

## Alcohol and Why it's a Recipe For Disaster

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Moderate drinking may not cause any problems but people who drink heavily may have an array of problems. There are many people who have a social drink now and then or enjoy a beer with friends or a glass of wine a few times a week. Most of these folks do not have a problem with alcohol dependence or alcoholism.

On the other hand there are people who are struggling with alcohol additions and this is a situation laden with problems. Some of these problems not only affect the person who is drinking too much but they can affect many others as well.

Sometimes when people drink too much it can begin to ruin relationships. The person who is drinking may lose touch with family members and friends. They may even become estranged because of their drinking.

Alcohol can cause problems between husband and wife and with parents and children, brothers and sisters. Sometimes these **problems with alcohol** end up costing the drinker his/her marriage or custody of children. Friendships are ruined.

Children in contact with alcoholics are more likely to have behavioral problems and health problems. There are people who end up losing their jobs, homes and vehicles. They are not able to make payments owed for utilities, mortgages and credit cards.

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