

Curb Those Alcohol Cravings

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Craving alcohol is a complicated process that involves several different factors. We are usually first introduced to alcohol at a young age (in our teens). Since no-one under the age of 21 (in the US) is allowed to purchase alcohol, it becomes "cool" and desirable for young adults under 21 to give drinking a try.

Later on people grab a bottle of booze to feel better, gain more confidence in a social setting or to forget about their problems. Since the alcohol makes them feel better, at least temporarily, they start to crave it.

Consuming alcohol on a regular basis also becomes a habit after a while, just like driving down a familiar road. If there is a problem, or a social setting that calls for alcohol, you may be grabbing that bottle of beer or glass of wine without even thinking about it.

Once you get in the habit of drinking alcohol on a more or less regular basis, your body gets used to the alcohol in the blood stream and reacts with withdrawal symptoms when you stop drinking. These withdrawal symptoms can range from mild to severe.

If you just crave the occasional glass of wine or beer, make sure you are aware of the craving and make a conscious choice to have a glass, or skip it. Don't let your cravings or emotions make the decision for you.

If you find yourself addicted to alcohol and are unable to not give in to the cravings, please seek professional help. Alcohol addiction is very serious and the earlier you seek treatment, the easier it will be to kick the habit and take control over your alcohol cravings.

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