

Alcohol essay example

[Health & Medicine](#), [Alcoholism](#)



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Essay

Abstract

In today's fast moving constantly changing world every person might need some certain means for relaxation once in a while, thus, it will be very difficult to find a person who has never tasted alcohol in his life. Alcohol is one of the lightest forms of addictive substances, but still the danger of becoming addicted is huge, especially if drink alcoholic beverages on a usual basis. Of course it does not mean that our human body has any physical need for alcoholic beverages at all. This need, if appeared, is only psychological, that is why psychological programming is extremely popular among the methods of fighting such an illness. But if such a craving is not on the level of addiction, scientists have found a safe amount of alcohol that can be taken during the whole week without actually harming your physical health, as well as your social life. Such an amount will help you maintain the safe zone, while greatly socializing with other human beings.

Introduction

In today's world it is difficult to find a person who has never had a drink in his life. Nevertheless, it does not mean that the human body has any physical need for alcoholic beverages. It's no secret that alcohol is not a medical or social, but first of all is a psychological issue. And often this is being a stumbling block on the way to the recovery from the addiction. And then it applies to all other aspects of our lives: social, psychological, biological. Alcoholic drinks are ethanol containing substances, which effect on the human body is not limited to only one toxic effect, but instead causing a variety of biochemical and functional changes. Liquor is a powerful natural psychoactive substance that has catastrophic influence on the human nervous system, significant affecting mental health as well. Scientists have long established detrimental effects of alcohol on the functioning of internal organs and diseases that it leads to. Researchers indicate that even “ moderate consumption of alcohol increases the risk of developing cancer and malignant tumors by 50% compared to not drinking people; ethanol increases the risk of having a child with congenital abnormalities. Scientists around the world conducted independent investigations of the influence of alcohol and found the ideal dose to maintain good health” (WHO, 2011). As a result, the researchers concluded that it is better to drink more, but not too often, than drink little every day. According to experts view from the World Health Organization the “ optimum amount of alcohol should be around 0. 5- 0. 7 liters of good dry wine drank during the week” (Jon, B., & Alwyn, T., 2010). Swedish researchers indicate that the smallest amount of alcohol can have a negative impact on human health. Their research has focused on the

definition of alcohol due to health conditions and income rights, and as result scientists have found that daily consumption of alcohol in small doses is not useful, moreover, proved to be very harmful. University of London brought together a group of scientists to study the effect of alcohol on health from a purely practical point of view. The project results showed that people that drink not too often have much lower medical expenses, than those that drink alcohol every day, even the most minimal dose. Some studies conducted earlier conclude a direct link between the daily consumption of alcoholic beverages and salary levels: those people who consume alcohol from time to time earn more money than those who does not drink at all. According to the recent research, ethanol destroys not only all the internal organs, and the nervous system, but also cardiovascular system as well. Alcohol creates blood clots in blood vessels, which can lead to a partial failure of the brain. Ethanol increases the size of the liver, weakens the kidney, might be the cause of impotence, depression, and have other destructive effects on the human being.

“ Present health service is actively trying to fight this illness, constantly developing new ways of treating alcoholism. The most common way of treating such problem is rehab centers, where an individual is offered an effective method of returning to a normal life. With the help of special vaccines and drugs, craving for alcohol becomes weaker that indicates the recovery process. Drug treatment of alcoholism is another popular and effective measure to treat this illness, but it does not fit for all, as to take special medications the patient should consult a doctor first that will ensure the strong desire to get rid of alcohol addiction. Drugs used for treatment are

so strong, and in case of overdose can cause intoxication. Also, a lot of patients are turning to such medical treatment as psychological therapy, where doctors penetrate the patient's subconsciousness and stress on the need to quit drinking alcohol. But such method is only effective if the patient is determined to recover and is positively thinking about the therapy, or, otherwise, no result will be accomplished" (U. S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, 2010).

Conclusion

Being the cause of a destructive illness, and one of the main most addictive substances, alcohol is considered quite differently by different people. And it all depends on how the alcohol is used, whether for relaxation, company gathering, any problem treatment, or abusive use (addiction). For many people it is the only way to buy a little happiness for the money, and the value of this happiness depends on the amount paid for the alcohol. In this case more money spent means more happiness gained in the process of drinking. Argues are that even if a person knows the price does not affect the quality of alcohol, he/she will still feel better, and consequently happier if the price for alcohol is a little more than usual. Very often people drink alcohol during some gatherings, or meetings, and it is alcohol that helps people to socialize better, but does that necessarily has to mean that in our modern society no socialization event can go without the use of alcohol in it. Absolutely no, as the first thing that attracts people to each other, is their common interest, and similar sympathies, but, there is definitely no doubt that alcohol makes it easier for people to find the needed understanding.

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