

## How To Terminate Alcohol Addiction

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☒ A lot of people want to terminate alcohol addiction but are unable to do so. Due to the fact that for them alcohol has become a part of their daily lives, so much so that they do not have a clue as to how they would live their life without it. The first thing that they need to do is to accept that they need help. Now that help may be in the shape of a doctor or a support group like Alcoholics Anonymous. The fact of the matter is that while there are those who are strong willed enough to give up drinking entirely on their own, most people with an **Alcohol Addiction** problem need help to cope with the withdrawal symptoms associated with giving up alcohol.

If you are of the opinion that you have an alcohol addiction, it might be a good idea to give up drinking alcohol under medical supervision. A doctor will be able to guide and advise you during the initial difficult period. He may prescribe medicines that will enable you to safely give up drinking. He could later similarly give you medicines to stay sober.

Then there are nutritional supplements that aid people trying to terminate alcohol addiction. B-complex vitamins, as also vitamins A, C, D and E can help mitigate withdrawal symptoms to some extent. Reducing the caffeine and sugar content too can reduce the craving for alcohol. Sugars are found in desserts, fizzy drinks, cakes and candy. Even the intake of fruits and juices should be reduced. White sugar in tea and coffee is a big no no.

So far as caffeine intake is concerned it has to be goodbye to both tea and sugar unless they happen to be of the decaffeinated variety. If one can overcome the craving for sugar and caffeine, that is a huge step towards the reduction of craving for alcohol.

Simultaneously one should ensure that one is consuming healthy quantities of nutritional food to help one's liver deal with the rigors of detoxification. There are in fact two ways of giving up drinking. The first is to give up at once and permanently, which a lot of people have been able to accomplish with the force of their will power. Most people however start with cutting down consumption progressively, until one day they are able to do so completely. It might be a good idea to monitor one's progress going forward. There may be a stumble every once in a while, but as long as one is in the main maintaining steady progress in attaining one's goal of eventual total abstinence, one is on the right track.

It is always wonderful to interact with other people undergoing similar travails and exchanging notes and encouraging each other can help one be motivated in staying the course of terminating alcohol addiction and continue on the path to freedom from dependency on alcohol.

**Discover more important tips about how to deal with Alcohol Addiction as well as getting a FREE Stop Drinking Cure by visiting [www.StopDrinkingAdvice.org/Guide](http://www.StopDrinkingAdvice.org/Guide) or just [CLICK HERE...](#)**

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