

Archive for October, 2007

Alcoholism Facts - The Unknown, Uncommon Facts

admin · Friday, October 12th, 2007



There are many facts about alcoholism which are not known to everyone. Several books and journals on alcoholism and alcohol abuse provide useful information and facts for the individuals and families who have doubts over certain things relating to alcohol abuse. Brief information and facts about alcohol abuse are given below.

Alcohol is thought of an enjoyable supplement in social events, especially by those who prone to drinking. Taking alcohol in moderate quantity (around 2 drinks for men, 1 for women) is not harmful but making it a habit can be very dangerous and may lead to severe alcohol problems, even death at times.

Hard drinking increases the threat of certain cancers like liver, larynx, throat and esophagus and can cause liver cirrhosis, brain damage, problems related to immune system, and can damage a fetus when a women is pregnant. Most of the suicide cases reported involve the person engaged in drinking and a number of accidents are also associated with those who use to drink.

Alcoholism

What exactly is alcoholism? Alcoholism is a malady that takes into account four significant features:

- * Strong urges to drink alcohol
- * Helplessness to limit drinking habit
- * Signs of shakiness, stress and nausea in case drinking is stopped after a period of drinking heavily
- * Need to drink large quantity of alcohol

However, some alcoholics can recover without seeking help from

anyone but most of them need backing and support. Many individuals can put an end to their drinking habits for a better prospective life. It is quite astonishing that some people who drink alcohol are without any problem while some of them suffer heavily. Indeed it is related to genetic construction but not entirely. The surrounding environment, which includes friends, relatives and culture, also play an important role in evaluating the problems.

Alcohol Abuse

After discussing briefly about alcoholism it is important to differentiate between alcohol abuse and alcoholism. Alcohol abuse is a kind of a drinking pattern that leads to any of the given situations:

- * Failure to accomplish responsibilities
- * Drinking while driving or operating machinery
- * Facing legal problems related to alcohol
- * Problems in enduring relationship

Treatment Issues

There are certain issues that are considered for judging if one is coping with the problems of drinking as discussed below:

If you ever thought of cutting down on drinking; if you are upset with the critical remarks you have received for your drinking habit; if you yourself felt culpable about your habit or you need a drink to get through your hangover, you are definitely suffering from an alcohol problem. You immediately need the help of a physician who can help you get out of this problem by suggesting best methods.

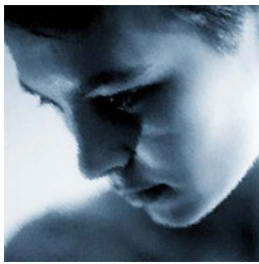
The seriousness of your alcoholism decides the sort of treatment you will be given. The treatment also depends on the sources available in your society. It may involve detoxification, taking prescribed medicines by your physician, preventing relapse once you stop drinking, or psychotherapy. The support of those who are close to you, friends and family, is also very important. It may also include resources like training, childcare, legal assistance and parenting course.

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Great, He Quit Drinking - When Will He Recover?

admin · Wednesday, October 10th, 2007



It's the most common question I hear and the most popular topic I write about. "I thought when he quit drinking?," or "The program he went through says he's successful, but??" and "Is this all I have to look forward to?" The words vary but the underlying question is pretty much the same, "He was a drunk, now he's a 'recovering alcoholic.' When's he going to get over it?"

Many never will.

That's the sad, and usually unnecessary, truth about most men who supposedly are "in recovery." They aren't going to get over it. Indeed, they are continuously warned against even trying. Wives are warned against discussing it lest you interfere with him "working his program" and precipitate a relapse. Shame on you.

For some men it's even true, except for the nonsense about your possible responsibility for his forever-pending relapse, of course. He is responsible for any future drinking, just as he was for his past drinking. Don't fall for that red herring. But a lot of men lack the maturity, the coping skills, the social supports, or the outside interests that make outgrowing AA-style "recovery" possible or desirable. It's a crutch they could throw away along with their alcohol dependence, but it probably isn't going to happen.

And for the rest?

A lot of them are just plain scared, and with good reason. They have been brain washed by treatment programs, Dear Abby, the minister, their fellow meeting devotees, "sponsors," the press, TV and so on. They're told they have "a lifelong, progressive disease for which there is no cure, only endless recovery in the form of 'working the program,'" as a substitute for getting a life. It's enough propaganda to scare anyone and it's been around for fifty, mostly unchallenged, years.

So what's a wife to do if you want a real marriage while he's still pursuing an affair with his "disease?"

Sadly, your options are limited. There isn't a lot of help out there to support you in seeking a better and more intimate relationship with your spouse. Few therapists have the experience necessary for the task of refuting treatment industry ad copy and dire predictions. Fewer still can resist the temptation to simply "process" your frustrations with you for months or years on end, rather than help you formulate active solutions. That too is somewhat understandable - solutions are risky, unpredictable, and unsettling. Better to listen, nod sympathetically, and send the bill.

But, you still want more. Good for you.

Creating a more intimate relationship doesn't come with a road map. You can't pick an end, do a few programmed maneuvers, and arrive at the desired destination. The best you can manage is to head off in that general direction and hope that he follows along. No guarantees, just possibility, which is something you don't have now. And possibility, not even probability, needs to be enough for you. Otherwise you'll need to resign yourself to whatever comforts you current life offers. Many wives do. Some like it.

However, for you, remember that the basic rule of change is that you can only change yourself. The hope is that in doing so, he will also change and that this will bring you closer together. Sometimes that's the case, other times he'll just move even further away, if he even notices. Still, at least you'll establish what's possible. That's the real object. Try a few changes, see what happens, adjust, try some more, see where that goes. Assess your feelings. Add another change. Resist ultimatums, threats, and coercion. Change yourself and your circumstances for the better and see what responses appear.

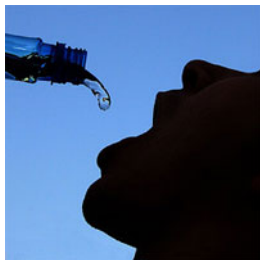
For your part, remember: active, not passive; assertive, not aggressive; responsive, not reactive.

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How Do I Avoid Drinking Too Much Alcohol?

admin · Monday, October 8th, 2007



If you are trying to prevent yourself from drinking too much alcohol at social gatherings or even in your daily life, there are certain things you should know about how to live a life that is balanced and alcohol-free. Here are a few ways that you can keep your alcohol intake under control.

One of the best things you can do to monitor your drinking is to plan your social life carefully. If you want to stay away from alcohol, try to make sure that you are not always in tempting settings where alcohol is served. If you usually go to lounges and parties where there is a bartender or cocktails, try going to the movies or pack a picnic instead. Not only will this give you and your friends something different to do when you go out, but you can be sure that you won't

have to deal with the pressure of drinking if you feel it may get out of control. In addition, the people that you are hanging out with won't be drinking either, which takes the pressure off tremendously.

You should also make sure that you understand the connection between your drinking and your daily habits. If you normally drink when you are upset or stressed, pay attention to the things that make you upset and try to either eliminate them, or deal with them in a different way. For instance, if you are experiencing stress at work, and usually drink after work, try something else that relieves stress, such as taking a walk after dinner or listening to your favorite music. You can also take advantage of meditation to clear your head and calm yourself down. This may feel strange to you at first but after a while, you will become accustomed to using alternative methods to make yourself feel better. It is also best to substitute drinking with positive activities as soon as possible. Even if you feel that you are just a social drinker and only drink when you are out with friends, you should use things like physical activity, your favorite television show, or spending time with loved ones to replace your tendency to drink.

Asking your doctor for advice is also a great way to get help if you think that your drinking is getting out of control. Your physician can refer you to counselors and therapists that can help you control your drinking before it becomes a serious problem that can ruin relationships with family and friends and eventually destroy your life. It may be a good idea for you to visit an Alcoholics Anonymous meeting or two in your area, so that you can talk about your feelings in an environment where you won't be judged. You will be pleasantly surprised by the insight you will find by listening to others who may have been in your shoes at one point. You will also be able to make an honest observation about whether or not you need to get more help.

No matter which methods you choose to get your drinking under control, it is important to be honest with yourself about how serious your problem is and to ask friends and loved ones for support while you're making sure that alcohol does not take over your life.

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What Should You Do To Avoid Alcoholism?

admin · Friday, October 5th, 2007



If you've seen the negative effects of alcoholism from someone you love, or if you've learned about the dangers of drinking alcohol from parents, work, or school, you know that consuming too much alcohol at any time is a bad idea.

If you want to make sure that you can avoid alcoholism altogether, there are many things you can do to make sure that your life is both healthy and happy.

One of the first things you should do is to make sure that you are in an environment where alcohol is not a temptation on a regular basis.

So keep alcohol out of your house and try not to go to any restaurants that are known for serving alcohol in a bar setting.

Many people keep wine or liquor bottles in their homes as decoration, or even as a sign of social affluence, but if you know that you will be tempted to drink -- especially if the alcohol is very accessible -- make sure that your surroundings are alcohol-free.

It is also important to check your family history if you are trying to avoid alcoholism.

While alcoholism is not exactly hereditary, there are certain traits that you may have inherited from parents, grandparents, or even aunts and uncles that can lead to alcoholism.

If you know that some people in your family have had bouts with alcoholism, the chance of your dependency may be greater.

Or if you've seen people in your home drinking on a regular basis, this may seem like normal behavior to you, which means you are more likely to make drinking a habit yourself.

While family traits do have something to do with how alcohol will affect you, remember that everybody is different - while some people in your family do not seem sick, depressed, or overly angry when consuming alcohol, this doesn't mean you will react the same way.

Next, you should figure out: what makes you want to drink?

Do you feel glamorous or socially superior when you're drinking? Do you think that alcohol makes you more outgoing than usual?

Do you drink to overcome bouts of depression or stress? Or do you just like the look of having a drink in your hand?

Whatever the case, you should find out what void you are attempting to fill with alcohol.

This way, you can use positive activities in place of alcohol to enrich your life. If you're an entertainer, you can make non-alcoholic drinks at home with the same types of colors and decorations if you like the look of some alcoholic drinks.

Also, planning more social gatherings to spend time with friends and meet new people will help you feel more confident about your social life without using alcohol.

Finally, the way to make sure that you stay away from alcohol and avoid drinking too much is to surround yourself with people who feel the same way.

Support from friends and loved ones is essential as you make the effort to avoid alcoholism. You may also give someone else the courage to stay away from alcohol as well.

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What Drinking Does

admin · Wednesday, October 3rd, 2007



Why do we dance on tables when drunk, why do we crave chips at 3am and why do we feel so, so awful the next day?

What makes you feel drunk?

When a person drinks an alcoholic beverage, about 20% of the alcohol is absorbed in the stomach and about 80% is absorbed in the small intestine.

One of the most rapid affects of alcohol is on the central nervous system (CNS), which controls a range of vital body functions including speech, muscles, sense organs and sweat glands.

Usually the CNS receives information from organs such as the eyes and ears, analyses it and then responds, perhaps by contracting a muscle.

However, alcohol impairs our CNS functioning which, in turn, causes the usual symptoms of being drunk. These include disturbed balance, slurred speech, blurred vision, excess sweating and the dulling of our sensation of pain.

Alcohol also affects the outer layer of the brain (the frontal cortex) that is concerned with conscious thought. This is why people under the influence of alcohol often lose their inhibitions and dance on the tables.

What makes you feel so lousy?

Dehydration: Alcohol is a diuretic. This means it encourages the body to lose more water than it takes on by halting the production of the body's anti-diuretic hormone. This means you feel the need to pee excessively, thus speeding up the loss of fluid from the body that leads to dehydration.

Alcohol also attacks our stores of vitamins and minerals, which need to be in the correct balance for the body to function normally.

Dehydration caused by drinking can affect the balance by draining potassium from the body, resulting in thirst, muscle cramps, dizziness and faintness.

The shakes: When a person drinks, they take in large quantities of increased glucose. Their body responds to this by producing more insulin, which removes the glucose.

Once the process has started, the insulin carries on working removing glucose from the blood. Low blood glucose levels are responsible for the shakes, excess sweating, dizziness, blurred vision and tiredness.

Munchies: To overcome this feeling of lethargy the body craves a carbohydrate boost, which is why many people want chips when they have been drinking.

Breaking it down

The liver is the main organ that gets rid of alcohol by breaking it down. It metabolises about 90% of the alcohol in our body while only about 10% is excreted through either our urine or breath. The liver metabolises alcohol at the rate of one to two units per hour, sometimes less than that in women.

The liver needs water to get rid of toxins from the body but, as alcohol acts as a diuretic, there will not be sufficient amounts in the body, so the liver is forced to divert water from other organs including the brain, which causes the throbbing headaches.

The liver also produces more toxins in the body as a by-product during the breakdown of alcohol. When the liver is metabolising alcohol it produces acetaldehyde, a substance which has toxic effects on our liver, brain and stomach lining, resulting in severe headache, nausea, vomiting and heartburn (aka hangover).

Sleep

Alcohol interferes with sleeping rhythms, while dehydration reduces the quality of rest we get. Alcohol also relaxes the muscles in the back of your mouth, increasing the likelihood of snoring.

The Morning after

If your alcohol consumption was fairly high the night before, then you will be greeted with more than a common hangover the next day. You could have one or all of these:

The toxicity of alcohol can irritate the stomach causing gastritis (chronic stomach upset) often leading to vomiting.

Alcohol can cause inflammation of the oesophagus, the tube that carries food from the throat to the stomach, causing heartburn.

Alcohol often affects your bowel movements. The small and large intestine reabsorb salt and water but alcohol interferes with this process often causing diarrhoea.

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The Dry Drunk

admin · Monday, October 1st, 2007

☒ A dry drunk is someone who exhibits alcoholic behaviors and thinking but has not actually had any alcohol. A dry drunk displays the same signs and symptoms as an alcoholic, such as denial, anger, resentment, and spiritual and emotional immaturity. Actually, there are many dry drunks in the twelve step rooms. They have gone to alcoholics anonymous for years but still live an unmanageable life as they struggle through each day without a drink.

Unfortunately, a dry drunk is still not sober, at least not in the sense of being spiritual aware and mentally at peace with himself and others. He still craves alcohol in the social sense because alcohol to him was his best friend. Chances are high that a dry drunk will relapse over and over again because they are not healthy spiritually, emotionally or mentally. In essence they have a difficult time dealing with negative emotions and issues that affect their daily life.

The good news is the dry drunk condition can be totally eradicated from a person's life, and they can be productive and happy people without ever having another sip of alcohol. I call this total sobriety. Total sobriety is getting to the root of the alcoholic's problems first, and then tackling the drinking problem, which is only a symptom of something greater going on within the alcoholic. We often overlook the mental, emotional, and spiritual condition of an alcoholic, and instead focus only on the drinking. The drinking is secondary to the addiction.

All alcoholics need some kind of inner healing, and whether they know that or not is another matter. An alcoholic will drink to feel better emotionally and mentally. That, of course is part of the problem that

gives the alcoholic the compulsion to drink. Intense emotions like anxiety, fear, panic attacks, mistrust, and insecurity are some of the more prevalent signs that the alcoholic thinks he needs another drink. A dry drunk does not use alcohol to medicate his feelings with; therefore, they suffer needlessly every day of their life.

Should the dry drunk drink so they will not have to suffer? Of course not. They need to focus on healing the inner demons within them by retiring their old life (sins, emotions, pride, selfishness, addiction, past) to God. Unfortunately many dry drunks end up finding another addiction to take up, which once again suppresses their emotions and keeps them from seeking God for their life challenges.

Why is a dry drunk still not happy and at peace with himself? Why do some alcoholic?s have a hard time coming to total sobriety? They are not going to the root of the drinking problem, and they are not going to God for the inner healing they desperately need. God is our source - period! What is so hard about believing that? God is what makes a person whole in body, mind, and soul because He is our source!

Total sobriety is having a healthy body, mind, and soul. Without the three components of sobriety coming to light for the alcoholic, he or she will almost always crave alcohol and, live in an unmanageable state, living to drink, and drinking to just get by.

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