

The Evils of Alcoholism - Part 5 - Solution - Don't drink Alcohol

Drinking alcohol is causing major issues with some individuals in our communities, the individuals involved think that they are having fun while drinking and have an illusion that they are doing well in life, not realizing that they are ruining their futures and resulting in negative impacts on people around them and their families. Not many people realize the Living Hell that is created when you have an alcoholic in the family, everyone around them has to suffer and endure the alcoholic person and it will negatively impact the future of every single person in the house.

Family members living in the presence of an alcoholic will have broken dreams, broken futures and broken homes, they will never excel academically or in sports or in business or any other venture, because there is the presence of negative energies around the individual involved.

Domestic Violence remains ever present in homes that have an alcoholic present and life becomes a 'living hell' for everyone living in the house with the entire family bearing the brunt of domestic violence, something else that is never discussed anywhere is that an alcoholic persons smells bad to a non-driking person, imagine what spouses have to endure when their husbands have been drinking and they have to smell him lying next to him in bed and then the morning after. a living nightmare.

The Solution is not to drink Alcohol, as alcohol will negatively impact your life and you will therefore not make any progress in life.

A. Recovery - 12 Steps of Alcoholics Anonymous

The relative success of the A.A. programme seems to be due to the fact that an alcoholic who no longer drinks has an exceptional faculty for “reaching” and helping an uncontrolled drinker.

In simplest form, the A.A. programme operates when a recovered alcoholic passes along the story of his or her own problem drinking, describes the sobriety he or she has found in A.A., and invites the newcomer to join the informal Fellowship.

The heart of the suggested programme of personal recovery is contained in Twelve Steps describing the experience of the earliest members of the Society:

1. We admitted we were powerless over alcohol – that our lives had become unmanageable
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

Newcomers are not asked to accept or follow these Twelve Steps in their entirety if they feel unwilling or unable to do so.

They will usually be asked to keep an open mind, to attend meetings at which recovered alcoholics describe their personal experiences in achieving sobriety, and to read A.A. literature describing and interpreting the A.A. programme.

B. Stop Drinking, Start Living

When you quit drinking, the immediate benefit is that you break a bad habit. However, over time, the benefits are much more noteworthy as you start to feel better and notice significant positive changes. Most people quit alcohol because they recognise they have a problem or their life has become unmanageable because of this excessive substance use. Not many people realise that there are numerous benefits to not drinking when they first decide to put the bottle down.

When someone stops drinking alcohol, their body at first can go into shock, causing alcohol withdrawal symptoms, if they are not cautious. Apparently, when someone has been consuming alcohol for an extended period, their body tends to become dependent on the chemicals present in the drink. In fact, the human body makes adjustments to the processes of the organs to accommodate the added alcohol intake.

Benefits of quitting alcohol:

1. You get better sleep
2. You're more energetic
3. Your skin gets clearer
4. Your body becomes more hydrated
5. There is an increase in the mental focus
6. Better digestion and increased absorption of vitamins and minerals
7. Reduced risk of heart disease or breast cancer
8. Better immune system
9. Improved memory function
10. Weight loss due to less caloric intake
11. Reduced sugar intake
12. Reduced risk of heart disease or breast cancer

Consuming alcohol on a regular basis can lead to alcoholic liver disease. As per the National Institute of Alcohol Abuse and Alcoholism, men should not drink more than fourteen drinks per week whereas women should not drink more than seven drinks per week. Alcohol affects our:

The Brain

Alcohol slows down the communication between the neurotransmitters and neurons, which is the command pathway for all the essential functions of the body such as moving, breathing, speaking, and thinking. The brain tissue, cerebellum, limbic system, and cerebral cortex each can be negatively affected by alcohol consumption causing several health issues such as depression, poor sleep, mood changes, alcohol dependence, and decreased brain cells.

The Immune System

Alcohol leads to the weakening of the immune system, making it difficult for the body to fight off a sickness, illness or disease. Moreover, alcohol also makes white blood cells less effective at fighting off harmful bacteria.

The Liver

The role of the liver is to break down alcohol in the human body, which throws off harmful toxins. Eventually, the liver is filled with toxins and a build-up of fat, causing Steatosis or “fatty liver”. Steatosis is an early sign of alcoholic liver disease. A fatty liver can also lead to hepatitis, fibrosis and cirrhosis.

The Heart

By consuming alcohol, you just don't damage your heart but also weaken its muscles, leading to heart disease, stroke, hypertension, and heart arrhythmias.

Alcohol can also Increase the risk of Cancer

Alcohol also majorly affects antibodies that are responsible for defending against tumour cells putting us at much higher risk for cancer. Alcohol is responsible for 3.5% of U.S. cancer deaths, or about 20,000 cancer-related deaths each year. According to a study published in the American Journal of Public Health, alcohol remains a primary contributor to cancer mortality and years of probable life lost. Reducing alcohol intake is an important and an underemphasized cancer prevention tactic.

Refraining from alcohol can help in reverse its adverse effects like thinking skills, including problem-solving, memory and attention. Enjoying alcohol in moderation has many health benefits that could give you a long life. However, if Alcohol is misused as an escape route for

personal, career or social pressures ultimately it leads to permanent liver damage leading to cirrhosis and there is a devastating condition.

Because alcohol is poison you should stop putting it into your body.