

The university of north carolina essay



**ASSIGN
BUSTER**

Alcoholic drinks are divided into three classes that are beers, wines, and spirits. According to James C. Garrett, MD, professor of psychiatry at the university of North Carolina at Chapel Hill School of Medicine, the alcohol does all kinds of things in the body and we cannot fully be aware of all its effects.

A researcher at the university's Bowles Center for Alcohol Studies also says that 'Alcohol is a pretty complicated little molecule.' Depending on whom you ask, alcohol can be a blessing or a curse. Even Harvard School of Public Health calls it "both a tonic and a poison," depending on the dose. Besides that, Chris Sorer, Drinkable also says that drinking too much of any alcoholic drink can have a number of undesirable short and long-term effects. Research has already found that the alcohol consumption is linked to more than 60 diseases. Diseases According to the Harvard, more than 100 scientific studies show that a glass of red wine per day can reduce the risk of heart disease. This is because it contains high concentration of polyphenols that can reduce blood pressure.

However if you binge-drink which means you consume more than five drinks in two hours, the rates of high blood pressure will increase and you're more likely to have a stroke. Besides that, scientists believe that the habitual drinking will increase the risk of cancer because the body will convert alcohol into acetaldehyde, a potent carcinogen. Some sip of alcoholic drinks is good for health, but don't binge drinking, it will surely destroy your future.

Relationship Drinking maybe can help to reduce inhibition and help people bond. Many social events revolve around drinking. Nowadays, society uses

the alcoholic drinks is not only to strengthen the bond between friends and family, they also use it to gain the benefits in their business. However, in the opposite side, drinking will also break the bonds. Binge-drinking is a fire to bring conflict to people. Sometimes, too much of drink will bring the violence between friends and friends, family and family, wife and husband. They do not have self-confidence and also they can't control themselves to hit each other or fight with their wife and children.

Due to binge-drinking, the relationship between the family members and also the friends will totally broke. The most serious part is you might be send to the jail due to the violence. So, you need to control your drinks. It is not only for your own good and also the other people.

Fun and Money Drinking can be a nice way to unwind after a tough or stressful day. Some people believe that drink can temporary help you to forget all the unhappy things at that moment and will motion to do the works after. In addition, drinking can be fun since you drink with your close friends and can share your secret with them while drinking. However, habitual binge drinking will cost you a lot. As we know that alcoholism is an expensive habit.

Depending On your lifestyle and your poison of choice, you could be spending from ARM 0 to ARM 300 a week on alcohol drinks. The habitual binge drinking might cause your family lose the reputation in the society and children force to drop out of school and go out to find out money to support the whole family. So, you need think carefully before you have drinks. How to

reduce drinking alcoholic? Talk to the doctor The doctor can give you some medicines that will help you safely reduce your addiction to alcohol.