create a thriving recovery.

b r e a t h e[™]
Life Healing Centers



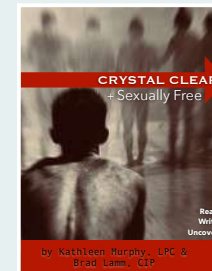
"Crystal was my constant companion for years, along with the other junk cluttering my life and mind," Founder Brad Lamm remembers. "It's from that place that springs the compassion and care with which we treat and help our clients recover their life with dignity."

CRYSTAL CLEAR GIVES LIFE BACK TO YOU, FREE FROM ADDICTION + CHEMSEX FUSION

We treat crystal meth addiction on several levels:

- 1 Educating clients and their families on the drug and how it connects with the brain and body to create a cycle of craving and abuse.
- 2 Coaching clients through the mental component of withdrawal including impulse control, anxiety and depression.
- 3 Developing client-centered emotional regulation, safety + stabilization and physical health including nutrition, breath work and meditation.
- 4 Solidifying client confidence and expanding skills to avoid relapse.

Brad Lamm, CIP
Founder



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