



ALCOHOL ABUSE



Alcohol is one of the most popular drugs in the world and is also one of the most oldest documented drugs in history. It is the worst drug problem in many countries.

It is classified as a depressant, which means that it slows down many vital functions. It slurs the user's speech and reduces a person's ability to think or walk straight. The amount of alcohol a person drinks determines the effect that it has on a person. A little bit can act as a stimulant. A little more makes a person lose coordination and control. And even more can make a person feel numb or make them go unconscious or go into a coma or can even cause death.

Alcohol is essentially a poison and is made from dead, rotted food. Sugar and yeast are used to speed up the rotting process to create ethyl alcohol (ethanol), which is called fermentation. The combination of ethanol mixed with different artificial flavorings and food coloring are used to create the different tastes and looks of alcoholic beverages. Left to age for several months or longer, the drink is ready to be consumed by those of legal drinking age.



WINE FERMENTATION PROCESS

ALCOHOL AND THE MEDIA

Flip through the channels on your TV and you'll see many commercials and shows glamorizing alcohol. Drive down the street and you'll see many alcohol ads on billboards or other forms of alcohol advertising. Turn on your radio and you'll hear how alcohol can go with the next big holiday or event or help bring your friends closer together for a hangout.

Young kids are primed to start accepting alcohol as a normal or cool thing to do from a very young age. It's really up to parents to step in and start educating their child about the harmful effects of alcohol at a young age all the way up through high school and even until he or she moves out or goes off to college.



EFFECTS OF ALCOHOL

Within minutes of drinking alcohol, it is absorbed into the bloodstream through small blood vessels in the walls of the stomach and small intestine. Then it travels from the stomach to the brain which is where it starts producing its effects and causes the action of nerves to slow down.

Common effects that a person under the influence of alcohol may experience depending on how much he or she has consumed:

- Drowsiness
- Slurred speech
- Upset stomach
- Vomiting
- Double vision
- Staggering or falling over
- Poor judgement
- Uncontrolled behavior
- Memory loss
- Coma
- Blackout





IS MY LOVED ONE ADDICTED TO ALCOHOL?

The inability to spend one day without one drink is the most obvious factor that your loved one is an alcoholic. If your loved one tries to quit and experiences alcohol withdrawal symptoms, then that is also a sign that there is an alcohol dependency. Most often, relationships, responsibilities and personal health will begin to be neglected as the user continues the dangerous cycle of drinking alcohol. All of these factors are signs that your loved one has a problem with alcohol and should seek help.

HARMFUL EFFECTS OF ALCOHOL ABUSE

Increasing the volume of alcohol consumption and drinking for a long period of time raises the chances of serious health issues which can cause irreparable damage to organs such as the liver, kidneys, pancreas, heart or brain. Diseases in the organs often occur due to alcohol abuse and can cause the body to waste away from the inside.

Common Health Risks from Long-term Alcohol Abuse:

- Malnutrition
- Damage to the nerves
- High blood pressure and stroke
- Mouth and throat cancer
- Permanent brain damage
- Liver disease
- Sexual problems



Alcohol has the immediate effects of reducing the ability of the brain to process simple tasks efficiently. Euphoria that was initially felt will eventually subside, inhibitions will be lowered, and motor functions will be reduced. People under the influence of alcohol make poor decisions. They may drive after having a few drinks which has shown over and over again to lead to major or deadly accidents. They may even participate in unsafe or unwanted sexual activities which can lead to STDs.



HOW TO HELP A LOVED ONE STRUGGLING WITH ALCOHOL ABUSE

Many alcoholics are in denial that they have a problem and need help. It can be a touchy subject when confronting a loved one about their drinking problem. If you need assistance in getting your loved one help with alcohol abuse, call a Narconon Fresh Start drug rehab specialist today at [855-734-2223](tel:855-734-2223) for free consultation services. We'll help you get your loved one back.





DRUG ABUSE HELP LINE
1-855-734-2223

LEARN MORE ABOUT THE
NARCONON FRESH START PROGRAM

www.freshstart.net