

First you take a drink, then the drink takes a drink, then the drink takes you.

Alcoholism

(Part one)

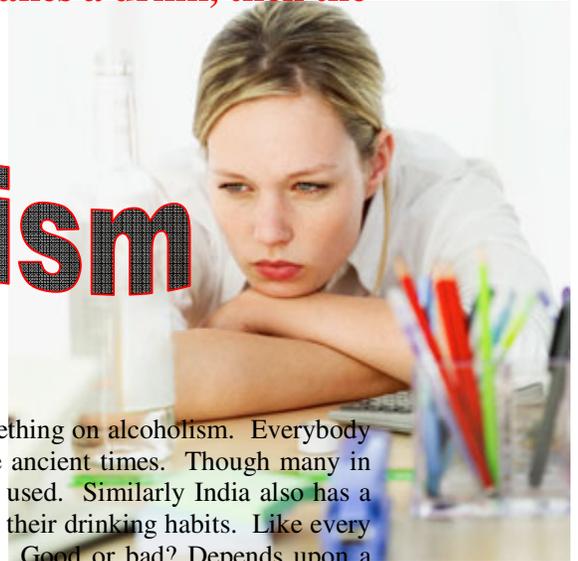
I have been receiving a number of phone calls to write something on alcoholism. Everybody knows that in all cultures, alcohol has been prevalent since ancient times. Though many in many religions, use of alcohol is a taboo since it is widely used. Similarly India also has a history of the use of alcohol and the Punjabis are known for their drinking habits. Like every other thing human body consumes, alcohol has its effects. Good or bad? Depends upon a number of facts. To go deeply into this subject, I know this informative article will go into several parts. I will try to get you the best information on alcoholism from my knowledge, from good doctors and other sources available to me.

To start with, we should first know what Alcoholism actually is? According to the medical and literary definition, Alcoholism is a dependency on alcohol characterized by craving, loss of control, physical dependence and withdrawal symptoms, and tolerance. It is a treatable, progressive condition or illness characterized by excessive consumption of alcohol to the extent that the individual's physical and mental health, personal relationships, social conduct, or job performances are impaired. Alcoholism is characterized by a preoccupation with alcohol and is a chronic, often progressive disease. Left untreated, alcoholism can be fatal.

Let me first clear the terms used above, Craving, Loss of Control, Physical dependence and withdrawal symptoms and tolerance:

- **Craving:** A strong need, or compulsion, to drink.
- **Loss of control:** The frequent inability to stop drinking once a person has begun.
- **Physical dependence and withdrawal symptoms:** The occurrence of withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety, when alcohol use is stopped after a period of heavy drinking. These symptoms are usually relieved by drinking alcohol or by taking another sedative drug.
- **Tolerance:** The need for increasing amounts of alcohol in order to get "high."

You may continue to abuse alcohol despite serious adverse health, personal, work-related and financial consequences. Alcoholism usually involves physical dependence on alcohol, but genetic, psychological and social factors contribute to the addiction as well. It's possible to have a problem with alcohol, but not display all the characteristics of alcoholism. This is known as "alcohol abuse," which means you engage in excessive drinking that causes health or social problems, but you aren't dependent on alcohol and haven't fully lost control over the use of alcohol.



Signs and symptoms: Before treatment or recovery, most people with alcoholism deny that they have a drinking problem. Other indications of alcoholism and alcohol abuse include:

- Drinking alone or in secret
- Being unable to limit the amount of alcohol you drink
- Not remembering conversations or commitments, sometimes referred to as "blacking out"
- Making a ritual of having drinks before, with or after dinner and becoming annoyed when this ritual is disturbed or questioned
- Losing interest in activities and hobbies that used to bring pleasure
- Feeling a need or compulsion to drink
- Irritability when your usual drinking time nears, especially if alcohol isn't available
- Keeping alcohol in unlikely places at home, at work or in the car
- Gulping drinks, ordering doubles, becoming intoxicated intentionally to feel good or drinking to feel "normal"
- Having legal problems or problems with relationships, employment or finances
- Building a tolerance to alcohol so that you need an increasing number of drinks to feel alcohol's effects
- Experiencing physical withdrawal symptoms — such as nausea, sweating and shaking — if you don't drink



People who abuse alcohol may experience many of the same signs and symptoms as people who are dependent on alcohol. However, alcohol abusers don't feel the same compulsion to drink and usually don't experience physical withdrawal symptoms when they don't drink. A dependence on alcohol also creates a tolerance to alcohol and the inability to control your drinking.

If you've ever wondered if your own alcohol consumption crosses the line of abuse or dependence, ask yourself these questions:

1. Do you need a drink as soon as you get up?
2. Do you feel guilty about your drinking?
3. Do you think you need to cut back on your alcohol consumption?
4. Are you annoyed when other people comment on or criticize your drinking habits?

If you answered yes to two or more questions, it's likely that you have a problem with alcohol. Even one yes answer may indicate a problem.

Causes : Alcohol addiction — physical dependence on alcohol — occurs gradually as drinking alcohol alters the balance of some chemicals in your brain, such as gamma-aminobutyric acid (GABA), which inhibits impulsiveness, and glutamate, which excites the nervous system. Alcohol also raises the levels of dopamine in the brain, which is associated with the pleasurable aspects of drinking alcohol. Excessive, long-term drinking can deplete or increase the levels of some of these chemicals, causing your body to crave alcohol to restore good feelings or to avoid negative feelings. Other factors can lead to excessive drinking that contributes to the addiction process. These include:

- **Genetics.** Certain genetic factors may cause a person to be vulnerable to alcoholism or other addictions.
- **Emotional state.** High levels of stress, anxiety or emotional pain can lead some people to drink alcohol to block out the turmoil. Certain stress hormones may be associated with alcoholism.



- **Psychological factors.** Having low-self esteem or depression may make you more likely to abuse alcohol. Having friends or a close partner who drinks regularly — but who may not abuse alcohol — could promote excessive drinking on your part. It may be difficult for you to distance yourself from these "enablers" or at least from their drinking habits.
- **Social and cultural factors.** The glamorous way that drinking alcohol is portrayed in advertising and in the media may send the message that it's OK to drink excessively.

Risk factors

- **Steady drinking** over time can produce a physical dependence on alcohol. Drinking more than 15 drinks a week for men or 12 drinks a week for women increases the risk of developing dependence on alcohol. However, drinking by itself is just one of the risk factors that contribute to alcoholism. Other risk factors include:
- **Age.** People who begin drinking at an early age — by age 16 or earlier — are at a higher risk of alcohol dependence or abuse.
- **Genetics.** Your genetic makeup may increase your risk of alcohol dependency.
- **Sex.** Men are more likely to become dependent on or abuse alcohol than are women.
- **Family history.** The risk of alcoholism is higher for people who had a parent or parents who abused alcohol.
- **Emotional disorders.** Being severely depressed or having anxiety places you at a greater risk of abusing alcohol. Adults with attention-deficit/hyperactivity disorder also may be more likely to become dependent on alcohol.

When to seek medical advice? Because denial is frequently a characteristic of alcoholism, it's unlikely that people who are dependent on or who abuse alcohol will seek medical treatment on their own. Often it takes family members, friends or co-workers to persuade them to undergo screening for alcoholism or to seek treatment.

If you feel that your drinking is a problem — you feel guilty about your drinking and just can't control it — talk with your doctor about treatment options. Also talk with your doctor if you find that you need a drink first thing in the morning and that you need an increasing amount of alcohol before you start feeling its effects.

Screening and diagnosis : It's often difficult for doctors to decide which people to screen for an alcohol problem. For example, signs and symptoms such as memory loss or falling might be the result of aging rather than indications of alcohol abuse. Or people may complain to doctors about digestive problems or pain or weakness, but never reveal their abuse of alcohol.

A doctor who suspects an alcohol problem may ask a number of questions regarding drinking habits in order to get an indication of the amount of drinking. If answers to those questions indicate possible alcoholism or alcohol abuse, the doctor may do a short screening test using a standardized questionnaire.

Blood alcohol tests aren't useful in diagnosing alcoholism because the tests indicate consumption only at that particular time. They don't offer clues about long-term alcohol use. Other blood tests that measure the size of red blood cells, which increase with long-term alcohol use, and a factor known as carbohydrate-deficient transferrin may indicate heavy

alcohol consumption. Sometimes other tests indicate health problems that may be alcohol related, such as tests showing liver damage or reduced testosterone levels in men.

Denial is a hallmark of alcoholism and people with alcohol dependence tend to minimize the extent of their drinking. The doctor may ask for permission to speak with family members or friends. Concerned family members may also contact the doctor on their own to discuss their concerns. However, confidentiality rules prevent the doctor from giving out any information without consent.

Alcoholism

(Part two)

In the first part, I have tried to explain what alcoholism is! The causes, symptoms and diagnosis also we have discussed. In this part, I will elaborate on very important aspect of Alcoholism i.e. the affects of Alcohol on our body.

In plain language, I will not hesitate to say that every organ system of our body is affected by alcohol. Drinking in moderation may cause problems to one's body, and drinking heavily over the years can cause irreversible damage. However, most diseases caused by excessive drinking can be prevented. Examples of alcohol's effect on organ function are explained below :

Liver Problems: Even moderate social drinkers can experience liver damage. Diseases such as "fatty liver," hepatitis, or cirrhosis can develop from heavy alcohol consumption.

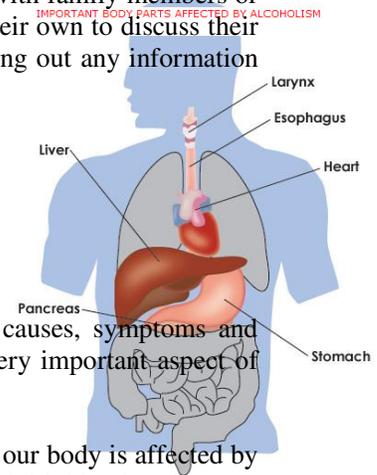
"**Fatty liver**" is the earliest stage of alcoholic liver disease. In this condition, liver cells become swollen with fat globules and water. If drinking is stopped at this point however, the liver is capable of healing itself.

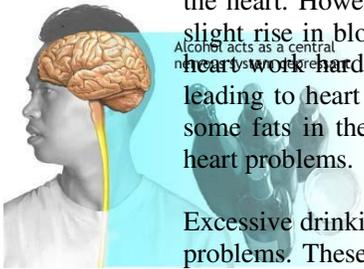
Hepatitis is an inflammation of the liver, resulting into soreness and swelling. Hepatitis can be caused by many things, such as drinking too much alcohol and taking some medications. Viruses are also a cause for hepatitis. Advanced liver damage makes it difficult for the body to break down waste products in the blood, therefore causing jaundice, a condition where the skin turns a yellow-orange colour. Waste products in the bloodstream can also cause itching, nausea, fever, and body aches.

Cirrhosis : Another serious liver disease is cirrhosis that can develop by exposure to harmful chemicals. However, the most common cause of cirrhosis in this country is drinking too much alcohol. This is better known as alcoholic cirrhosis. Alcoholic cirrhosis causes the cells of the liver to be damaged beyond repair. As liver cells die, scar tissue forms. When this scar tissue builds up, blood can't flow through the liver properly.

Normally, toxins and wastes in the blood get filtered (cleaned) out when blood passes through the liver. If scar tissue keeps blood from flowing normally through the liver, the blood doesn't get filtered. Toxins and wastes can build up in the body. This can lead to mental confusion, agitation, or tremors (shaking). In serious cases it can even lead to coma. Once scarring has progressed, nothing can be done to repair the liver or cure cirrhosis. Treatment is aimed at avoiding further damage to the liver and preventing and treating complications such as bleeding from broken blood vessels. Liver transplantation is the only option.

Heart Problems : The heart has the important job of getting oxygen to every cell in the body. Accomplishing this task is not that easy for such a small organ, as it weighs between 7 and 15





ounces. Some research has indicated that having some alcohol can provide health benefits to the heart. However, drinking alcohol, even in moderation, can create health risks such as a slight rise in blood pressure. High blood pressure associated with heavy drinking makes the heart work harder than it needs to and can be a key risk factor for coronary heart disease, leading to heart attacks and strokes. In addition, with increased intake of alcohol, levels of some fats in the blood can become elevated (high blood triglycerides), which could cause heart problems.

Excessive drinking of alcohol (binge drinking) can also lead to stroke and other serious health problems. These other problems can include cardiomyopathy (disease of the heart muscle), cardiac arrhythmia (abnormal contraction patterns of the heart) and sudden cardiac death.

Stomach Problems : The stomach is designed to process and transport food. Ingesting healthy foods makes this organ run smoothly. After ingestion, alcohol travels down the esophagus into the stomach, where some of it is absorbed into our bloodstream. The unabsorbed alcohol continues to move through the gastrointestinal tract. The majority of it will enter the small intestine and get absorbed into the bloodstream through the walls of the small intestine, or it can stay in the stomach and cause irritation.

While in the stomach, alcohol acts as an irritant and increases digestive juices (hydrochloric acid) that are secreted from the stomach lining. Intoxicating amounts of alcohol can halt the digestive process, robbing the body of vital vitamins and minerals. Chronic irritation may lead to damage to the lining of the stomach. Drinking alcohol and taking medication that causes stomach irritation, such as aspirin, can cause gastritis (inflammation of the stomach lining), ulcers, and severe bleeding.

Brain Problems : The human brain is like a command centre for the body. It alerts body parts and organs when something should happen and how to react. It only takes about 30 seconds for the first amounts of alcohol to reach the brain after ingestion. Once there, alcohol acts primarily on nerve cells deep in the brain.

The most highly developed part of the brain is the cerebral cortex, which encompasses about two-thirds of the brain mass and lies over and around most of the remaining structures of the brain. It is responsible for thinking, reasoning, perceiving, and producing and understanding language. The cerebral cortex is divided into specific areas involved in vision, hearing, touch, movement, and smell. The nerves in these parts of the brain talk to each other by electrical impulses that are enabled by neurotransmitters. Alcohol acts as a depressant to the central nervous system and causes some neurotransmitters to become inhibited. Judgement and coordination, two processes of the central nervous system, become impaired. Heavy drinking can inhibit the firing of the nerve cells that control breathing, a condition known as respiratory depression. This condition can be fatal. Even if the inhibition of the respiratory nerve cells does not cause death, drinking excessive alcohol may cause vomiting. When drunk and unconscious, a person may inhale fluids that have been vomited, resulting in death by asphyxiation.

Other Complications :

- **Diabetes complications.** Alcohol prevents the release of glucose from our liver and can increase the risk of low blood sugar (hypoglycemia). This is dangerous if one has diabetes and already taking insulin to lower the blood sugar level.
- **Sexual function and menstruation.** Alcohol abuse can effect both males and females with various sexual problems and can deprive them of sexual pleasure. Erectile dysfunction in men and interruption of menstruation among women who consume alcohol, are generally seen.



- **Birth defects.** Alcohol use during pregnancy may cause foetal alcohol syndrome. This condition results in birth defects, including a small head, heart defects, a shortening of the eyelids and various other abnormalities. Developmental disabilities are likely as well.
- **Bone loss.** Alcohol may interfere with the production of new bone. This can lead to thinning bones and an increased risk of fractures.
- **Neurological complications.** Excessive drinking can affect your nervous system, causing numbness of your hands and feet, disordered thinking and dementia.
- **Increased risk of cancer.** Chronic alcohol abuse has been linked to a higher risk of cancer of the esophagus, larynx, liver and colon.

Alcoholism

(Part three)



I have already explained about Alcoholism, its causes, diagnosis and its ill effects on our body. In this part, we go ahead with the possible treatments, precautions and coping skills.

Treatment : It is really difficult for an alcoholic to admit that he is an alcoholic and that he needs treatment. Most people with alcoholism or those who abuse alcohol enter treatment reluctantly because they deny that they have a problem. Health problems or legal difficulties may prompt treatment. Intervention helps some people recognize and accept the need for treatment. Various treatments are available to help people with alcohol problems. Depending on the circumstances, treatment may involve an evaluation, a brief intervention, an outpatient program or counselling, or even a residential inpatient stay.

Determining one's level of dependence : The first step in treatment is to determine whether the patient is alcohol dependent. If he or she has not lost control over the use of alcohol, treatment may involve reducing the drinking. If one is dependent on alcohol, simply cutting back is ineffective. Abstinence must be part of the treatment goal.

If patient is not dependent on alcohol but is experiencing the adverse effects of drinking, the goal of treatment is to reduce alcohol-related problems — often through counselling or a brief intervention, which usually involves alcohol-abuse specialists who can establish a specific treatment plan. Interventions may include goal setting, behavioural modification techniques, use of self-help manuals, counselling and follow-up care at a treatment centre.

Counselling may take many forms. With cognitive behaviour therapy, you and your therapist identify distorted thoughts and beliefs that trigger psychological stress. You learn new ways to view and cope with traumatic events. Emphasis is placed on developing a sense of mastery and control of your thoughts and feelings. Another option may be aversion therapy, in which drinking alcohol is paired with a strong aversive response — such as nausea or vomiting induced by a medication. After repeated pairing, the alcohol itself causes the aversive response, which decreases the likelihood of relapse.

Residential treatment programs : Many residential alcoholism treatment programs include abstinence, individual and group therapy, participation in alcoholism support groups, such as Alcoholics Anonymous (AA), educational lectures, family involvement, work assignments,

activity therapy and the use of counsellors and professional staff experienced in treating alcoholism. A typical residential treatment program may include :

Detoxification and withdrawal. Treatment may begin with a program of detoxification, usually taking about four to seven days. The patient may need to take sedating medications to prevent delirium tremens or other withdrawal seizures.

Medical assessment and treatment. Common medical problems related to alcoholism are high blood pressure, increased blood sugar, and liver and heart disease.

Psychological support and psychiatric treatment. Group and individual counselling and therapy support recovery from the psychological aspects of alcoholism. Many treatment programs also offer couples and family therapy because family support can be an important part of the recovery process. In fact, involving a spouse in the treatment process may increase the chances of successful recovery.

Emphasis on acceptance and abstinence. Effective treatment is impossible unless the patient accepts that he is addicted and currently unable to control drinking.

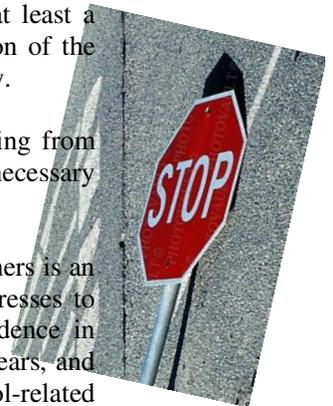
Drug treatments : There are a number of alcohol-sensitizing drugs in the market but you must not go for any without your GPs permission, even if they are available OTC. The drugs can cause harm, side effects and other serious problems besides nausea, headaches, vomiting etc. . Naltrexone (ReVia), a drug long known to block the narcotic high, may reduce the urge to drink. Acamprosate (Campral) is an anti-craving medication that may help you combat alcohol cravings and remain abstinent from alcohol. Unlike disulfiram, naltrexone and acamprosate don't make you feel sick soon after taking a drink.

In America in June 2006, the Food and Drug Administration (FDA) approved the first injectable drug to treat alcohol dependence. Vivitrol, a version of the drug naltrexone, is injected in the buttocks once a month by a health care professional. It may reduce the urge to drink by blocking neurotransmitters in the brain thought to be associated with alcohol dependence. Vivitrol doesn't affect alcohol withdrawal symptoms. It's intended for people with alcoholism who are receiving counselling and who haven't had a drink for at least a week. Although similar medication can be taken in pill form, the injectable version of the drug may be easier for people recovering from alcohol dependence to use consistently.

Continuing support. Aftercare programs and support groups help people recovering from alcoholism or alcohol abuse abstain from drinking, manage relapses and cope with necessary lifestyle changes.

Prevention : Knowing and recognizing a family history of alcoholism for you or others is an important step toward seeking treatment before alcohol use or alcohol abuse progresses to alcoholism. Early intervention is particularly important to prevent alcohol dependence in teenagers. Alcohol use among teens increases dramatically during the high-school years, and leads to serious consequences for many teens. Each year in the United States, alcohol-related automobile accidents are a major cause of teen deaths. Alcohol also is often a cause in other teenage deaths, including drownings, suicides and homicides. Teens who drink are more likely to become sexually active, have sex more frequently and engage in risky, unprotected sex than teens who don't drink.

For young people, the likelihood of addiction depends on the influence of parents, peers and other role models, susceptibility to advertising, how early in life they begin to use alcohol, the psychological need for alcohol and genetic factors that may predispose them to addiction. If you have a teenager, be alert to signs and symptoms that may indicate a problem with alcohol:



- Less or no interest in activities and hobbies
- Bloodshot eyes, slurred speech and memory lapses
- Difficulties or changes in relationships with friends, often characterized by joining a new crowd
- Declining grades and problems in school
- Frequent mood changes and defensive behaviour

You can help prevent teenage alcohol use. Start by setting a good example with your own alcohol use. Talk openly with your child and spend quality time together, but respect your child's need for independence. Let your child know what behaviour you expect — and what the consequences will be if he or she doesn't follow the rules. Make sure your child understands the legal and medical consequences of drinking.

Coping skills : Many people seeking to end their alcohol dependence or abuse, and their family members, find that participating in support groups is an essential part of coping with the disease, preventing or dealing with relapses, and staying sober.

There are many associations around the world, and of course, in the UK which help and teach how to cope with this habit. Your doctor or counsellor can refer you to such an association or other local support group. These groups are also commonly listed in the phone book, in the local newspaper and on the Web.

Conclusion : Alcohol's effects on the body are numerous. The best thing is not to drink even in moderation. Effects are bound to come for whatsoever amount we drink. The words and phrases like Social Drinking, Drinking in Moderation, Less Drinking, Drinking less and eating more and so on, will have effects on the body. The effects may of course, vary because every body is different. However, if you think that alcohol has stated taking its toll on your health, family and finances, you must not delay seeking the expert advice and treatment.

Alcoholism & Herbal Remedies

(Final Part)

People suffering from alcoholism are very well aware of the dangerous effects alcohol could have on their bodies, but still they don't have control on their urge. Most people who consume alcohol have more than they can manage. People who abuse alcohol are having more alcohol than their body allows them. However, if they continue drinking for long, then they will not be able to resist alcohol and become totally addicted to it and this is alcoholism, I have been discussing through my previous articles on the subject.

Constant alcoholism interferes with the functioning of all the vital organs of the body. The major organs affected are the liver, brain, heart and kidneys. Liver is perhaps the most seriously affected in the long run. With prolonged alcoholism, the liver may develop cirrhosis, which is scarring of the liver tissue. Once cirrhosis sets in, it is very difficult to return the health back to normal.



In this concluding part of my article on Alcoholism, I would like to explain about the herbal and home remedies of alcoholism. However, if the affected person is not having the will to get out of this state, then even God cannot help him or her.

Useful herbs in the treatment of Alcoholism :

1. Aloe Vera : Aloe Vera helps to strengthen the liver which is the first organ to be affected by the habit of alcoholism. Aloe Vera can improve the functions and strength of the liver, and can prevent cirrhosis which is developed due to continuous intake of alcohol.

2. Ashwagandha (Withania somnifera) : Ashwagandha is a herb that is taken to reduce vata vitiations. This is important since vata plays an important role in strengthening the brain and nervous coordination. Use of ashwagandha can make the alcoholic person stronger.

3. Gotu Kola (Centella asiatica) : The gotu kola herb revitalizes the brain. This is essential in people who want to overcome the withdrawal symptoms accompanied with alcohol.

4. Musk (Nardostachys jatamansi) : Known commonly in Ayurveda as Jatamansi, musk is a nerve for the vata vitiation. Its cooling effect helps the body to fight against the effects of alcoholism.

Ayurvedic Treatment for Alcoholism

Ayurvedic treatments for alcoholism work on various levels. There are different kinds of treatments for people with different degrees of alcoholism. Common therapies employed are cold irrigations on the head, providing a cold diet and applying cold mud packs on the body.

However these therapies work only for people who are not habitual alcoholics. These are the people who are beginners to drinking and hence get intoxicated easily. Ayurvedic medicines like Brihat vata chintamani rasa, Vata Vidhwansa rasa, Brahmi ghritam and Sarvatha choorna can be given to the alcoholics. But if the person is a habitual alcoholic, then severe treatments are necessary. The medication is done based on the doshic constitution of the person.

1. For people with a **vata** constitution, the prescribed Ayurvedic treatments are Suvarachala choorna, Shuktapana and Amla Snigdhaadi yoga.

2. For people with a **pitta** constitution, the prescribed Ayurvedic treatments are Vata Srugadi pana and Kshundramalaki hima.

3. For people with a **kapha** constitution, the prescribed Ayurvedic treatments are to induce vomiting, fasting and to provide digestive medicines.

Home Medications

Fruit juices are very effective in lowering the effects of alcoholism. For removing the effects of a hangover, the juice of a lemon or orange will be very effective. Introduce many other drinks in the person's diets so that the craving for the alcoholic drink is reduced. When the person feels the urge to consume alcohol, having a glass of carrot juice will help to reduce the temptation. For an alcoholic, avoiding alcohol could be a very difficult task. The withdrawal symptoms of alcoholism may be very severe. So it is not advisable for a hardcore alcohol to stop drinking entirely. Instead, the alcohol should be carefully phased out.

The following steps can be taken to reduce alcohol intake

1. The person must be made to take interest in constructive hobbies and sports.



2. Love and affection from family members and friends could strengthen the resolve of the person to give up alcoholism.
3. Instead of alcohol, other drinks with less alcohol in them can be used, such as wine and cocktails. Eventually even these can be stopped.

Other very effective and simple home remedies :

Grapes : The most important home remedy for alcoholism is an exclusive diet, for a month or so, of grapes. Since this fruit contains the purest form of alcohol, it is an ideal yet healthy substitute for alcohol. Alcoholics should take three meals a day of fresh grapes at five-hourly intervals. The success of this treatment depends on the determination of the alcoholic to stop drinking.

Apples : Apples are another effective remedy for alcoholism. A generous intake of apples helps remove intoxication and reduces the craving for wines and other intoxicating liquors.

Dates (Khajoor) : Dates are considered beneficial in the treatment of alcoholism. The patient should drink half a glass of water in which four or five dates have been rubbed together. This remedy should be taken twice daily for a month. It will bring definite relief.

Bitter Gourd (Karela) : The juice of the leaves of bitter gourd is an antidote for alcohol intoxication. It is also useful for a liver damaged due to alcoholism. Three teaspoons of this juice, mixed with a glass of butter milk, should be taken every morning for a month.

Celery : The juice of raw celery has also been found useful in alcoholism. It exercises a sobering effect on the patient and is an antidote to alcohol. Half a glass of celery juice mixed with an equal quantity of water should be taken once daily for a month.

Diet for alcoholism recovery

a) The most effective way to treat alcoholism is to build up the body's nutritional integrity so as to prevent craving for stimulants like drinks. The patient should be put on a cleansing juice fast for at least ten days in the beginning. During the juice fast, the patient will gradually feel less craving for alcohol. This is a good beginning towards breaking the drinking habit. The patient should eat several small meals a day in preference to two or three large ones. Plenty of rest and outdoor physical exercises are also necessary.

b) After the initial fast of juices, the patient should take an optimum diet of vital nutrients consisting of wholegrain cereals, nuts, seeds and sprouts, fresh fruits, and vegetables. It is advisable that at the beginning of the treatment, the patient is given a suitable substitute to relieve the craving if and when it occurs. The best substitute drink for alcohol is a glass of fresh fruit juice. The patient should drink juices and eat candy or other snacks if he feels a craving for a stimulant.

c) All refined foods such as sugar, white rice, macaroni products, strong condiments, white flour, and meat should be avoided.

Other suggestions and herbal treatments for alcoholism

- Firm willingness of alcoholic to stop drinking
- The most important step towards breaking the 'alcohol habit' is the willingness of an alcoholic to do so. He must make a firm resolve to make a clean break at once, as giving up in stages is next to impossible.
- Warm-water enema and physical exercises



- During the first ten days of the 'juice fast', a warm-water enema should be taken everyday to cleanse the bowels. Plenty of rest and outdoor physical exercises are also necessary.
- Smoking must be avoided as it increases the desire for alcohol.
- Consume buttermilk empty stomach, early morning is quite useful in treating alcoholism

(Sources: ezinearticles dot com / Dr. Charles S. Lieber / Indian J Psychiatry dot org / Medline plus / Mayo Clinic dot com)

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A drunkard is like a whiskey-bottle, all neck and belly and no head

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If drinking is interfering with your work, you're probably a heavy drinker. If work is interfering with your drinking, you're probably an alcoholic.

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PLEASE ; DON'T DRINK