

Archive for the "how to quit drinking" category

How To Quit Drinking At Home

admin · Friday, September 3rd, 2010

Here's a great video which can help you... it introduces 7 step process to quit drinking, end alcohol abuse, stop binge-drinking or break any bad habit or addiction.

7 Step Method to Quit Drinking (Alcohol Rehab Program: Day 1)

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How To Quit Alcohol Through The Alcoholics Anonymous 12 Steps

admin · Saturday, March 27th, 2010

The Alcoholics Anonymous or AA is one of the oldest organizations that help self-confessed alcoholics to abstain from drinking by seeking support from other members who have been addicted to alcohol and finding different ways to shun it for lifetime and resume life like normal. Its origins can be traced somewhere to the mid 1800s but there are no such clear facts or figures as it is a non-registered, nonprofit organization spread across the entire world, who offer the alcoholics anonymous 12 steps plan, and it works.

It is very simple to attend an AA meeting. You do not have to enroll or register. All you have to do is check where the next AA meeting is being held in your local town or city. Get the details from the web site or your local paper and just go and attend it. You do not need to divulge details on your name or occupation and it is expected that all other members of the AA attending the meeting preserve anonymity. Therefore, the name Alcoholics Anonymous! After all, they are present for the same reason that you are - to get support in abstaining from alcohol.

Most AA meetings involve members of the meeting sharing their experiences about how their life was affected by alcohol and what steps they took or did not take to keep away from alcohol. It also

touches the emotional aspects of being an alcoholic and how one can get life back to normal after the effects of alcohol on their family, friends, work and themselves. Sometimes, AA meetings can describe about their alcoholics anonymous 12 steps towards abstaining from alcohol. This alcoholics anonymous 12 steps program has a spiritual incline and sometimes members may not benefit too much from this unless they have belief and faith. However, sharing one's own experiences and listening to other people's life stories can have a catharsis like impact on the person and thus have some therapeutic effect. Also, most alcoholics abstaining from alcohol become close friends with other AA members as they are going through the same phase of life and struggle and can be more empathetic than their own family and friends.

AA does not solicit membership or retain any control on its members. It is also not a charitable organization that any alcoholic can use to seek monetary or non-monetary help. It also does not have any specific counseling sessions or acts as a qualifying or certifying authority for lawyers, parole boards or any other organizations. It also does not provide any conditions through which one can decide if he or she is an alcoholic or not. If you think you have an alcohol problem, you are welcome and if you feel it does not help you, you can stop coming after one attendance.

Alcoholics Anonymous 12 Steps Program

How To Quit Drinking

Proven At Home Alcohol System - Just 10 Min/Day For 21 Days.

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The Successful Ways to Quit Drinking Know-How

admin · Saturday, March 20th, 2010

☒ Knowing **how to quit drinking**, whether it be for yourself or for somebody you know is the key to eliminating alcohol successfully from a person's life. The ways to quit drinking basically have to do with seeking and getting professional help apart from having a firm support system in place. People who have a drinking problem are faced with three stark choices. They will drink themselves to death; their irresponsible behavior will see them institutionalized or imprisoned or they can decide to clean up their act. In each of these cases the end result is that one quits drinking. Now as to which course of action one would select depends upon one's circumstances and mental pre-disposition.

A vital first step on the road to giving up drinking is identifying the reasons that make one consider giving up drinking. Things like health related problems, career, family and social issues or any other issues

that one knows will get resolved if one were to give up drinking. It would be a good idea to prepare a list from these and paste copies of it at strategic places like the refrigerator, the bathroom shaving mirror or any other similar place. What this does is keeps one motivated to stay away from drinks and drinking.

Second, one could make out a plan for gradually reducing the intake of liquor to the point that one quits drinking. This makes it easier for hardened drinkers to gradually ease themselves out of a long ingrained habit. While one is at it, one must monitor progress, and not get duly perturbed by the occasional lapse. The main reason for success is perseverance.

It is very possible that one may often not be able to give up drinking on their own. In such cases it is prudent to consult a doctor, because once a person has become an alcoholic, he is suffering from a disease which only medical treatment can cure. One thing that is critically important is the fact that one needs to possibly change one's lifestyle to a sensible one. If that means that one should quit associating with certain people like one's former drinking buddies, or quit being in social situations which require drinking one should go ahead and make those changes.

One could also consider joining support groups like Alcoholics Anonymous who can be a great help in motivating one to quit, especially when all its members are or have been in a similar situation and therefore in a position to offer insightful help. And lastly when one has cleaned up one's act, one owes it to oneself to stay resolute and not fall back to the old ways. If that means learning to say no to old friends and acquaintances, one should do so. The gains that coming out of a state of sapping alcoholism accrue to a person came after a lot of hard work and sacrifice. One owes it to oneself to fight tooth and nail to preserve those gains.

How To Quit Drinking

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How To Quit Drinking Tips

admin · Saturday, March 13th, 2010

Are you having too many problems with your drinking habit? Is your family suffering in silence? Then take steps now and learn **How To Quit Drinking** alcohol for a bright future. You should begin by seeing your doctor who will examine you and guide you on how to initiate. On the other hand, you can contact a support group in your vicinity. Sometimes people set a date somewhere in the near future to quit

using alcohol. Even though some people manage to control this habit on their own, some have to seek professional help in order to manage the withdrawal symptoms.

So if you feel you are addicted to alcohol, talk to your doctor as to whether you have to withdraw from alcohol addiction only under medical supervision or not. Withdrawals can be really bad and they can make you feel depressed to say the least. So your doctor will give you the right medication so that you may safely withdraw from your addiction to alcohol. Your health care provider may prescribe you further medication at a later date in order to help you stay sober. Overall, with the help of a medical professional it is easier and safer to manage the withdrawal successfully.

If you want to know how to quit taking alcohol, then take note of the vast array of benefits that you will experience:-

1. Alcohol cessation will help you in getting a better immune system. It will reduce your health problems and prevent problems like liver damage.
2. In case you are pregnant, your baby will grow in a safer and better environment.
3. Alcohol consumption usually affects personal relationships. Therefore you will be safe from family rejection and your family will be able to enjoy you more.
4. Erasing alcohol from your life will help you in increasing your productivity both at home and in the office.
5. It will improve your focus and you will start to enjoy reading and studying again, and you will once again return to training your brain.
6. On the whole people who drink alcohol proceed to drive their vehicle without contemplating the dangers of drink driving. If you quit drinking alcohol, you will not get into any drink drive related legal trouble.

There are many hospitals and organizations that help you to cut down on or quit the consumption of alcohol. They will provide you with the knowledge regarding what it does to your body and also give you emotional support as soon as you have quit drinking. This applies especially if you abuse alcohol or you are completely dependent on alcohol.

Most of the time, the groups in such organizations comprise of people who have had an alcohol related problem in their past. Even though they are at the forefront, your identity remains anonymous. At times these groups provide you with psychologists and other health professionals to make your treatment as effective as possible. You can even choose to talk to them by phone, if you don't feel ready to attend their support programs.

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How To Quit Drinking - Just Say No To Alcohol!

admin · Friday, March 5th, 2010



If you want to found out **How To Quit Drinking**, then just ask an alcoholic to give ten reasons why he or she drinks incessantly. Most alcoholics would have started drinking to find comfort in something that they are lacking. The excuse could be anything - shyness, lack of love or affection. Finally, at some point of time they forget the main reason why they started drinking and get addicted to drinking. However, drinking is no substitute for anything that you are lacking in life. In fact, it can only deteriorate the existing quality of life. There have been several average successful and prosperous people in life who have plummeted to the lowest of living owing to their addiction to alcohol.

Drinking does not only harm the alcoholic physically and mentally, family and friends close to that person also suffer mentally and sometimes physically. There are enough statistics around the entire world that prove that a large amount of domestic violence, physical and mental abuse, broken relationships, and broken homes stem from alcoholism of just one member of the family. Are not these sufficient reasons for one alcoholic to stop drinking? After all, who wants to see their and their loved ones life crumbling just because of them?

There are several other practical reasons for not drinking alcohol. Alcoholics are always at the risk of contracting several other medical conditions like lung or liver cancer, heart disorders and brain and nerve damage. Alcoholics are also more likely to pick up habits like cigarette smoking and drugs. In fact, according to certain statistics, alcoholics are more likely to die 15 years earlier than the others because of such conditions. And one must not forget that a large number of accidents can be attributed to drunken driving.

Alcohol can just not kill you physically; it can cause severe damage to your lifestyle. If you have been an average man with a good family and a good job and then succumb to alcohol addiction, it can have a devastating effect on you and your family. As an alcoholic you can do

depraving things under the effect of alcohol that you would later regret for the entire lifetime. Not only will you suffer from depression and anxiety, you are bound to spread that effect on your entire family.

If you want to be in control of your life, stop drinking. The effect of alcohol is a mere illusion and once you are back to reality, you will hate yourself for what you have done. Enjoy this miracle of life! If you are worried or concerned about something, seek help from your family and friends. Seek spiritual guidance and help. Preoccupy yourself with your work and involve yourself in charity affairs. It is never too late to say no to alcohol!

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Depression And How Never To Forget How To Quit Drinking

admin · Friday, December 18th, 2009

Now many people think that alcohol actually helps depression or that it helps you to relax. Well you may or may not be surprised to hear that is not the case. Alcohol may help you to forget about on going life problems, or even relax you temporarily, but there will always come a time when you have to face up to reality.

Unfortunately alcohol can turn somebody with problems into an alcoholic virtually over night, so it certainly is not the answer for anybody to avoid feeling depressed. I mean, do you really think a drink of what ever is going to help us in any way at all? - The answer as you know is NO, so anybody in the right mind would want to know how to quit drinking.

It is an extremely complicated process, but the light at the end of the tunnel is permanently visible, so don't ever doubt that knowing how to quit drinking is beneficial for anybody hooked on that dreadful poison.

Learning how to quit drinking is not as difficult as you may think and even possible overnight, although the true results of having actually really achieved the goal of having discovered how to quit drinking will become truly apparent after approximately three weeks.

This may not be the time or the moment for you or anybody else you might know with alcohol addiction problems, but NEVER forget that there is a way for anybody to learn exactly how to quit drinking.

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Drinking Too Much Alcohol? Learn How To Quit Drinking Online

admin · Friday, December 11th, 2009

Bingeing or Binging is a very real and very current phenomenon. Hordes of PYTs, office goers, young people and old alike, college and university kids spend many days a week drinking massive amounts of alcohol without restrictions whatsoever.

They drink so much that their capacity gets rapidly inflated. They don't get drunk even if they drink 10 times what they used to and they simply crash and/or become unconscious once the alcohol hits the breaking point in the bloodstream. They get so addicted to it that if they don't do their regular binge party at the bar for a few evenings, they feel lost and dazed. The habit becomes so severe that one begins to stock up more than normal amounts of alcohol at home. Then one starts drinking at odd hours and whenever one is thinking, working or under stress. Slowly, alcohol is introduced into the system so often that it loses all its potency, and instead now, its lack rather than its presence affects the body.

They drink because it is considered cool to drink, they drink because they are stressed, are used to, are forced under peer pressure to, or they are simply too bored to be doing anything else worthwhile. Some stupidly drink as much as they can just to show how much they can drink. It hardly takes a reason now-a-days for urban folk to head to the bar. Images in the media and the movies are syndicated by the alcohol and media cartels which many a time has mixed ownership. The best and most expensively produced TV Commercials in the world's most expensive media slot - that of the Super bowl, mostly has beer and alcohol ads. It's a testament to the strength, money and power the booze-lords possess.

Kids in colleges and universities drink in their heydays like there is no tomorrow. Every night is a party in the dorm or the bar. They forget the lasting damages that such violent infliction of booze has on the human body.

The almost empty bottle in the hand of the troubled antagonist is a

quintessential images in movies the world over. People start drinking too much in order to keep their minds blank and be too drunk to be worried by their troubles. It is worse than Binging. Here the drinker knowingly and maniacally drowns him/herself into the bliss through ignorance that alcohol offers.

Don't see that image in your mirror ever. Drink Responsibly. A thing of enjoyment should be savored and not drained through one's body. Discourage drinks at parties, office meetings, family functions, and other events. Visit the booze-bar less, visit the salad-bar more. Your body is your temple, it will shine or fall apart depending upon what you put in it.

Drinking is no more than a legal bad habit, that the state prefers to encourage rather than engage, but only doing nothing just makes the problem worse. So why don't you just quit drinking on your very own , without actually being told to do so. You know it makes sense!

It's no different any other bad habit. We know it's bad, but we just continue to do it regardless. So don't just allow yourself to get sucked in to the bad habit club, and come clean today. You will get loads of support, plus great tips to finally grasp how to quit drinking before Christmas this year on the Stop-Drinking.org blog, which is regularly posted with new ideas to help quit drinking alcohol once and for all.

Hurry, start today and learn how to quit drinking before Christmas this year.

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How To Quit Drinking Through Online Support

admin · Sunday, December 6th, 2009

To quit drinking should be the obvious thing to do for someone whose health is adversely affected by the drinking of alcohol. But every alcoholic takes some time to accept that he is one. By the time the realization sets in, he is in a much deeper mess than before, and extricating himself from it is that much more difficult.

The problem with drinking is that it is socially sanctioned in so many cultures. Then there is the association with fun, good times and manliness about the act of drinking so assiduously built up by the multibillion dollar liquor industry. They cleverly associate drinking with major sports, fashion and lifestyle events around the world. This carefully crafted image of harmless fun and good times often leads to an endless spiral of drinking parties, binges, and more and more

reasons to drink for some young people. What they need to do is to view things in perspective, and realize that their future will be one of grief, disease and misery if they do not quit drinking and adopt a healthy lifestyle

In fact nations have been brought to ruin because people will not quit drinking. Take the case of Russia for example whose people have a historical love affair with Vodka. Empires and governments have come and gone, but the Russian people will not sober up. This has caused untold damage to their national productivity, the health of the citizens and indeed the problem has become so grave that another Russian head of state has had to exhort is people to quit drinking.

The realization that drinking ruins one's career, family and social life, health and not to speak of one's finances is a powerful reason for people to want to quit drinking. There are people who are strong willed enough to totally give up drinking for ever once they have realized the folly of continuing with pernicious habit. Then there are others who need more time and professional help to assist them in quitting.

The family of course can be a pillar of strength to somebody trying to quit drinking because it often involves a lot of emotional trauma. Then of course there is the redoubtable Alcoholics Anonymous, an informal association of reformed and reforming alcoholics who not only offer invaluable advice but are often bedrock of immense support.

To those who would not quit and persist with their drinking ways one would only offer one's sympathies for they are on the highway to disaster and oblivion. They will eventually ruin their health; lose their job, money and family. There would be no hope left for them, and what could have been a life full of promise would have come to naught.

If you really need to know how to quit drinking, the information is freely available on the Internet, as so many people have now managed to quit drinking through the means of online support, and why not. The Internet has so much bad publicity, whereas really it is no more than a massive library full of information that can help us to find out or achieve virtually anything.

[Click Here Now To Discover How To Quit Drinking Alcohol Permanently, Within 21 Days \(Or Less\) - Guaranteed \(Even If You've Tried Every Known Quit Drinking Product And Failed\)!!!](#)

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Need To Know How to Quit Drinking?

admin · Friday, November 27th, 2009

For someone who wants to find out how to quit drinking the first step is usually the realization that drinking has become a problem that

needs to be addressed. Once that part is clear, one comes to the question of the best way of doing that. There will always be people who can completely quit drinking once they have made up their minds to do so. Others might not be so fortunate. In fact there are people who need medical assistance in helping them quit. Yet others are heavily dependent on support groups, such as family and organizations like Alcoholics Anonymous.

It is best to be very methodical and focused in deciding the best way to achieve the goal of quitting drinking completely. The first thing to do is to deliberate on this problem in a state of sobriety, so that you come up with a sensible and workable strategy. You could begin with getting rid of all the alcohol that you possess, since you have decided that you are not going to need it again.

Next maintain a journal in which you jot down your thoughts about what made you decide to quit drinking. This will keep you focused and away from temptation. The next extremely important and perhaps just as extremely difficult thing to do is to keep your drinking partners at an arm's length. Also give a miss to those social events where drinking is inevitable.

In case you suffer from a damaged liver on account of excessive drinking you may want to repair the damage by taking medication for it, now that you have decided to not cause any more damage to it by continuing to drink. Imbibe healthy eating habits. Consume whole grain food and lots of fruit. You may want to take multi vitamin pills as well.

Start exercising. It will not only make you feel better and healthier you will also gain in confidence by and by. Take up new hobbies. Engage in extra-curricular activities. Read books, watch movies, take up a social cause-anything that keeps you busy in useful activity.

Come to think of it why would anyone persist with something which only causes grief, distress and ultimately disaster? You have everything to gain and nothing to lose besides hangovers, ruined relationships and a tattered social life. Even the most desperate alcoholic knows in his heart that drinking is a one way to street to oblivion, but lacks the courage or conviction to give it up. In such cases professional and societal help is required. Almost nobody is beyond redemption. God created man to be happy, and quitting drinking takes one right back on the path to happiness. Once a person has decided that he needs to quit, there is every hope that he will. Some may do it quite easily, and others may have to be helped along the way- but everyone can quit.

So if you do have the need or know somebody else who does need to find out how to quit drinking urgently, then you have found the help needed to fulfill that need.

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Best 3 Reasons That Answer Why And How To Quit Drinking

admin · Friday, November 13th, 2009

☒ Not everybody who drinks alcohol has a problem. Moderate and social drinking is accepted as long as it does not affect your lifestyle physically or mentally. However, considering the impact that alcohol can have on your family, friends and yourself - even your unborn child - think twice before you lift that third glass of scotch, wine or any other alcohol - And be alert for any information that helps show how to quit drinking.

Alcohol can affect your fertility

Research shows that consumption of alcohol can affect the fertility of both men and women even if it is frequent, moderate drinking. While most people feel that alcohol lets them loosen up and feel free and uninhibited on the bed, on the contrary, alcohol can create a condition called gynecomastia which actually reduces a man's sexual interests over a period of time. Also, increased and frequent consumption of alcohol can lessen the density of sperm within a man. Along with the lowered sperm count, some men can also experience other complications related to the sperm leading to infertility. Alcohol is also known to lower the levels of T-serum which is another common cause of infertility.

Alcoholism among women can cause disorders like amenorrhea and reduced ovary count or no ovulation thus leading to infertility. Women who are trying to conceive should seriously consider giving up alcohol. Alcoholic women who become pregnant or women who continue drinking during pregnancy have a higher risk of spontaneous abortion, still birth and premature birth. Alcohol can also impair the growth and development of the fetus. Also, most alcoholic mothers face the risk of fetal alcohol syndrome which is characterized by deficient growth - physically and mentally, brain anomalies and heart defects.

Alcohol can reduce the longevity of your life

While alcohol by itself is harmful to health, it can also cause other serious disorders which put the alcoholic on high risk or life threatening conditions. Incessant drinking is known to cause cardiovascular diseases such as cardiomyopathy, strokes and cardiac arrhythmia. Alcoholics can also develop high blood pressure. Some of

them put in a lot of weight, thus leading to obesity. Try giving up alcohol if you are suffering from diabetes, high level of triglycerides, high blood pressure, obesity or any heart disorders. Recent research states that drinking a certain amount of alcohol every day can reduce heart disease risks but this does not sufficient justification for consuming alcohol.

Alcohol can affect your family, friends and even unknown people

A person under the influence of alcohol not only has an impaired judgment but also becomes aggressive thus leading to domestic violence, child abuse & incest. This will only cause grief to the alcoholic's family and friends. Alcoholism or drunken driving is the biggest reason of several accidents leading to loss of other innocent lives. Education needs to come first with alcohol as it does in every social issue that holds back society, so let's start to educate people who desperately need to know how to quit drinking, as that need is surely present all around us and should be dealt with accordingly...

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