

Chapter 1 : AAR - Fighting Withdrawal

A withdrawal is a type of military operation, generally meaning retreating forces back while maintaining contact with the enemy. A withdrawal may be undertaken as part of a general retreat, to consolidate forces, to occupy ground that is more easily defended, or to lead the enemy into an ambush.

It was still fun, after all these years The scenario really turned on the wind die rolls. First, the wind shifted to cover the Finns when they needed to break through in the middle of the map. Then, then wind shifted again to reveal my Russians when they were trying to fall back. A couple turns without protection against that Finn firepower and my guys were shredded. Andrew got his CX on just in time to exit a stack off the map with his final advance phase. ASL never fails to deliver for us. I agree, ASL always delivers, even when crazy things like crashed gliders or shifting winds threaten to break the scenario. In this mission, the Soviets start out concealed in buildings and have to prevent the Finns from bull-rushing past them off the southern map edge to the right in the pictures. I tend to go either too slow or run out into the open and get cut to pieces. The Finns started north of row CC, to the far left. After wasting a turn Prep Firing the Finns did, though, manage to wipe out a squad or two I finally pushed some squads forward. I am finally learning to move units individually to draw fire, then move the main force behind them to deny subsequent defensive fire as long as they stay farther away than my closest attacker. They slowed pulled back, and kept just enough fire lanes open to slow me down. Paul stationed a LMG squad on a second floor to protect his right flank. I fired at it with a kill stack and managed to break them which left me a straight shot to the south. His only chance - a leaderless self rally while under Desperation Morale. He needed a 2 or a 3 on two dice, and got the three. The squad rallied, manned their weapon, and the flank held. This squad is in hex T6 in the first picture. A few turns in, two building hexes engulfed, a small fire building in a third. A Russian LMG squad holds the right. Paul then demonstrated his ASL prowess and spanked the newbie with a very cool bluff. To set me up Paul double stacked two concealment markers with no unit underneath. It took me two turns to get around it, only to discover it was simply a case of my men seeing fleeting figures where there were none. Not to be fooled again, the next time I came across a stack that clearly was dummies - it had passed up point blank shots at moving infantry - I bypassed it. After most my force went by, I sent a lone half squad into the building to declare it clear. The half squad was ambushed and slaughtered by a blood thirsty Soviet rifle squad. The sneaky and triumphant Soviet Rifle Squad in hex X2 after dispatching my careless half squad. Combat truly is a crucible where the only best and the luckiest prevail. Also, pictured here the Finns charge into the smoke bank, confident the breeze will hold for a few minutes. At some point, the wind changed direction and swung North only a roll of snake eyes at the beginning of the turn causes this to happen. The wind now pushed smoke right down the middle of the battle field. Seizing the opportunity, my main force pushed forward into the dense cloud. I said to Paul, "This feels just like that Pegasus Bridge night scenario, when I pushed my squads out into open ground under the cover of darkness. I took a chance since the odds were long against the night sky clearing. Next turn, guess what? The dice rolled the long shot, the clouds parted, the visibility range increased to three hexes, and suddenly my British paratroopers where hanging with their asses in the breeze. Anyway, I took the chance again - I mean the odds of the wind changing were only 1 in Well, you know what comes next. Worse, the next die roll to see how the wind changes was a 6 which meant the wind died out completely. Smoke screen gone, and again my assault force have their asses hanging in the breeze. Never bet your life on the wind! Surprisingly, though, this time it worked out in my favor. My guys took what cover they could and only a few Soviets were in position to fire. The Finns stood firm and returned a hearty fire of the own. After that it was pretty much over. So we counted out a few paths by which my lead platoon might make it to the map edge in the three movement phases remaining. So I as said, I won, but Paul outplayed me, and had only to keep his mouth shut for one turn to secure victory. Still, I feel great about the session. The narrative is amazing, and as lengthy as this report is, I had to leave out several interesting war stories that had large and small impacts on the game.

Chapter 2 : Withdrawal (military) - Wikipedia

Here are the top 10 ways to fight opiate withdrawal. 1. Keep Yourself Hydrated. Dehydration due to diarrhea and vomiting is a common symptom of opiate withdrawal, causing many people to end up in the hospital.

It uses concealment, snipers, blaze, HIP hidden placement, and ammunition shortage. All together this should be manageable for an inexperienced player. Also, the forces involved are quite interesting: I could not find information concerning the specific battle of Terijoki in Karelia that took place on 2nd September at the start of the Continuation War. The Finnish Yliluutnantti Arlo will attack with the main effort on the right, supported by a pinning attack on the left. The attack is to punch through the lighter buildings on the right and rout any Russians there. The intention is to capture or kill as many Russians as possible early in the fighting as to deny them any chance to extricate a substantial number of troops. He will attempt to slow down the Finnish attack as to spoil any quick advance towards the southern road exit. Hidden units will further check any bold action at the flanks that might be attempted by the Finns. This should delay the Finns sufficiently to frustrate any attempts to exit units of the board. The Finns ferociously attack and take the large wooden building on the right wing routing the RU squad there. The Russians fall back all along the line, but on the right wing they repulse a FI squad and advance into CC close combat with a lone Finnish officer leader killing him. On the right the Finns advance to the Russian 2nd line of defence. There are some casualties on both sides as one unsuspecting FI squad gets mowed down by defensive fire when it tries to cross the open ground between two wooden buildings and a RU squad is reduced by enemy fire. Anyway, the main attack is well on schedule now. On the right the RU squad threatens the left flank. The Finns lay down a hail of fire, but the RU squad shows very good morale. The Russians lay down some preparatory fire to keep down the heads of the advancing Finns. Sotamies Eeli Selle emerges as a hero in 21Z7. The RU squad 21AA8 is now half surrounded and receives a tremendous volume of fire. Nonetheless it passes all MC morale checks and doggedly holds on, keeping the entire Finnish left wing occupied. On the left the last Russian soldiers in the large wooden building disperse. The Finns storm the last positions in the wooden building complex in their main axis of attack. The fighting is very intensive now, the first units on both sides falling in quality because of fatigue, the Russians also suffering from a low supply of ammunition. They have no option, but to fall back to their next line of defence, some units fleeing from the Finnish onslaught. The Finns press on with their attack on both wings pushing the Russians against the bakery in the centre. It now is fully ablaze and blocks the straight line of retreat for all RU squads. Under pressure of time running out Yliluutnantti Arlo tries a bold move on the extreme right only to be surprised by a RU squad with a LMG. It was hidden in 21S3 and sprang the trap when FI squads cross the road at 21W2. Several attempts are repulsed. The Russians stage a stubborn defence holding their own. Both sides lose a HS and have several units routed. The Finnish squads attack again and manage to outflank and eliminate the last Russian positions north of the bakery. But despite of all success, time is running low now. The RU squads are ordered to pull back to their next defensive line. Again the left Finnish wing experiences a crisis. The Finns drive the Russian defenders from the northern part of the town, killing and dispersing 2. Again their attempt to rush along the western road is frustrated with the loss of another HS. Yliluutnantti Arlo is much behind schedule now, and will no more be able to meet the victory conditions or the expectations of his battalion commander. Again the Russians retire, now to their last line of defence. And again a RU squad goes berserk, advances, and is mowed down as it charges the Finns in the open. The Finns advance further to the south until they reach area of the graveyard. Here they again are checked. A previously hidden MMG, well placed in 21K4 in the stone building behind the graveyard, opens fire and kills the Finnish HS advancing on the road. The Finnish attack was overwhelming, but failed to push through to the southern road exit. The recklessness of the attack is mirrored in the heavy casualties. His superiors will want to keep an eye on Yliluutnantti Arlo. For the Russians the delaying action was an unquestioned success. The Blaze rules were quite easy to handle once I got to understand the idea. One thing I had to correct during play was the spread of the fires. It needs to place a fire marker first. Only in the next turn it can evolve into a full Blaze. I am getting along quite well with the ELR effective leadership rating.

And I sure will need to sort all my squads so I can quickly find the correct units during play. The attack did not go as planned. This would have secured the necessary impact for the attack and momentum in the mid game. I can work quite well to advance move a unit to draw fire and then move another unit into a flanking position. This makes positions behind hedges and walls untenable. A line of of hexes striken by Blaze is a death trap for the defender. Broken units must manouver around them. This often compelles them to cross open ground, making them vulnerable to interdicting fire. For the attacker thuch an area channels the attack in a likewise manner. The attacker needs to deal with MG that they surely will meet while emerging from the defile. This can make it very difficult to advance past the area striken.

Chapter 3 : How to Fight Opiate Withdrawal | Top 10 Home Remedies

Conflict. The Continuation War, or War of Continuation, lasted from June 25, , until September 19, , and is the second of two wars fought between Finland and the Soviet Union during World War II.

Hypertension Irregular heart rate More serious side effects may also occur during benzo withdrawal, such as delirium, hallucinations, fever, and seizures. Benzodiazepine withdrawal can be life-threatening due to grand mal seizures that may result in coma or death in someone heavily dependent on benzodiazepines who stops taking them suddenly, the Journal of the Oklahoma State Medical Association states. Anxiety and psychological withdrawal symptoms may continue for several month or even years in about 10 percent of those addicted to a benzodiazepine, ABC News reports. Benzodiazepines are generally considered to be short-acting, intermediate-acting, or long-acting and the differing half-lives will dictate when withdrawal may start. A short-acting benzo, for example, will have the shortest half-life and faster onset of withdrawal than a long-acting benzodiazepine. Short-acting benzodiazepines include Halcion triazolam and Serax oxazepam. Ativan lorazepam and Xanax alprazolam are intermediate-acting, and Valium diazepam , Klonopin clonazepam , and Librium chlordiazepoxide are long-acting, per Primary Psychiatry. All three types of benzos produce similar withdrawal symptoms, and detox should be medically managed.

Cocaine The stimulant drug cocaine has a very short half-life of less than an hour, meaning that it quickly takes effect and also rapidly leaves the bloodstream. Stimulant drugs elevate heart rate, temperature, and blood pressure. This often results in cocaine being abused repeatedly in a binge pattern. Cocaine is produced in two main forms: Cocaine withdrawal is usually manifested in three main phases: The crash symptoms are generally the opposite of the stimulant effects. A person in the crash phase of cocaine withdrawal may sleep for days, notice an increase in appetite, and feel depressed and agitated. During acute withdrawal “ which may continue for weeks NHTSA publishes “ irritability, fatigue, depression, insomnia, anxiety, and drug cravings are common. Stimulant withdrawal is unlike withdrawal from most other substances, as there is a lack of many physical symptoms. As a result, withdrawal from cocaine is not considered to be life-threatening. Drug cravings and emotional turmoil associated with withdrawal may be best treated by a mental health professional trained in substance abuse and dependency who can provide necessary psychological support and care during detox and throughout recovery.

Alcohol withdrawal has a wide range of side effects, from mild hangover-type symptoms to coma and death. The more and longer an individual engages in patterns of heavy drinking, the more likely the brain is to become seriously dependent on alcohol and the more grave withdrawal symptoms may be during the detox process. According to data published in the New England Journal of Medicine NEJM , about half of those with an alcohol use disorder will experience some form of alcohol withdrawal symptoms when alcohol use is cut down or eliminated. Between 3 and 5 percent will suffer from the most serious form of alcohol withdrawal: Seizures, fever, severe confusion, agitation, hallucinations, and delirium may signify DTs, which can be fatal without swift medical intervention. Other side effects of alcohol withdrawal include:

Chapter 4 : Battles for Empire II: Fighting Withdrawal

Immediate; Tactical Skill Skill Type: Buff; Breaks the effects of Dazes, Stuns and Knockdowns. Briefly increases Parry rating. Shake off Dazes, Stuns, and Fellowship Manoeuvre Stuns. Recover from being Knocked Down but not from Dread an.

Drugs and alcohol are brain depressants that push down the spring. Every drug is different. Some drugs produce significant physical withdrawal alcohol, opiates, and tranquilizers. Some drugs produce little physical withdrawal, but more emotional withdrawal cocaine, marijuana, and ecstasy. You may experience little physical withdrawal. Learn More Below are two lists of drug and alcohol withdrawal symptoms. The first list is the emotional withdrawal symptoms produced by all drugs. You can experience them whether you have physical withdrawal symptoms or not. The second list is the physical withdrawal symptoms that usually occur with alcohol, opiates, and tranquilizers. Anxiety, panic attacks, restlessness, irritability Depression: Social isolation, lack of enjoyment, fatigue, poor appetite Sleep: Insomnia, difficulty falling asleep or staying asleep Cognitive: Chest tightness, difficulty breathing Heart: Racing heart, skipped beats, palpitations GI: Nausea, vomiting, diarrhea, stomach aches Muscles: Muscle tension, twitches, tremors, shakes, muscle aches Skin: Sweating, tingling Dangerous Withdrawal Symptoms Alcohol and tranquilizers produce the most dangerous physical withdrawal. Suddenly stopping alcohol or tranquilizers can lead to seizures, strokes, or heart attacks in high risk patients. A medically supervised detox can minimize your withdrawal symptoms and reduce the risk of dangerous complications. Some of the dangerous symptoms of alcohol and tranquilizer withdrawal are:

Chapter 5 : Tactical Withdrawal - TV Tropes

2. Hot Bath. Another tip on how to fight opiate withdrawal that also includes the use of water is to take a hot bath. This is a simple way to deal with depression - a common effect of opiate withdrawal.

Total War Although this has been used as a euphemism for "legging it" , this is not quite the same thing. This is a managed retreat rather than an all-out rout, with forces withdrawing in good order to fight another day. They may have actually done their job, e. Indeed, the attacking soldiers, hyped for battle, will often find themselves confused and frustrated if their intended target is not where they expected it to be, and chances are that the higher command will be disappointed at being cheated out of what they saw as an easy victory, and the development can possibly force them to change parts of their strategy, if not throw it completely out of the window. More importantly, an orderly retreat is always less costly than a rout. A routed force is broken. A retreating force is merely leaving and often has reasonable hopes that it will be able to fight another day. There is also the obvious fact that a unit that does not have to waste men and equipment attacking entrenched positions in fact, that can often make use of them itself and since it has presumably already lost an engagement, and, due to attrition, contains a higher percentage of seasoned troops that are better equipped to survive a retreating unit is far more dangerous to take on than an attacking one. One notes that successfully withdrawing in good order from superior attacking forces is considered among the most difficult of military feats, if not the most. Especially if other units have already been routed. Common in guerilla warfare as a component of Hit-and-Run Tactics. Also a necessary first step in a Defensive Feint Trap. Typically, but not always, a form of Insistent Terminology. In *Girls und Panzer* , Miho Nishizumi does this on a regular basis, both out of preference and necessity, given that most of her tanks are heavily outgunned by their opponents. When the Invid invade Earth in *Robotech* , the battered remains of the Army of the Southern Cross and the contingent sent back by the Robotech Expeditionary Force, after realizing they could not win, leave Earth to regroup on Tirol, where they have the resources to rebuild and then return in force. And completely missing the Flower of Life that was hidden somewhere near Tirol, that would be found by the Robotech Expeditionary Force after she left. At one point in *Stardust Crusaders* , his grandson Jotaro also makes use of this technique, jumping out of a cable car and into the water, which seems to be him trying to run away but is actually a ploy to get his opponent to chase him into the water where he is vulnerable to being drowned. Live-Action Film Very realistically portrayed in the Danish film *9*. Multiple examples in the Star Wars films: *The Empire Strikes Back: Revenge of the Sith* opens with a large Separatist Fleet, led by Count Dooku and General Greivous, trying to make their getaway after attacking the Republic capital of Coruscant and abducting Chancellor Palpatine, as arriving Republic reinforcements try to stop them and rescue the Chancellor. Greivous and his fleet escape, but not without Palpatine being rescued by the Jedi and their fleet taking serious losses. Once those plans have been secured, the fleet launches an immediate retreat. And then Darth Vader shows up in his personal Star Destroyer and almost ruins everything. Literature In *The Third World War* , it is stated in the description of the first TV footage of Soviet and US forces clashing in Slovenia smuggled out from the battlefield by a reporter that a military observer would note the Soviets were performing a textbook withdrawal under fire. It also notes that this looked to the layperson as a defeat for them and bolstered Western morale. One scene from *Lord of the Rings* describes Faramir attempting to do this and leading his men back to Minas Tirith in an orderly retreat despite having already lost one battle and continuing to be harassed by the enemy cavalry. Then the Nazgul get involved and it does turn into a rout until Gandalf and some Gondorian knights do the Big Damn Heroes thing. Almost every large-scale battle in *Codex Alera* involves the heroes doing this at some point when things are ready to progress to a later stage of the battle. A few times it even gets subverted into the withdrawal turning into an all-out rout. *Death to the French: The British* are withdrawing to the lines of Torres Vedras. This results in Dodd being accidentally left behind to fend for himself. Alluded to in *Night Watch*: Their normal method of progress was the stroll, which is not a recognized military manoeuvre, or the frantic withdrawal, which is. A battle can be lost if the army that fought it is saved, so that said army can go on to potentially win battles in the future. At song III, Fierro declares that when the

Gauchos were chasing the Indians after yet another indian incursion on the Frontier, the Indians were hidden and when the Gauchos reached them, the Indians pulled a Defensive Feint Trap against them. The irony here is that the Indians applied military tactics better than the Evil Colonialist Gauchos! The entire last act of *Unto The Breach*, the fourth book of the *Paladin of Shadows* series by John Ringo, is a tactical retreat from overwhelming irregular forces by a small company of commandos. The cynical version is often lampshaded in the Sven Hassel WW2 novels. On one occasion, a Kangaroo Court happily executing a flood of so-called deserters gets a nasty shock when Soviet tanks turn up on their doorstep. Turns out there really is a full retreat going on. Live Action TV In *Red Dwarf* the crew must "Obtain" a new engine part, and after negotiations with a local tribe fails they attempt to steal it and sneak away, after this fails Lister grabs the part and runs back to the ship, as he passes the other crew members that are waiting he shouts *Deep Space Nine*, with the Dominion decisively losing their war against the Alpha Quadrant, their forces are pulled back from the Federation alliance forces which have recently learned to adapt to their energy-dampening weapon. The season 5 finale of the show features the station fighting off the first wave of a Dominion assault in order to give them time to complete their deployment of a minefield around the Wormhole to prevent Dominion reinforcements from coming in from the Gamma Quadrant. The Delaying Action also served to pull the Dominion forces out of position while a joint Starfleet-Klingon fleet launched a Pearl Harbor style raid on several important Dominion shipyards and bases. Tabletop Games A mechanic in *Warhammer*, *Warhammer 40,000*, and other Games Workshop games - units that take losses or have scary things happen to them and subsequently fail a morale test will fall back, fleeing towards a friendly table edge. This is referenced with the "General Staff" asset from the *Apocalypse* rules for 40k, which lets a commander roll three dice and choose which two to use for a Leadership test. The rules explicitly state that a commander choosing the two higher dice to fail the test is ordering his troops to withdraw. As of their latest Codex, they also have the "Combat Tactics" special rule, allowing them to voluntarily "fail" a morale test, fall back, and then rally thanks to the aforementioned special rule. A related special rule, new to 6th edition, specifically deals with infantry who find themselves in a fight with a monstrous creature or vehicle that they literally cannot harm. Since *Failure Is the Only Option*, these units are allowed to intentionally fail their morale checks risking destruction in the process and disengage, rather than have to stick around. Fearless units never fall back, preferring to fight to the last man, while sufficiently zealous units like the Black Templars or Sisters Repentia will charge the enemy if they fail a morale test. While they suffer from the same mechanics as any other non-fearless race especially if the local Ethereal just got whacked, the fluff for the Tau states that this is their preferred battle strategy: Preferably, still shooting at it. Considering that standard-issue Imperial Guardsmen can kick their butt in melee combat, this is pretty sound strategy. Fittingly, the Tau once had this used against them to great effect This was also used to win a battle in fluff by the Black Templars. Outnumbered by a Khornate cult, the Black Templar Castellan Captain repeatedly retreated in the face of the enemy, as much as his men wanted to take the fight to them. Khornate cultists being servants of Khorne, they eventually got fed up with not fighting the Astartes and turned on one another, leaving the Black Templars to pick up the pieces. Video Games Often a good idea in *Rome: Barbarian Invasion*, if you are moving away from the vast Barbarian hordes, the AI often charges in with its fastest and lightest units, allowing you to inflict some losses on the horde before taking position on a hilltop or something to make your last stand. The AI will commit its forces to a tactical withdrawal if you force it into a pitched battle with a superior army - it deploys as far away from your army as possible and heads for the edge of the map as fast it can. With a good cavalry force, you can often take down some of the stragglers before they disappear off-map - the AI is not very good at regrouping just to try and kill your advance cavalry. *Company of Heroes* has a retreat button for all infantry so they can reinforce and regroup at your base. Also useful if you just want them to get back there or somewhere close by. Even better, since units will always retreat to the nearest captured point, you can actually use this to your benefit. Sneak a stealth unit through enemy lines to capture a point, then get the rest of your army over halfway there. *Dawn of War* has this excuse for the Space Marines when they lose all Morale points: Sometimes done via *Town Portal Scroll* if walking is not an option, or would result in losses. Mages have the *Invisibility* spell to help with this, while other players have to run out of the room and survive any damage they take along the way. Paladins have the

infamous bubblehearth which consists of turning invincible via a special spell, then using their hearthstone , a special item all players get, which teleports them to an inn after a long and easily interrupted cast. Necessary in Battle for Wesnoth. Particularly important for the Loyalists, Undead and Drakes, whose strength varies drastically with the time-of-day. An option in the Hearts of Iron games when it is clear that a division cannot win against an enemy force but still has enough organization to maintain contact. It is entirely reasonable to withdraw a defending division when attacked, as at the very least the enemy division will have to delay several days before its next attack, and is an essentially element of setting up encirclement traps. Pulling an attacking division out of an assault that is clearly not working will save organization and manpower as well. This can also be pulled off as a tactical maneuver during battle by generals. It shortens the front, and gives the attacker an attack penalty and the defenders also a smaller penalty which still ends in a net win for the defenders. Titanfall has a unique feature: In the Codex of Mass Effect , this is stated to be a favorite tactic of the turians. Turians never retreat, even if the line collapses, instead withdrawing in an organized fashion. As they do so, they set traps and ambushes to wittle down the pursuing enemy. It is a common tactic in Xenonauts , employed by human fighters fighting a powerful UFO or a formation of them. After unloading all missiles to wound the enemy, the planes are supposed to disengage, return to base, load more missiles and engage the enemy again. Needless to say, this presents many problems, sometimes including escaping the alien ship. Starbase Orion has two methods of leaving a battle. Giving the ships an order to Retreat is, basically, a rout. Using the "Withdraw" option allows the player to choose the next location after the battle ends, although this method is significantly slower and may allow the enemy to destroy your ships. Subverted in World in Conflict. That said, during the actual missions involving the retreat, the player is tasked with slowing the Soviet advance and denying them strategic resources, bringing it closer to the spirit of this trope. Extraction missions in XCOM2. It evolves into Golisopod, a badass, multi-armed beast of a bug which has the ability "Emergency Exit". This does the exact same thing as Wimp Out, except with a different flavour text to make it sound more like a tactical withdrawal. The ability synchronizes well with its signature attack, First Impression translated in some regions as Ambush , which a powerful attack that can only be used on the first turn after Golisopod enters battle. Switching out Golisopod and then switching it back in will allow another use of First Impression, backing the notion that Golisopod does indeed withdraw for tactical reasons rather than cowardice. The first mission of Ace Combat 6: At first the Linear Guild attacks with spells from the air, and easily keeps the Order pinned down when they try to get back at them. When the Order is hit with spells again after being brutalized by Tarquin disguised as Thog in melee combat, they decide to retreat into the building in order to lay an ambush instead.

Chapter 6 : 20 Surefire Ways of Coping with Alcohol Withdrawal - The Recovery Village

This is turn 1, Scenario 1, Fighting Withdrawal from Advanced Squad Leader's Beyond Valor module. The Finns launch an overwhelming assault, sending the Russian reeling.

Not enough time Russian Setup: The Russian player sets up first. Probably his first consideration should be where to utilize the two squads he may set up using Hidden Initial Placement. Plus he may be able to pounce on any Finns trying to sneak through the graveyard. My preference would be for J5 as this location has clear LOS to the areas around Q10 and I10, which are the few open areas in a east side "board-edge creep" -- any Finns hugging the east edge of the board may run through the open at those points. This location is only place in the Russian setup area that provides edge to edge LOS. Next is the second HIP squad. I like either B2 or B9 for this guy. If they survive or remain hidden, they are also able to exit on the last Russian turn for an easy 2VP. After the Russians have their HIP units squared away, we have to worry about the rest of the setup. I see two alternatives here based on how the Russian player utilizes their eight OB given concealment? With an Up-Front defense, the Russian player could setup his forces in eight concealed stacks across a wide front. The advantage here is that the Russians would have the benefit of concealment to any game-opening Finnish prep fire, and then be able to lay heavy point blank firepower down onto initial Finnish moves in the open. The big drawback with this kind of setup is that if the Finns are able to blow right by you before you have a chance to withdraw, the Russians can be in big trouble. A possible Up-Front defense. I would prefer a Fall-Back defense with most of the Russian forces stationed unconcealed in the rear of the setup area. This allows the use of the OB concealment counters for dummy stacks with a few lone squads thrown in to keep the Finns honest. Hopefully, the Finns will waste most of their first turn of movement picking through the mostly phantom defense giving the rest of your force a head start in booking it southwards. A possible Fall-Back setup. Finally, in this scenario, I would definitely opt for the Commissar exchange. If any of the Russian squads require more than one rally phase to come back to action, they are going to be left behind. A commissar can crack the whip and get your troops back up and moving. I think playing this scenario as the Finns is hard for a beginning player. The most important thing to keep in mind is that you have to move, move, move. You have seven game turns to travel at least 28 hexes. That said, the Finnish setup may depend on the initial defense the Russian player presents. However, I believe there two viable axes for movement -- down the middle and along the east edge. Down the middle has the benefit of allowing the Finns to spread out and present more moving targets than the Russians can shoot at, especially if the Finns deploy aggressively into an "electric football attack". An eastern side "board edge creep" denies one whole flank to the Russians as well as providing a lot of cover, e. You will need to use bypass movement frequently in order to keep up the pace. A west edge creep scares me. There seems to be much more open ground that way. If you can pull that off, then you get bonus style points. I think that reflects the difficulty some players have in being aggressive enough during movement. Here are some session reports of this scenario already on the Geek:

Chapter 7 : Tales of the Rambling Bumpers

Fighting Withdrawal was my first full rules scenario where I was actually responsible for the rules. I.e. I couldn't just ask my opponent "Hey, I want to do this."

This dynamic of numbing the pain is what makes it so difficult to go through the detox process. You will be tempted to turn back to alcohol in order to ease the pain of withdrawal. The key is to just get through it. Remember, it gets easier and the pain is only temporary. Here are twenty things that you can do when beating alcohol withdrawal. Drinking lots of fluids, especially fluids with electrolytes will help to combat this. The more support you have the better. Consider creating a visiting schedule so that you are never alone during the first week of detox. A supportive friend or family member can help you in many ways during withdrawals. It can be very comforting to know that millions have gone through the exact same thing that you are. Consider yourself as part of a strong and brave community. And stand in solidarity with everyone else who has decided to kick alcoholism to the curb. There will be multiple points throughout the process where you will be tempted to have a drink. It starts slowly, builds, peaks, then crashes and dissipates. The point is that eventually your craving will go away – the wave will crash. Instead of trying to fight the craving, picture yourself riding it out like you would a surfboard. Often, cravings can come quickly and in succession of each other. The content of the letter should be encouraging and it should remind you why you are going through the pain of detox in the first place. When you are feeling tempted, pull the letter out and read it to yourself. Read it as many times as you need during the process. These items should be representative of things that keep you grounded and stable. Put whatever you like in the container. Your first aid kit will help you stay grounded and determined to succeed. You may find yourself daydreaming about having another drink. Instead of thinking about the momentary relief that will come with the drink, think beyond that to the inevitable pain that will come after. Think about all of the work you have done this far and how much of a setback that would be. Consider how drinking again will only prolong your addiction and create more pain as you enter detox again. Try to mentally connect your alcohol consumption to pain, not pleasure or relief. It can help clear your mind and has a number of other great benefits. It will go away. This can be an impacting mental tool for you when the physical pain of withdrawal is at its most severe. Because of this, your body is used to lots of sugar. Eating healthy fruits and vegetables can help you balance the sugar levels that your body is used to. Plus, they are just good for you. They may even try to offer you alcohol during your detox. Have you ever been startled, scared, or very excited? If so, chances are that your prefrontal cortex was not very active. You were more likely being controlled by your limbic system – the old part of your brain that all mammals have in common. When we are stressed, we often forget to breathe. Breathe in through your nose for 4 seconds. Hold for 4 seconds. Breathe out through your mouth for 4 seconds. Doing this will help maintain crucial critical thinking ability during your withdrawals. Meditation can help clear your mind in order to focus on what really matters. It pulls you out of a reactive state of mind and into a proactive state. Exercise releases endorphins into your brain creating natural happy feelings within a person. Plus, you will begin to feel stronger and more powerful as you work out. Addiction has the tendency to make everything else in life seem less enjoyable. Music that you used to love no longer has the same draw. This is because your addiction becomes all-consuming, dulling the vibrancy of life. You may find a renewed interest in music during your detox. Take advantage of this and listen to some good tunes. Yes, it can certainly be difficult to pull yourself off of the couch or out of bed, but a good walk can completely recharge your mental and emotional state. Combine walking with deep breathing and focus on being present. Notice the little things in your surroundings. Books can offer a fantastic escape and can help distract you if you are feeling the urge to relapse. Like taking a walk or listening to music, book reading is another distraction technique. Pick up a book purely for pleasure. What have you always wanted to read? What sounds like fun to read?

Although this has been used as a euphemism for "legging it", this is not quite the same calendrierdelascience.com is a managed retreat rather than an all-out rout, with forces withdrawing in good order to fight another day.

Long-term symptoms are often less physical in nature and may involve emotional or behavioral issues. Suddenly cutting yourself off from opiates may cause a strong reaction. Try to slowly taper off opiates before you go off them completely. This might limit the intensity of your withdrawal. However, given the compulsive nature of addiction, most people find self-regulated tapering to be impossible. It often leads to a full relapse into addiction. Dehydration due to vomiting and diarrhea is common and could lead to serious health complications. Drinking plenty of hydrating fluids during withdrawal is very important. Electrolyte solutions, such as Pedialyte, may help keep you hydrated. Over-the-counter help Using the correct doses of over-the-counter medications can help. Consider loperamide Imodium for diarrhea. You can also try antihistamines like Benadryl. Aches and pains that seem to crop up everywhere can be treated with acetaminophen Tylenol or nonsteroidal anti-inflammatory drugs NSAIDs like ibuprofen Motrin , Advil. Never use any medication for longer than its recommended usage or in larger doses than recommended. Preparation can be essential. Withdrawal symptoms can last from days to weeks. But be careful not to use these medications in amounts greater than the recommended dose. In the case of acupuncture, several studies demonstrated reduced withdrawal symptoms when combined with certain medicines. The report of studies on Chinese herbal medications found that the herbs were actually more effective at managing withdrawal symptoms than clonidine was. Examples of Chinese herbal medications used to treat opiate addiction include: Keep your mind occupied with movies, books, or other distractions. Make sure you have soft blankets, a fan, and extra sheets. You may need to change your bedding due to excessive sweating. Make sure a friend or family member knows that you plan on attempting the withdrawal process. Be cautious of recipes and anecdotal stories described in online forums. None of them have gone through rigorous testing for safety or efficacy. This can improve your chances for long-term success. Treat yourself to some chocolate. Finding support It can be dangerous to go through withdrawal alone. Seek help from your doctor or other medical professionals. They can even prescribe you medications to help ease the symptoms you may experience and make the withdrawal period easier to manage. Detox facilities can monitor your health and make the process safe and more effective. A care facility can provide a personalized treatment plan. Medical professionals provide important monitoring and can treat you if you have extreme side effects or if you experience dangerous complications. A facility will also work to ensure that your recovery lasts. A detox facility can provide medications to help ease the withdrawal process. You may find that medications like clonidine can diminish some of your symptoms. Librium is sometimes used to diminish significant agitation. Chloral hydrate or trazadone might be used to help you sleep. Food and drink may seem repulsive during severe withdrawal. This can lead to dehydration and other complications. You should call your doctor if you are vomiting or unable to eat. It may be impossible for you to go through withdrawal at home. Finding support groups like Narcotics Anonymous can help you to get and stay sober. Many people who were once addicted to opiates struggle to not start abusing them again in the future. These groups can help prevent that. When to call a doctor Opiate withdrawal can be a frustrating process with symptoms that, while typically not life threatening, are difficult to manage. Your doctor can help you to manage the symptoms you may experience with personalized recommendations and prescription medications to ease the process. They can also run tests like blood work to evaluate any damage to your system caused by the opiates. Medications that can be used to treat opiate withdrawal include: If you experience nausea or vomiting, you may become dehydrated. Dehydration can be a serious problem leading to abnormal heartbeats, which in rare cases can lead to circulatory and heart problems. Symptoms of dehydration include:

Chapter 9 : Fighting Withdrawal –“ Attenzionen!!!

Going through opiate withdrawal is challenging. But breaking your dependence is a vital first step in living a healthier life. Though opiate withdrawal is not normally life threatening, the.

They are highly effective in treating patients suffering from acute leg or back pain. Because of their highly addictive nature, they are usually prescribed for only 1 to 2 weeks. Opiates work by inhibiting the pain-response of the nervous system and reducing the number of pain-signals sent to the brain. Some common prescription opiates include Oxycontin oxycodone , Dilaudid hydromorphone , Vicodin hydrocodone and acetaminophen and morphine. The illegal drug heroine is also an opiate. Opiates create a euphoric sense of well-being that becomes addictive for some patients. Over time, they develop a tolerance to the drugs, prompting a gradual increase in dosage that can result in severe dependency. Prescription opiate abuse is often the gateway to heroine, a potentially fatal addiction. Some early symptoms of opiate withdrawal include anxiety, insomnia, excessive perspiration, irritability and muscle tension. Later symptoms include intense mood swings, dehydration, dilated pupils, nausea, high blood pressure, diarrhea, and severe muscle and abdominal cramps.

Advertisements If you or someone you know suffers from opiate addiction and is ready to make a change, some healthy habits and home remedies can help ease withdrawal symptoms and increase the chance of a successful recovery. Also, seek help from your doctor. Medical intervention is particularly important during severe withdrawal. Here are the top 10 ways to fight opiate withdrawal.

Keep Yourself Hydrated Dehydration due to diarrhea and vomiting is a common symptom of opiate withdrawal, causing many people to end up in the hospital. Drinking plenty of fluids is the first step toward healing. Furthermore, water will release tension in the muscles and joints. Stressed muscles constrict the capillaries running through them, thereby obstructing the flow of oxygenated blood. They also trap toxins, which accumulate and worsen the pain. Drinking water will flush the toxins from the body and lubricate tendons, joints and muscles. This reduces muscle stress, leading to better oxygen-rich blood flow. The release of oxygen in the muscles will provide further relief. Drinking a homemade electrolyte solution also helps combat dehydration. It restores the electrolytes body minerals responsible for fluid balance that are lost with diarrhea and excessive vomiting.

Advertisements Opiates most commonly mimic endorphins –“ the pain- and stress-fighting neurotransmitters. Over time, the brain gets used to these artificial endorphins and stops making its own. During withdrawal, the body has a hard time adjusting back to supplying its own endorphins. This leads to an endorphin deficiency causing severe emotional and physical pain, such as mood swings, anxiety and unbearable muscle pain. Physical exercise like running, jogging, swimming, aerobics and weight training helps the body create endorphins in abundance. A daily exercise routine can help fight both physical and emotional withdrawal symptoms.

Aromatherapy For years, aromatherapy has been used as a holistic body treatment. It is especially effective in relaxing, calming and destressing those suffering from opiate withdrawal. Flowers, leaves, bark, stalks, roots or rinds of plants and herbs are used to extract essential oils, which are then mixed with lotion, oil or alcohol. These concoctions can be sniffed, applied on the skin, added to bathwater or used in body massage. When the nerves in the nose encounter the distinct fragrances of these essential oils, they send impulses to the brain that causes it to produce endorphins. These endorphins reduce anxiety and depression, and calm strained muscles. In a bathtub full of warm water, add 10 to 15 drops of vanilla, lavender, peppermint, rosemary or ginger essential oil or a combination of them. Soak in it for 20 to 30 minutes, a few times a week.

Soak Up the Sun What better way to get plenty of vitamin D than basking in the warmth of the sun each morning? Regular sun-exposure is strongly advised for those suffering from drug-abuse withdrawal, which can cause severe depression. The boost of serotonin enhances the mood and releases stress. Sun exposure also promotes the production of endorphins in the body that help combat muscle pain.

Massage Therapy Massage therapy is another way of relaxing post-opiate aching muscles. When the opiate supply stops, the body goes haywire trying to adjust to the lack of pain-fighting endorphins. This leads to muscle and joint pain that often becomes unbearable. Massage provides regulated pressure against the muscles and joints that promotes circulation and creates body heat. This relaxes and soothes the soreness. A 30–“minute massage a few times a week for

several weeks can also help promote better sleep and reduce pain, depression and anxiety. Acupuncture

Acupuncture is the ancient Chinese practice of inserting needles into specific points in the body for stress and pain relief. It is especially helpful in opiate withdrawal, as it can directly address the aching areas as well as those that connect to the brain and regulate mood. The World Health Organization has identified 64 medical conditions that acupuncture can treat, including drug abuse, according to a study published in Evidence-Based Complementary and Alternative Medicine. Furthermore, acupuncture can help treat muscle pain, joint soreness and spasms.

Cayenne Pepper Cayenne pepper contains a substance called capsaicin that causes an endorphin rush in the body when consumed regularly. This heat propels the production of endorphins that help ease withdrawal symptoms, such as body aches, anxiety and mood swings. Drink it 20 minutes before breakfast each morning. Also, sprinkle generous amounts of cayenne pepper in your daily recipes.

Ginger Ginger has been traditionally used to treat gastrointestinal ailments, such as nausea and diarrhea, induced by opiate withdrawal. Ginger also contains gingerols that boast incredible anti-inflammatory properties, according to a study published in International Journal of Preventive Medicine. Therefore, consuming ginger may also relieve muscle and joint soreness. Drink 2 to 3 cups of ginger tea daily. Strain the tea and add a little lemon juice and honey for taste. Include ginger in your cooking or take a supplement after consulting your doctor.

Drink Warm Almond Milk The central nervous system, which controls sleep patterns, comes to depend on opiates to function in an addicted person. Taking away the opiates causes nervous system malfunctions and interferes with a normal sleeping pattern, even causing insomnia. Getting key nutrients can help promote better sleep. Magnesium and calcium, in particular, are beneficial in promoting restful sleep. Since almonds are a rich source of magnesium and milk contains calcium, drinking a warm glass of homemade almond milk each night will help you sleep. Put 1 cup of almonds soaked overnight and drained and 2 cups of water in a blender. Blend it for 2 to 3 minutes, until a thick paste forms. Boil 1 cup of milk in a pan, then add 1 to 2 teaspoons of the almond paste and mix well. Drink this each night.

Passionflower Passionflower can help fight stress, anxiety and irritability that people often face after quitting opiates. According to the University of Maryland Medical Center, passionflower increases the level of certain chemicals in the brain called gamma aminobutyric acid GABA that decrease stress and induce a sense of relaxation. Furthermore, the stress-relieving properties of passionflower help improve sleep and fight insomnia. This herb even calms the nervous system and helps reduce joint soreness, muscle pain and spasms. Steep 1 to 2 teaspoons of dried passionflower in a cup of hot water for 10 minutes. Drink this tea once daily. You can opt to take this herb in supplement form, but only after consulting your doctor. Avoid overconsumption of passionflower, which may cause dizziness, palpitations, drowsiness and nausea. The herb is not recommended for pregnant or breastfeeding women.

Additional Tips Drink 3 to 4 cups of chamomile tea daily. It has anti-inflammatory properties that soothe aching muscles and calm a diarrhea-ridden stomach. To relieve nausea, soak 1 tablespoon of fenugreek seeds in water overnight, mix it into a paste in the morning and eat it. Ibuprofen, Tylenol acetaminophen and Imodium are effective over-the-counter medications for fighting opiate withdrawal symptoms. Before taking any medicine, consult your doctor. Follow a healthy diet that includes lots of vegetables, fruits and protein. Take up a new hobby or start doing something that will keep you busy. Sleep as much as you can to give your body and mind the rest it needs for a full recovery. During withdrawal, your body temperature will fluctuate between hot and cold, so dress in layers to allow you to easily adjust to these fluctuations. Take an Epsom salt bath once or twice a week to help improve circulation as well as reduce inflammation and muscle cramps.