

Stay Sober By Quitting Smoking

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Studies have shown that people who are addicted to alcohol are also highly likely to smoke cigarettes.

A report in the June 2008 issue of the Harvard Mental Health Letter showed that experts tended to believe that it's imperative to counsel alcohol-dependent individuals to quit smoking as well as drinking not only to improve their health, but also to increase their chances of staying sober.

It is a universal fear that attempting to quit smoking and drinking at one fell swoop will undermine treatment for alcohol dependence.

You should be aware, however, that most studies have shown that attempts to quit smoking have either no impact on sustaining abstinence or actually increases the success of alcohol treatment.

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