



## What is Alcoholism?

For many adults, having the occasional drink as part of a relaxation regime is a rather harmless activity with no serious impact other than feeling a bit 'tipsy'. However, for others, alcohol dependency is a very real and serious problem that can have devastating and far-reaching consequences. [Addiction](#) is a problem that plagues our population, and **of all the abused substances, alcohol is the most prevalent** and costly to society.

This is because the problems associated with alcoholism often extend far beyond the drinker. If left untreated, alcoholism can lead to **strains on personal relationships**, the inability to hold down a job, increased accidents, increase incidence of violent behavior, negative parenting techniques, health problems such as [liver disease](#) and even death.

Unfortunately, many people that abuse alcohol do not realize they are doing so and many never seek treatment. For those that do, there are many treatment options that have shown great success in **combating a dependence on alcohol**. It is possible to find healthier ways of dealing with life's ups and downs, and repair whatever damage alcoholism has caused in your life.

## Diagnosing Alcoholism

Your doctor will probably ask you a number of questions about your drinking habits to assess whether you have a **problem with alcoholism**. They may also give you a full medical check to see if any physical damage has been caused by excessive drinking. Remember to be open and honest with your doctor as they are only there to help you.

There are four main signs of Alcoholism that may alert you to the fact that you, or a family member or friend, may have a drinking problem:

- Cravings or a strong NEED, or compulsion, to drink
- Increased tolerance to the effects of alcohol – (an increasing amount of alcohol is needed to have an effect on your system).
- Continued alcohol use despite the fact that you 'know you shouldn't' and an inability to stick to a reasonable limit.

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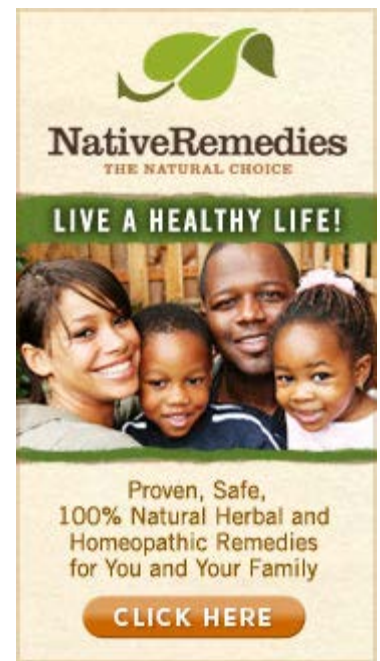


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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.



Withdrawal symptoms such as [nausea](#), sweating, [shakiness](#), and [anxiety](#), occur when you try and stop or limit your alcohol use.

## What Causes Alcoholism?

Developing an alcohol problem is usually the result of a combination of factors. While there is no singular cause, certain factors tend to make some individuals more vulnerable to becoming Alcoholics than others. Some of the contributing factors may be:

- **Genetics** – Certain genes may cause some individuals to be more prone to developing substance abuse problems, especially alcoholism, as it tends to run in families.
- **Personality Types** – Some people have personalities that may make them more inclined to have alcohol abuse problems. Some people have an addictive personality type and tend to become easily addicted to habit forming behaviors.
- **Emotional and Psychological Factors** – High levels of [stress](#), anxiety, [PTSD](#) or [depression](#) as well as low self-esteem and poor coping skills can all precipitate an individual to start drinking as a means of solving his or her problems which greatly increases the chances of alcohol dependence.
- **Social and Cultural Factors** – Certain cultures and societies encourage drinking or show excessive drinking to be the norm. In Western society, drinking is often associated with good times, partying and a way to forget your problems – all images that are perpetuated by the media. Certain social situations such as poverty, homelessness and poor social support can also increase chances of alcoholism.
- **Other risk factors** – Having a family member who drinks heavily or is an Alcoholic increases your chances of learning poor problem solving skills. Having a dependence on any other substance also increases Alcoholism likelihood.

Alcoholism can develop at any age and is often a slow process **beginning with casual alcohol use**. The most common age of onset

### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

### Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to

is between 18 and 29 and it tends to affect three times as many men as it does women.

get you an answer within 24 hours.

Second only to smoking, alcohol abuse is the most common preventable cause of death in The United States, (excluding deaths of others such as victims of drunken drivers, or alcohol-related homicides). While alcoholism may be very prevalent, treatment programs and the necessary **help to quite drinking** are readily available.

Certain disorders seem to be related to Alcoholism and it is not uncommon to find people suffering from Alcoholism as well one of the following:

- Depression
- [Eating Disorders](#)
- [Drug Abuse](#)
- Antisocial personality disorder
- Mania
- Schizophrenia

## Help for Alcoholism

There are various treatment options available to those who need **help with alcohol problems**. The first step is to assess how severe the problem is and the various circumstances that would be unique to the individual. Typical treatments may include an out-patient program or counseling, a support group, and/or an inpatient residential stay.

**Drug Treatments** – Certain prescription medications have been used to help people combat alcohol abuse problems:

- *Disulfiram (Antibuse)* : This drug acts as a deterrent to drinking alcohol. While it cannot take away alcohol cravings, it causes a very unpleasant physical reaction including, nausea, vomiting and headaches if alcohol is consumed.
- *Naltrexone (ReVia)* and *Acamprosate (Campral)* are anti-craving medications which helps to reduce the urge to drink.
- Benzodiazepines such as Valium or Beta-blockers such as *Propranolol (Inderal)* are sometimes administered to patients suffering from alcohol withdrawal symptoms.

While some of these medications may be beneficial during the **initial process of alcohol abstinence**, it is advisable to use them in combination with other treatments such as counseling. These Drugs may also have negative side effects that need to be explained to you in detail. Ask your doctor about adverse side effects or visit [www.rx.com](http://www.rx.com) for more information on these drugs.

Psychological Therapy – There are many forms of therapy that can help you change your habitual drinking behaviors as well as you mental perceptions of alcohol as a “life-support”. These may include Cognitive



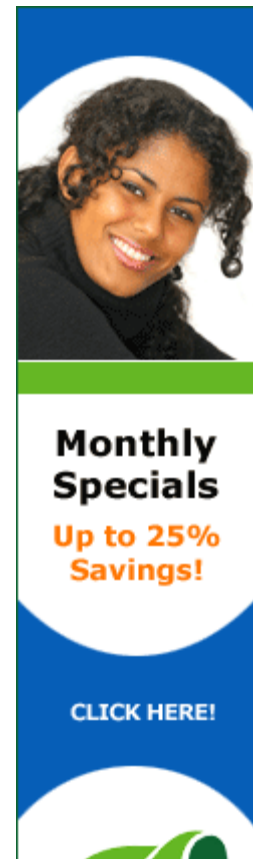
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Behavioral Therapy (CBT), individual therapy, group therapy or a support group with a reputable recovery plan. Therapy can also help you with underlying problems such as **stress, depression or anxiety** and assist you in developing healthier coping methods.

Natural Herbal and Homeopathic Remedies can help – While there are no specific cures for Alcoholism, natural herbal and homeopathic remedies may be greatly beneficial in helping to soothe the mind and steady anxious nerves during the recovery process. Ingredients such as St. John Wort help ease **feelings of depression and reduce anxiety**, while homeopathic formulas containing ingredients such as Ferrum Phosphoricum, Kalium Phosphate and Magnesium Phosphate help to relieve anxiety and quiet jittery nerves.

In addition, certain remedies will also help to flush out and detox your body to help counteract some of the **damage caused by excessive drinking**. Herbs such as Milk Thistle and Dandelion which are renowned for effectively treating liver damage and promoting healthy liver functioning are commonly used in all natural remedies.

## More Information on Alcoholism

Many **people suffering with Alcohol problems** find themselves in a state of denial, and often do not actively seek treatment. It is usually concerned family members or friends that confront the individual and encourage them to seek help. Sadly, it is often only when disaster strikes, such as losing a job, a near accident or an ultimatum from a loved one that the person truly realizes they need help.

If you do think you have a **problem with drinking**, there are a number of options available to you and people that can help. Contact your general practitioner and ask them about your treatment options and have them recommend a reputable treatment centre or support group. It is important to realize that while stopping drinking may be difficult; you don't need to face it alone. There are plenty of people that will help you along your path to recovery.

### Tips for Giving up Alcohol

- **Admit that you have a problem.** Denial is your worst enemy when it comes to addiction. The sooner you can truthfully admit the extent of your problem, the sooner you can successfully confront it. Be honest with yourself.
- **Don't do it alone!** Make use of professional support as well as the support of family and friends. Also tell others that you are giving up drinking. They will be less likely to offer you alcoholic drinks or invite you to a pub before you are ready, thus removing a large part of the temptation. They may also become a key source



### Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

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This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

- of encouragement and emotional support. No man is an island!
- **Replace a bad habit with a good habit.** By adding positive habits such as meditation, exercise and drinking water, you will be less likely to replace your drinking habit with another vice. You will also find these positive life-style changes make you feel healthier and give you the mental energy to confront your problems.
  - **Reward yourself.** Calculate how much you generally spend on alcohol per week. Set this money aside and buy yourself something great such as saving for the overseas trip you've always dreamed of taking.
  - **Stress less!** Take on fewer responsibilities, go on a stress management course or seek counseling from a licensed professional to help you develop positive coping mechanisms and reduce the amount of stress in your daily life.
  - **Beware of Guilt!** Recovery is an up and down process so expect to have good days and bad. Some days the reasons you quit will seem obvious and you will feel positive about your choice. On other days, you may find yourself trying to justify why you shouldn't just throw in the towel and have a drink. These thoughts and emotions are to be expected so don't beat yourself up about them. If you do slip up, then don't fall into a self-defeating hole of guilt, just try again. Remember to take it one day at a time.

### Living With an Alcoholic

- **Ask for help.** It is not your responsibility to help them on your own or solve their problems for them. Contact a support system or your general practitioner and ask for advice. You may also consider seeking professional therapy for yourself as living with an alcoholic can be extremely difficult and heartbreaking.
- **Confront the individual when they are sober.** Tell them how their drinking affects you and honestly discuss all your concerns. Do not attempt to do this when they have been drinking as they probably won't be reasonable and will more than likely forget the conversation.
- **Be honest with yourself.** Not only do they have to admit that they have a problem, but you have to admit just how serious the problem is and how it is affecting the whole family. The inevitable "I'm so sorry" the next morning should not be a "forgive-all card" and you need to weigh up the realistic dangers and consequences of their actions against the safety of you and your family. If drinking often results in violence or abusive behavior, it is best that you take yourself out of the situation until the person has received the proper help.
- **Let them deal with the problems they cause.** Let them take some of the responsibility for their actions by not continuously bailing them out of the messy situations they get stuck in. Stop calling in sick on their behalf, or making excuses for them.
- **Take care of yourself and live your life.** Many people get so caught up in their family member's drinking problem that they

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begin to lose their identity and feel like their sole purpose is to “fix it”. You need to set aside genuine “me-time” where you pursue your own interests and develop your own independent sense of self. Consider taking a short course in something you enjoy, or joining the gym.

## What are the Long-Term Affects of Alcoholism?

- Stomach and intestinal problems such as [gastritis](#) and [ulcers](#)
- Increases the risk for certain cancers
- Heightened blood pressure and increased risk of [heart disease](#)
- Liver disease or problems such as liver swelling
- Kidney problems
- [Diabetes](#)
- [Weight loss](#) and poor diet which may result in malnutrition
- [Insomnia](#)
- [Memory loss](#)
- [Trembling](#)
- Delirium tremens and hallucinations
- [Difficulties learning](#)
- Degenerative brain disorder called Korsakoff's syndrome
- [Depression](#)
- [Anxiety Disorders](#)
- [Nervousness](#)
- Negative emotions such as shame, guilt and hopelessness
- Problems at work as a result of reduced efficiency and productivity
- Problems with close relationships linked with increased incidence of domestic violence and abuse
- Increased risk of accidents due to delayed response time, poor judgment and impaired alertness

Alcohol also has detrimental effects on the developing fetus which can result in **Fetal Alcohol Syndrome (FAS)**.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were

commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional

and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Products:**

**Detox Drops:** Promotes natural cleansing, detoxification and toxin elimination

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