

Prevention of alcoholism

Alcohol is ethyl (wine) alcohol. The consumption of alcohol, like many other substances, is a type of human behavior. The difference between alcohol and other foods is related to its ability to influence the mental activity of a person: emotions, behavior, thinking.

Alcohol myths about the positive effects of alcohol on humans:

- The prevailing opinion that alcohol facilitates the process of falling asleep is a myth, as the sleep of a person who is intoxicated will not be stable. Refrain from alcohol normalizes sleep and improves its quality, gives a daily feeling of energy and good mood, improves overall health.
- The opinion that alcohol normalizes digestion, has no scientific evidence. On the contrary, an absence of alcohol reduces the amount of food consumed. The consumption of alcohol increases appetite, as a result a man can be eaten by 30% more of the required amount of food. Abstention of alcohol results in a decline in body mass.
- Can alcohol to avoid colds and keep warm? No. Under the influence of alcohol, occurs paralysis of the skin vessels. And as a result arises an imaginary sensation of warmth. The amount of heat increases and there is no benefit from such warming. Maximum amount of strong alcohol, which can warm a person - is 50 grams. The increasing of consumption of alcohol has a negative effect.
- The high quality of alcohol is not harmful. There is the next myth. The most expensive and high-quality alcohol is a toxic poison for the man. When decomposing ethyl alcohol in the body released is acetaldehyde. At the same time, of course, low-quality alcohol is even more harmful, because they include harmful fusel oils, which aggravate the effect of acetaldehyde.



Which facts indicate that it is necessary to give up drinking alcohol:

- desire to drink in order to relax, ease falling asleep, relieve stress, have fun.
- lack of control over the amount of alcohol consumed.
- post-intoxication state due to the abuse of alcoholic beverages, accompanied by unpleasant psychological and physiological effects, such as headache, irritability, dry mouth, sweating, nausea.

The process of giving up alcohol in cases of formed addiction is a complex, but necessary process, which should be treated responsibly and, if necessary, seek help from specialists.



НЕ ПЕЙ!

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