

Love Your Life, Quit Drinking

admin · Friday, December 15th, 2006

Just ask yourself these four quick questions.

- 1 - Is your drinking habit getting on your spouse's nerves?
- 2 - Do you feel that your family is slowly drifting away from you?
- 3 - Is your life moving in a direction that you otherwise don't want to go?
- 4 - Are you one of the millions of people suffering from alcoholism?



Often times it is difficult to accept the fact that one is already suffering from the symptoms of alcoholism.

Sometimes this starts out as light indulging with a group of friends. Sometimes work dictates the occasion of alcohol consumption, maybe a few shots of alcohol with important clients, but sometimes this innocent indulging can progress into chronic bouts of heavy alcohol drinking and before you can say no to another drink you are already deep into the habit.

An alcoholic can neither refrain from drinking nor control the amount of alcohol he consumes

. Once the addiction has set in, physical and psychological dependency on alcohol are expected.

There is an estimated **5.6 million people in the United States alone that are alcoholics** and about one fourth of them are suffering from serious complications.

There is a varying rate of alcoholism among populations from various geographical locations. The country with the highest incidence of alcoholism among its population is France followed by the United States, Switzerland and Sweden.

There is a lower incidence rate of alcoholism in rural areas compared with urban areas. Most of these alcoholics are found in homes, factories and offices and only very few of them are the "skid row" type of people.

Studies also show that most of these alcoholics are living with spouses in well-founded homes and have established jobs. A high percentage of people suffering from alcoholism hold jobs involving special responsibilities and or skills.

Economic factors greatly affect a person's drinking patterns. High profiled businessmen drink at their exclusive men's club. Suburban dwellers drink at home parties with friends, family and neighbors.

There are those who drink at local taverns. Even culture affects a person's predisposition to alcoholism. Studies show that the Irish and the Poles are among the cultural group with the highest incidence rate of alcoholism in the United States.

The Italians, Greeks and Jews on the other hand show the least number of **alcoholics** despite their heavy alcohol consumption. People in specific work groups have also shown high incidences of alcoholism.

These include bartenders, night-club operators, liquor salesmen and seamen. The list of people who have been lured by alcohol can go on and every year the number is rising.

It is your responsibility to say no and not become part of the statistics. Personal discipline and awareness can be your guiding rule.

Countless homes and happy families have been **ruined by irresponsible drinking**. Alcoholism has taken so many successful careers, happy marriages and promising futures. Alcoholism at its worst has taken great many lives most often innocent ones.

If recently you feel that you or your loved one is drinking unusually heavy, don't you think it is time to slow down or better yet stop? Try to assess your drinking habits or talk with a health professional. There is certainly more to life than just a bottle of vodka. By **Michael Russell**

Want to find more information on how to stop drinking then visit

<http://www.stopdrinkingadvice.org/>

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