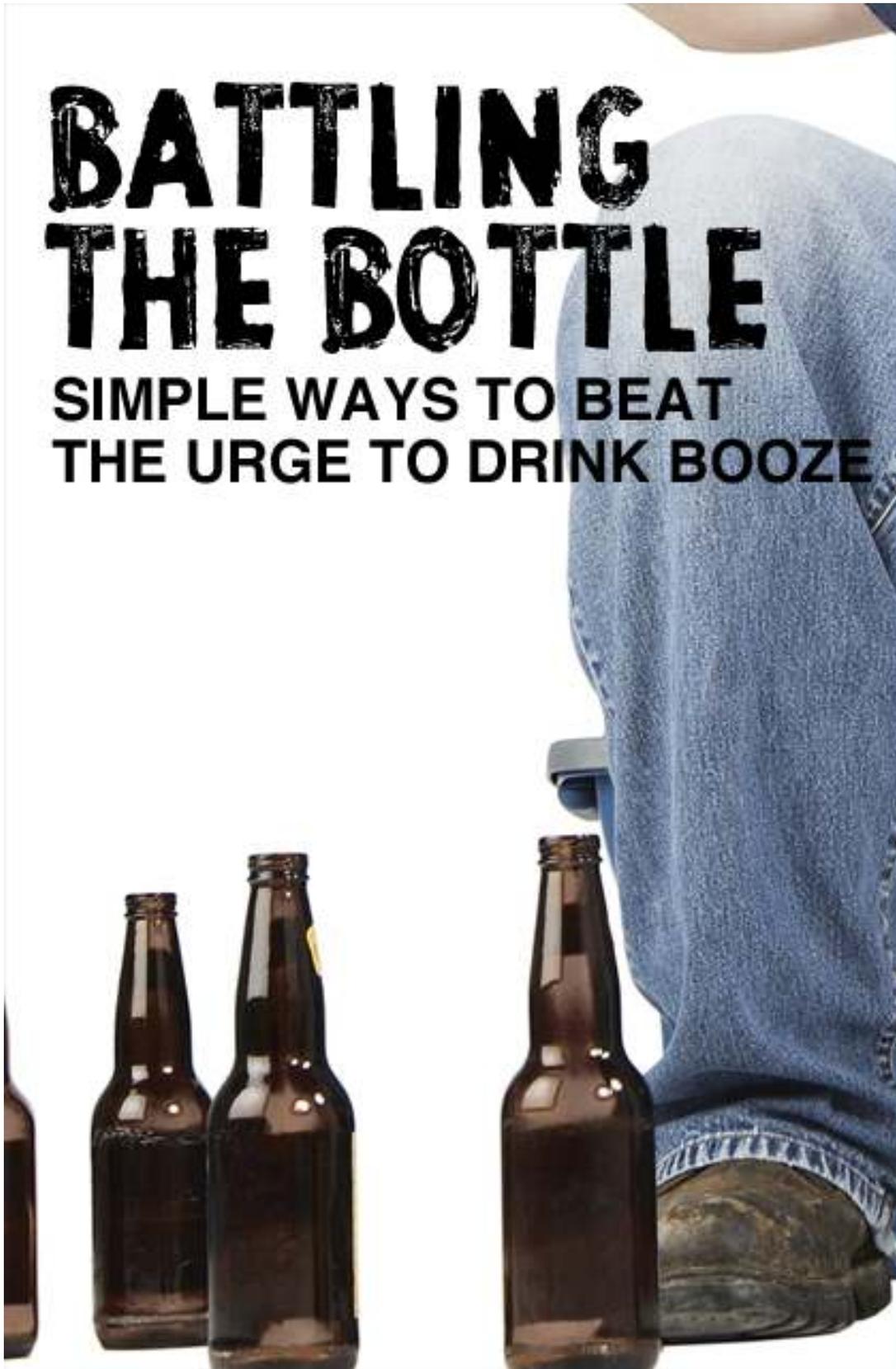


# **BATTLING THE BOTTLE**

**SIMPLE WAYS TO BEAT  
THE URGE TO DRINK BOOZE**



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# Foreword

*Alcoholism is something that can't be formed in easy terms.*

*Alcoholism as a whole refers to the circumstance whereby there's an obsession in man to keep ingesting beverages with alcohol content which is injurious to health. The circumstance of alcoholism doesn't let the person addicted have any command over ingestion despite being cognizant of the damaging consequences ensuing from it.*

*Even if the individual who's an alcoholic faces social ridicule, family insistency, abuses, insults, and so forth he's in a condition whereby he can't dispense with the habit or compulsion which is beyond his command. His senses are entirely under the influence of alcohol and any sort of an attempt put forth by him to abandon the habit doesn't work.*

*He's therefore entirely dependant on the beverage.*

*An alcohol-dependent person has such a hunger to drink that even if he happens to get into alcohol related hassles like drunk driving, losing his occupation, and so forth it doesn't stop him from not abandoning the habit.*

*Not everybody who ingests alcohol is an alcoholic. An individual who consumes alcohol in restricted quantities and is able to say no when he doesn't wish to rink isn't termed an alcoholic. He or she is merely a social drinker.*

*Beat The Battle With The Bottle!*

*Easy ways to stop drinking or boozing and stay sober.*

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# **Chapter 1:**

## *Understanding Alcohol Dependence*

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# Synopsis

***Alcohol dependency may be specified as a condition wherein the individual who's dependent demonstrates particular other characteristics aside from those of alcohol abuse.***

## **Understanding Is The First Step**

The characteristics of alcohol dependency include beginning to drink only one specific brand of beverage, attempting to go to places where drinks are available, seeking the company of individuals who are drinkers, incessant increase in alcohol tolerance level which means necessitating more and more drinks in order to accomplish that state of drunkenness, undergoing noticeable withdrawal symptoms at the physical level after a particular time period without drinks, boozing again to put an end to withdrawal symptoms, not being able to remain away from drinks even after repeatedly attempting to give it up, and so forth.

It's easier to treat or assist individuals who are just alcohol abusers in direct contrast to those who are alcohol dependent. Alcohol abusers may occasionally be handled even by counseling and schooling them on the perils of drinking. Alcohol dependents must accept help from the treatment clinics where they experience detoxification, medical treatment, steady counseling, and so forth.

According to men of science, the circumstance of alcohol dependence may arise due to complex genetic abnormalities or due to environmental components which include influence of loved ones or friends.

## **Symptoms**

You are able to make out an individual who has been boozing severely with assorted symptoms he presents. These symptoms increase over a time period. Early signs if left unattended might lead to alcohol abuse and finally to alcohol dependence. Inebriation is the state an individual arrives at when he's inebriated. Drunkenness is accomplished by ingesting alcohol to the extent that it impairs the physical and mental faculties of an individual.

Symptoms early on include instability in the gait, hapless or no coordination, slurring of speech, reddening of the eyes, red look on the face, frequent hiccoughs, becoming incognizant of surroundings and consequently uninhibited and behavior which isn't characteristic of the individual. This successively brings on a lot of stress for the loved ones and friends of the individual concerned.

The individual who's intoxicated likewise exhibits swaying emotions. While he's furious one moment he becomes sad and brooding the next. Depression sways to euphoria in a brief span of time. He's depressed and pondering one moment and jolly, high-spirited and light hearted the next.

Hangover the following day is a different condition whereby the drinker might suffer from piercing headaches, nausea, vomiting and is really uncomfortable. In order to cut through

these symptoms, a few drinkers take another drink early in the morning time.

Drunkenness or inebriation isn't a disease but merely a temporary state resulting from unreasonable alcohol consumption.

Being truthful is the first requirement for diagnosing alcohol related issues if any. The drinker must be honest in his answers when he's being queried about his feelings, pattern of drinking, thought process, and so forth.

This is really crucial as the first thing any drinker will tend to do is to deny any sort of an issue. They tend to put in every effort to convince the individual who's questioning them that they don't have any issue which requires treatment. All drinkers protest treatment.

According to psychiatrists, genes play a crucial role in the development of alcoholism. Particular body and brain actions and the way they interact with one another and with the individuals experiences in life influence his vulnerability toward this habit or shelter from it. Particular genes related to alcoholism have likewise been discovered.

Copious research has demonstrated that a variation of the dopamine receptor genes in mortals produces a tendency toward opiates and endorphin releasing drugs and alcohol.

Gamma-aminobutyric acid or GABA is a different repressive neurotransmitter in the brain stated to be associated with alcoholism. Studies have demonstrated that a particular enzyme called glutamate decarboxylase or GAD plays a major part as a synthesizer of this GABA. GABA plays the role of cutting down the excitement stimulating neuro activities in the brain thereby presenting a stable and calm feeling. Alcohol intake has demonstrated to increase the level of GABA allowing for a calm and numb feeling to the drinker.

As one begins ingesting alcohol more and more, the counter mechanism that kicks in reduces the GABA output thereby pushing the drinker to step-up his alcohol intake. According to researchers, genetic background plays a major function in inciting an individual toward alcoholism. This occurs when there's a production of physical and psychological memories

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## **Chapter 2:**

*Treatments For More Severe Problems*

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# Synopsis

***Alcohol addiction is more a "disease of the mind". There are few medical treatments for this circumstance. All the same, alcoholism may be effectively cared for with the help of assorted rehabilitation and support plans that are available.***

***The only requirement to get treated for alcohol addiction is for the individual impacted to have a desire to come out of the substance abuse. This is the opening move toward freedom from the habit.***

## **For More Serious Conditions**

Social and family pressing may make an alcoholic abandon drinking for a time period, but it's commonly not lasting. The alcoholic has to therefore determine to give up the substance abuse voluntarily.

Alcoholics who volunteer for treatment experience at least one set back before he totally abandons the habit of drinking. The most beneficial thing an addicted individual may do once he or she has resolved to quit the habit is seek help. The strength and support that you'll decidedly need to cease the habit can be furnished by professionals.

The route is really tedious but the goal is worth it. It isn't very simple to come out of the substance abuse... which will release the alcoholic one minute and lure him the next. One moment the individual will feel as though he or she's in complete command and the next moment denial will kick in. The very feelings of shame will tempt them into going in for the drink.

Emotional agitation will accompany physical thirsting and inside no time the addict will be in a jam. The individual looking to stop drinking consequently can't do it on his or her own. They decidedly need the strong support of good addiction professionals.

When the individual under treatment is exposed to conditions where he's offered a drink, he or she needs professional help to acquire a mind solid enough to say no. There are a lot of pros who effectively guide the patients through spots like this helping them make the correct decisions with a solid mind.

Various counseling sessions address such subjects preparing the addict to effectively manage spots like this. Counseling may be individual, family or group related.

An addict may either admit himself in the clinic or find treatment as an outpatient. Outpatient plans are helpful for individuals who have already gone through treatment and want the support of group therapies and counseling. It's really crucial for the addict to choose a clinic or a program which is certified.

An alcoholic who's experiencing heavy withdrawal symptoms needs to inevitably get himself admitted in the clinic as an inpatient. At first drugs are dispensed to effectively deal with physical symptoms. If the loved ones of the addict aren't supportive in his effort to give up drinking, it's a goodness idea to get himself admitted and take the help of the counselors and therapists there.

Alcohol treatment professionals are a blessing for alcoholics who are wishing to make an effort to abandon this undesirable habit. These professionals likewise send the

person on to various alcoholic anonymous groups nearby so the support and help can continue as long as he or she needs it.

Lately, the drug Naltrexone has been acknowledged to treat individuals who are stricken with the condition of alcoholism. Along with traditional treatment if taken, this drug has been shown to help the alcoholic in subduing his condition. It has to be prescribed by a doctor. Naltrexone acts upon that part of the brain which is tangled in getting the individual addicted to drugs and toxins. This drug must be taken for a period of 7 to 10 days. The difference is felt after 3 to 4 days when the need for ingestion of alcohol reduces in the body. Inside a week or two the individual will discover that he may survive fine without ingesting his drink.

One crucial thing to be noted however is that the moment the drug is finished; the individual might out of habit reach for his drink. Consequently, it's really crucial to manifest sufficient lifestyle changes in order to balance out the treatment. It's consequently advisable for an individual beginning on his naltrexone drug to be under the care of an experienced doctor or a counselor during and after his treatment length.

All medications that are prescribed to treat the condition of unreasonable drinking work at lowering the level of serotonin in the brain. Bringing down the serotonin level is

an effective beginning step in individuals afflicted with a serious condition of alcoholism.

Ondansetron is a drug which is determined to be really useful in handling alcoholism. This drug was originally utilized to treat nausea and vomiting. This drug according to investigators is determined to be effective in addiction treatment for younger individuals.

After copious experimentation, it was resolved that the drug ondansetron was really effective in treating the condition of alcoholism as the addicts who were placed on ondansetron were able to cut back their consumption to about one and a half drinks. The results were more effective and successful with the younger addicts.

Ondansetron effectively bars serotonin which is a neurotransmitter which in turn effectively bars other neurotransmitters like dopamine. By blocking off these chemicals which cause an individual to reach for his or her drinks, addiction may be effectively handled.

On the fundament of the assumption that alcoholism is a biological phenomenon and is a disease which must be treated, much research is underway to invent fresh drugs and medicines to handle this condition. It's hopefully not really far-off for that breakthrough discovery which will cure alcoholism once and for all.

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# **Chapter 3:**

## *Alternate Treatment For Alcohol Abuse*

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# Synopsis

***Alternate treatment for alcohol addiction has gained in fame in recent times. This treatment technique involves blending both traditional and modern scientific techniques of treatment for particular symptoms. Contrary to treatment of other diseases alcohol addiction ought to be treated with additional care. Effort must be taken to produce an environment which is exempt of stress.***

## **A Sign Of The Times**

Assorted rehabilitation centers around the world supply treatment targeting the whole life of the individual at issue instead of merely the symptoms. This calls for identifying the base cause of the dependency and extinguishing the same.

Detox centers have therapeutic sessions where the patient is softly guided to open up his concerns and fears at the deepest level. This assists in discovering the base cause of the substance abuse. A positive treatment program is then worked up enabling the patient to break through his habit and continue toward leading a happy and sound life.

Alcoholism may ensue from depression. In such cases treatment has to involve more intensive work on the mind of the individual. Psycho therapeutic treatment plans are organized for these individuals which are an effective alternate treatment for this circumstance. This treatment works both at the addictive and emotional layer of the patient.

Spiritual counsel as a treatment choice for the condition of alcoholism is likewise gaining in fame. Spiritual belief may act as a major motivation for an individual to abandon his habit of drinking. Assorted meditation strategies instructed by spiritual leaders of several organizations go a long way in

helping addicts defeat stress and achieve serenity thereby making it simpler for them to abandon their habit and begin leading a peaceful and calm life.

Strategies include yoga, assorted types of meditations and trance. Meditation helps an individual center inwards thereby making the individual ease his mind and become tension free and unstrained.

When the individual is pleased and content with himself, he's no more affected by anything occurring around him and he no longer needs anything habit-forming to feel pleased, at ease and peaceful. Many individuals are going in for this sort of program as they feel that meditation is more beneficial than medication. While medicine is temporary, meditation provides one a permanent answer.

Trance work is likewise something like meditation. This helps the individual center his mind on studying deeper truths and supplies the addict with great inner strength to help him master his temptations with relative simplicity.

Yoga which is really popular now is a different effective treatment technique for the condition of alcoholism. Yoga helps in effectively bringing down stress and tension in an individual and relieves him of anxiety. Yoga centers on gentle stretching and yields an effective harmony between the body and the mind.

A different alternate treatment which has been discovered to be effective is called nutritional counseling. Many inadequacies related to nutrition spring up due to excessive ingestion of alcohol. The body of the alcoholic stops soaking up crucial nutrients which helps the individual in being healthy as his small intestine is no longer able to soak up the nutrients necessary. This is a result of filling the system with alcohol.

Nutritional counseling may help after an individual abandons the habit of drinking. Commonly, he or she is assessed for counseling and is apprised of a diet to follow in order to return to a healthy and strong life. This includes the equilibrating of the sugar level in the blood of the individual who is on the road to recovery.

One more effective alternate treatment includes acupuncture. This has turned out to be successful in a lot of cases. Acupuncturists apprise patients to take this as a support treatment along with additional treatments.

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# **Chapter 4:**

## *Money Saving Tips*

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# Synopsis

***You are able to spend a boat load of money on hypnotists, therapists or what have you, However if you take the time to go through these hints, you don't have to drop a shipload of bucks to take care of your drinking issue.***

## **What You Can Do**

### **Accomplish It For The Correct Reason**

The issue with most alcoholics is that once they state they're going to abandon drinking, it's always to make someone else happy like a mate, youngster or even a close acquaintance. The trouble is, if you're not executing it for YOU, you're not going to deliver the goods. How come? Because what it all boils down to, nobody in this creation is more significant to you than YOU. Self saving is among the most potent motivators in the world. So nothing that you are able to potentially do for another individual is going to provide you the satisfaction of doing something for yourself. Put differently, if you're going to abandon drinking...do it for YOU. Don't do it for someone else because you're seeking their blessing.

### **Work Out**

It's crucial that you work out on a regular basis when you go on a stop drinking program. But how come? The answer is easy. Those who work out on a regular basis while on a plan to quit drinking are less likely to lapse and begin drinking again. The chief reason is tension. Exercise really lowers your tenseness level as it leaves you get stuff out of your system. This successively makes it less likely that you'll turn to a drink later. This is why exercise is crucial.

## **Reinforcement**

This really works for almost anything in life. If you're having trouble abandoning drinking, reinforce yourself with something daily you do not take a drink. It doesn't have to be anything huge like a new auto or boat. It may be something simple like a dinner out, a trip to the mall, a spic-and-span CD or DVD or anything you are able to consider. By reinforcing yourself for daily you don't drink, it provides you the bonus you require to continue. What you are able to do is arrange goal posts like 1 day, seven days, fourteen days, thirty days, and so forth, without drinking. For every goal position, provide yourself a reinforcement. Of course, the reinforcement for thirty days ought to be bigger than the reinforcement for 1 day. That's all right...you earned it. Keeping these reinforcements going will keep YOU going as you fight alcoholism.

## **Adopt Daily Functions**

Among the riskiest things for an alcoholic isn't to have things to do. Idle hands are Satan's workshop. So arrive at daily functions for yourself. Write it down and check every task off as you finish it. As a matter of fact, you are able to blend this with the reinforcements system. For every task you finish, you can reinforce yourself with something little. You wish to stay busy. Each second that you've nothing to do is a different second that you'll be enticed to take a drink. And don't skip a single day. Assume the habit of making a schedule for yourself every evening for the following day. After a while, this will be 2nd nature to you.

## **Adopt A Hobby**

That's correct. Begin something fresh that you've never executed before. Take up an instrument like the guitar. Learn to play chess. There are so many fantastic things in the world that you are able to absorb yourself in besides a bottle. Open up your mind and savor one of the many things that the world has to provide...music, artistic creation, science, history, amusement...the list is perpetual.

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# **Chapter 5:**

*AA*

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# Synopsis

***Alcoholics anonymous is a group of individuals from all over the Earth who have connected hands to help one another quit alcoholism and likewise help others who might be suffering from like troubles of drinking.***

***The feeling of togetherness is a good support for these individuals and it enables them to emerge from the habit and remain sober. Fellows of alcoholic anonymous help fresh members to stand back from alcohol softly guiding them to abstain from the substance abuse one day at a time.***

***Fledglings are then acquainted with AAs 12 step recovery program in order to fortify their minds. This accelerates their recovery. The support and friendly relationships of the other members of AA helps in healing the fresh members effectively. Alcoholics anonymous have regular meetings where the members exchange their experiences and views with one another.***

## **A Plan**

Some of AA's basic ideas for recovery.

- Accepting to oneself that he or she has a issue with alcohol which needs professional help
- Steadfastly trusting in a higher power which may help cure the condition
- Choose to surrender everything to the power of the higher power including our will.
- Breaking down and assessing ourselves truthfully.
- Taking the results of our appraisal to somebody other than ourselves and to the higher power.
- Prepare to let the higher power work on taking away our imperfections
- Asking the higher power to step in and help us with our attempt to become better.
- Considering all the individuals we have hurt or harmed in some manner or the other and attempting our best to make it up to them.

- Directly approaching these individuals and making it up to them.
- Self appraisal as a ceaseless process and making it a habit to accept our wrongs right away.
- Pray and consciously meditate in order to meld with the cosmic consciousness or the higher power.
- Once having accomplished an exalted spiritual feeling by abiding by these steps, disperse the message among other people who require help and guidance.

## **Wrapping Up**

It is our earnest hope you got great benefit from this information which a lot of readers have already used to great effect to assist themselves, or a loved one, at long last break their alcohol habit and produce a better life. A fresh, better, alcohol-free life waits for you. Be firm. Be strong!



