

Tips that work to Stop Drinking Alcohol

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☒ There are quite a lot of different treatments that deal with the problems related with alcohol dependence. The treatments available for this problems can be put into the following categories...medication to reduce withdrawal symptoms and stop alcohol cravings, professional counseling to support relationship issues and education and support to stop drinking.

The previously mentioned methods are normally the ones that are recommended although a new drug has just come onto the market called chemical Revia [formerly Trexan], Vivitrol/naltrexone. This drug is normally administered by the form of an injection about once a month , but it is also available now as a pill.

The way Naltrexone works is by confusing the part of the brain that is responsible for making us feel good while under the influence of alcohol or other drugs. It basically numbs the pleasure effect that alcohol gives us and can be either taken on its own or as a combination drug with other alcohol dependence drugs.

Recent studies have shown though that Naltrexone is most effective when its use is combined with counseling. It has also been proved that Naltrexone drastically reduces the risk of relapse after having managed to quit drinking.

When it comes to men who have a long track record of alcohol dependence this treatment is not so effective. As with the majority drugs there are possible side effects and Naltrexone may cause dizziness, nausea and fatigue as well as headaches and the tendency to feel sleepy, anxious, or nervous.

These treatments need professional backing and you may be interested in hearing what other people have to say on the subject. You will be amazed at just how many people share their experiences at the stopdrinkingadvice blog, so head on over and see how the blog can help you.

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