

**A Practical Approach to...**

# **Understanding and Dealing with Alcoholism**

“Essential reading for anyone who wants to stop drinking and change their life”

“If you want to beat alcohol you first need to know your enemy, this guide helps you do that”

“Very revealing and insightful, highly recommended”

“This information should be in the hands of everyone who wants to conquer alcohol”

# Table of contents

We have divided this guide into 50 sections, which cover the most important areas we researched regarding alcoholism and how to beat it. This guide is designed to be used as a reference guide that you can refer to as often as you need.

If you left your email when you downloaded this report then we will send you updates as we continue to add to this guide. If someone passed on this guide to you, and you would like to receive updates please go here to enter your email: <http://www.stopdrinkingadvice.org/guide/>

It is our sincere hope you get great benefit from this information which many readers have already used to great effect to help themselves, or a loved one, finally break their alcohol habit and create a better life.

Sun Tzu's famous quote in the immensely influential ancient Chinese military strategy book – "The defeat your enemy you must know your enemy" – is very true about defeating alcoholism. This guide is the ideal place to start.

A new, better, alcohol-free life awaits. Be strong. God bless.

1. INTRODUCTION
2. ALCOHOL ABUSE
3. ALCOHOL DEPENDENCE
4. TYPES OF PROBLEMS RELATED TO ALCOHOLISM
5. IDENTIFYING THE PROBLEM
6. INTERVENTION
7. DIAGNOSTIC METHODS AND SCREENING TESTS
8. GENES AND ALCOHOLISM

9. ALCOHOL CONTENT DETECTION TESTS
10. IS ALCOHOLISM A DISEASE?
11. MEDICAL IMPLICATIONS OF ALCOHOL DEPENDENCE
12. BIOLOGICALLY SPEAKING....
13. CARDIOMYOPATHY
14. NERVOUS SYSTEM
15. PEPTIC ULCER
16. LIVER
17. FACTORS INFLUENCING ALD
18. EFFECT OF ALCOHOL ON DEVELOPMENT OF THE BRAIN
19. DEMENTIA AND ALCOHOLISM
20. ALZHEIMER'S DISEASE AMONG ALCOHOLICS
21. TREMORS DUE TO ALCOHOLISM
22. ALCOHOLISM AND DIGESTIVE SYSTEM
23. SOME POSITIVE EFFECTS OF MODERATE DRINKING
24. ALCOHOL CONSUMPTION AND RISK OF CANCER
25. HOW ALCOHOLISM AFFECTS FAMILY LIFE
26. PSYCHOLOGICAL INFLUENCE OF ALCOHOL IN A FAMILY
27. FETAL ALCOHOL SYNDROME
28. CHILDREN OF ALCOHOLICS – COA
29. ALCOHOL AND ADOLESCENTS
30. ADULT CHILDREN OF ALCOHOLICS
31. WOMEN AND ALCOHOL
32. HOW FAMILY MEMBERS FURTHER THE DRINKING HABIT
33. TREATMENT OPTIONS
34. DRUG ADDICTION VS ALCOHOLISM
35. CRAVING

- 36.RELAPSE
- 37.NALTREXONE FOR ALCOHOLISM TREATMENT
- 38.TREATING ALCOHOLISM WITH ONDANSETRON
- 39.ALTERNATIVE TREATMENT FOR ALCOHOL ABUSE
- 40.COGNITIVE BEHAVIOUR THERAPY
- 41.THE BAR CYCLE
- 42.HERBAL REMEDIES
- 43.HANDLING WITHDRAWAL SYMPTOMS
- 44.TREATMENT PROCEDURE FOR WITHDRAWAL SYMPTOMS
- 45.INCLUDING FAMILY IN THE THERAPY
- 46.TREATING HANGOVER
- 47.MYTHS AND TRUTH ABOUT ALCOHOLISM
- 48.ALCOHOLICS ANONYMOUS
- 49.AA'S TWELVE STEPS FOR RECOVERY
- 50.WHERE TO GO NOW

.....  
**START OF SAMPLE COPY**  
.....

## **Introduction**

Alcoholism is something that cannot be defined in simple terms. Alcoholism in general refers to the condition whereby there is a compulsion in man to keep consuming beverages with alcohol content which is harmful to health. The condition of alcoholism does not allow the person addicted to have any control over consumption in spite of being aware of the negative consequences resulting from it.

Even if the person who is an alcoholic faces social ridicule, family pressure, abuses, insults, etc he is in a condition whereby he cannot give up the habit or obsession which is beyond his control. His senses are totally under the influence of alcohol and any kind of an effort put forth by him to give up the habit does not work. He is thus totally dependent on the beverage.

An alcoholic has such a craving to drink that even if he happens to get into alcohol related trouble like drunken driving, losing his job, etc it does not stop him from considering giving up the habit.

Not everyone who consumes alcohol is an alcoholic. A person who consumes alcohol in limited quantities and is able to say no when he does not want to is not termed an alcoholic. He or she is just a social drinker.

One interesting theory proposed by writers is that alcohol in early days was discovered to replace the scarcity of unpolluted and safe drinking water. People preferred to die a slow death rather than dying overnight after drinking the extremely polluted and harmful water which carried many bacteria's, viruses and diseases.

## **Alcohol Abuse**

Alcohol abuse refers to the condition when a person who is under the influence of the beverage refuses to stop the undesirable practice in spite of facing problems repeatedly.

Problems could be social, legal or personal. Damage caused from this could be both at the physical and mental level.

People who are under influence of alcohol generally do not bother about the condition or situation when they consume the beverage i.e. they do not bother to stay away from drinks even if they have to necessarily drive. Due to this they are at a risk of getting into trouble with the law.

Personal problems may arise due to intolerance of family members towards the attitude of irresponsibility which invariably arises out of this condition. Personal relationships get affected and life becomes filled with tension, stress and complexes.

Social problems may include misbehaviour in public causing embarrassment to oneself, one's family or friends who are around. People under the influence of alcohol generally tend to get loud and boisterous, or may become sober and melancholic. Their gait is also imbalanced and more often than not, they stagger and sometimes even fall down. They may even, without being conscious about it, abuse people around causing unpleasantness.

## **Alcohol Dependence**

Alcohol dependence can be defined as a condition wherein the person who is dependent exhibits certain other characteristics apart from those of alcohol abuse.

These include starting to drink only one particular brand of beverage, seeking to go to places where drinks are available, looking for the company of people who are drinkers, constant increase in alcohol tolerance level which means requiring more and more drinks in order to achieve that state of intoxication, going through noticeable withdrawal symptoms at the physical level after a certain period of time without drinks, drinking again to put an end to withdrawal symptoms, not being able to stay away from drinks even after repeatedly trying to give up, etc.

It is easier to treat or help people who are just alcohol abusers in contrast to those who are alcohol dependent. Alcohol abusers can sometimes be treated even by counselling and educating them on the dangers of drinking.

Alcohol dependents have to necessarily take help from the treatment clinics where they undergo detoxification, medical treatment, constant counselling, etc.

According to scientists, the condition of alcohol dependence can arise due to complex genetic disorders or due to environmental factors which include influence of family members or friends.

## **Symptoms**

You can recognize a person who has been drinking severely with various symptoms he exhibits. These symptoms increase over a period of time. Early signs if left unattended may lead to alcohol abuse and eventually to alcohol dependence.

Drunkenness is the state a person reaches when he is intoxicated. Intoxication is achieved by consuming alcohol to the extent that it impairs the physical and mental faculties of a person.

Symptoms as seen earlier includes imbalance in the gait, poor or no coordination, slurring of speech, reddening of the eyes, flushed look on the face, frequent hiccups, becoming unaware of surroundings and therefore uninhibited and behaviour which is not characteristic of the person. This in turn creates a lot of tension for the family and friends of the person concerned.

The person who is drunk also exhibits swinging emotions. While he is angry one moment he becomes sad and reflective the next. Depression swings to euphoria in a short span of time. He is depressed and contemplative one moment and jovial, exuberant and light hearted the next.

Hangover the next day is another condition whereby the drinker may suffer from acute headaches, nausea, vomiting and is very uncomfortable. In order to get over these symptoms, some drinkers take another drink early in the morning.

Drunkenness or intoxication is not a disease but only a temporary state resulting from excessive alcohol consumption. This state exists only until the effect of alcohol in the system is prevalent. It is a type of a disorder of the mind occurring due to certain chemical reactions in the brain of the intoxicated person. The person is not actually out of touch with what is real even though he may be disoriented.

## **Types Of Problems Related To Alcoholism**

Binge Drinking – The habit of drinking prevalent among mostly young people in the age group of 18 to 21 is called Binge drinking. This kind of drinking is mostly prevalent among college students. Binge drinking is a condition where men take upto four or five drinks in one session and women take a minimum of three drinks per session.

Students who indulge in binge drinking get into drinking related troubles often like injury due to accidents, misbehaviour with higher authorities, missing classes, hangovers, etc.

Early signs which have to be heeded are heavy drinking even while driving and other high risk situations, drinking until a person blacks out or loses his consciousness, marked behavioural changes like uncontrollable anger erupting violently, etc.

From exhibiting these early symptoms, the drinker progresses on to the stage of alcohol abuse whereby he gets into trouble at work, with the law and at home frequently and yet does not stop his excessive drinking.

The next progressive level is when the drinker becomes an alcoholic or alcohol dependent whereby he or she experiences extreme symptoms with loss of control over alcohol related craving and severe withdrawal symptoms.

## **Identifying The Problem**

### **Honesty –**

Being honest is the first prerequisite for diagnosing alcohol related problems if any. The drinker has to be honest in his answers when he is being questioned about his feelings, pattern of drinking, thought process, etc.

This is very important as the first thing any drinker will tend to do is to deny any kind of a problem. They tend to put in every effort to convince the person who is questioning them that they do not have any problem which requires treatment. All drinkers resist treatment.

If it is not possible to make the drinker honest with his answers it is very difficult to diagnose the level of problem accurately and start the treatment.

### **Role of doctors –**

Doctors play a very minor role in diagnosing alcohol related problems. They do not recognize the symptoms most of the times and even if they do, they are reluctant to question their patients about it. This is because, habits are something personal and it does not do well as a social etiquette to question a person about them until the patient himself talks about it.

Most of the doctors when asked about this feel, more than the etiquette point of view, they are not confident in dealing with alcohol abuse related problems in a patient even if they do diagnose the same with the help of symptoms.

According to them, this is because they are not properly equipped with knowledge of how to deal with alcoholics. A lot of efforts are being made to provide training in this field for medical and health care professionals.

### **Role of family members –**

Family plays an important role in diagnosing drinking problems if any. It is very easy for the family members to recognize alcoholism in a person with various symptoms. The first symptom is the drinker denying any kind of a problem when confronted by his spouse or children or other family members.

When they vehemently deny and go on the defensive, it is a sure sign of serious alcoholism. The person has to be convinced to go in for treatment before the situation worsens.

When a person persistently drinks in spite of the various social, emotional, physical and mental problems caused by the habit, it shows he is getting addicted to the habit and needs to at least go in for counselling as a first step. One thing we have to remember is unless the drinker himself is ready for help, family members should not try to force them into anything as this will definitely lead to more problems.

A person who is going through alcohol abuse tends to blame everything and everyone around him for all the mishaps happening due to his drinking problem. He or she generally goes on

the defensive and tries more and more to prove that everything other than his drinking is the reason for any untoward happenings.

In such a situation if any of the family members try and force their views on him he is bound to get excited, abusive and sometimes even violent. He or she may even start drinking more because of this.

The best thing family members can do in such a case is to join any of the closest Alcoholics Anonymous groups or even one of the online support groups to get ideas and tips on how to deal with the drinker effectively. These groups help family members identify anything that they may be doing wrong in dealing with the drinker. They try and identify unhealthy roles played by the family members subconsciously which might be aiding in worsening of alcoholism in the person concerned.

If the alcoholic himself is willing to go in for professional help when he reaches the extreme and things become painful, either physically or mentally, then it is easy to start the treatment and rehabilitation process.

Alternately, professional help and intervention may be sought by the family members in case of any critical health problems arising out of alcohol dependence. Even in such a case there may be severe opposition from the drinker causing problems and friction in the family.

Organizations like Alcoholics Anonymous or the Alcoholic online support groups provide mental strength and guidance to family members by effectively training them on how to remain detached from problems arising out of alcoholism afflicted member even while providing support and encouragement to him.

## **Intervention**

More often than not, forcible intervention does not help in any way in bringing the person in question for treatment or help. In fact if your intervention method is confrontational, it definitely has a negative impact on the person and puts him off from the idea of going in for help.

Moreover, doing this may make the person quite unpleasant and painful thereby putting the family under more stress and strain than what they already are in. This is one of the reasons why even professionals do not go in for interventions.

In rare cases, the intervention may be successful and the patient may agree for treatment. In most of the cases though, the person in question gets angry, abusive and violent leaving the family and interveners in the lurch. Even threats of divorce or separation from children are not heeded by the alcoholic.

Intervention therefore does not offer any kind of a guarantee or certainty. Sometimes, out of pressure the person may agree for treatment and may even abstain from drinking for some time. There is nothing that can be done if they eventually go back to their habit.

If you are considering going in for professional intervention to help your family member, you must make sure the person you choose is well qualified and certified. This ensures that the procedure is effective and successful.

.....  
**END OF SAMPLE COPY**  
.....

Remember this is just the first 10 pages of the full 72 page free guide. Please download the complete version, which many people have found extremely useful in helping themselves (or a loved one) understand and deal with alcoholism.

Kind Regards  
StopDrinkingAdvice.org