

Giving Up Alcohol Increases Your Happiness and Long-Term Health



Giving up alcohol is easy to do once you realize it does nothing for you, except deteriorate your health and happiness. Giving up alcohol is a great way to increase your wellbeing and quality of life.

Make No Mistake...Alcohol Is Systematically Addicting

"Every form of addiction is bad, no matter whether the narcotic be alcohol or morphine or idealism." By Carl Jung.

A few days ago, I read an article (blasted on social media) stating that one glass of wine provides the same benefits as one hour of exercise...what? It's easy to look back 30 years from now and frown upon all the cigarette smokers as we now understand that cigarettes never did anything for us. We now wonder how the consumption of cigarettes ever grew as vastly as it did in the 1960s.

Alcohol has greater reinforcement – and is more addictive – than Caffeine, Nicotine, and Marijuana. Alcohol is almost as addictive as Heroin! If you were given the opportunity to try a substance slightly less addictive than Heroin, would you do it? Unfortunately, most people have.

From an early age, we are bombarded with alcohol advertising campaigns. An average of \$2 billion dollars are spent each year by the beverage industry to systematically create the illusion that we are somehow happier and safer when consuming a product that causes stomach ulcers, nerve damage, liver damage, high blood pressure, strokes, heart attacks, and cancer. Everywhere we go, our “friends” encourage us to have a drink to wind down, release stress, or enjoy ourselves.

It’s important to ask yourself, “[am I an alcoholic](#)” or “am I just a social drinker”? The difference sometimes is quite small, and people sometimes think they are being social when in fact they are addicted to alcohol.

Alcohol Destroys Your Mental & Physical Health



Giving Up Alcohol – Male Drinking

I have enjoyed working in regional hospitals, assisted living facilities, and mental health facilities. Along the way, I have built lasting relationships with clients and learned about numerous lifestyle choices which make a direct impact on our long-term health. And one of the fastest deterioration of our physical and mental health is alcohol use.

Drinking provides NO benefits at all. Once you become a non-drinker, you will give up nothing; just get rid of a disease. We all know that alcohol wastes your liver (no pun intended), but it also damages the body's DNA, proteins, and impairs your ability to break down key nutrients.

As a Registered Nurse, I also see first-hand, on a daily basis, the decrease in patient's quality of lives after suffering from a stroke. Drinker experience a higher risk of high blood pressure, which leads to strokes and heart attacks. Drinkers suffer from higher risk of dementia and Alzheimer's, an exponentially increasing illness in our society. Drinking

increase the risk of diabetes and chronic inflammation of the human pancreas. Finally, nerve damage leading to chronic pain throughout the body (ever had sciatica on Mondays?) and the higher risk of 7 types of cancers are all aftereffects of alcohol use.

Happier People Drink Less Alcohol



Giving Up Alcohol – Female Drinking

“Avoid using cigarettes, alcohol, and drugs as alternatives to being an interesting person.” By Marilyn vos Savant.

As a young teenager, you never drank alcohol and consequently felt secure, happy, and healthy. It was only when we were systematically brainwashed by a \$90 billion dollar industry, and given the false illusion that alcohol (a depressant) was needed to enjoy ourselves, that we began drinking. Before that time, we never wanted to drink in the first place.

Giving up alcohol gives you relaxation, confidence and self-

esteem. Giving up alcohol from your life is a gift and provides the ability to be more aware of your surroundings and the beautiful things around you. As a non-drinker, you will be confident in your ability to stay in control and no longer enslaved to an addictive poison.

Alcohol can never give you any genuine pleasure. As a matter of fact, it does nothing for you. Slowly poisoning your body takes away the most important thing in your life – your health and happiness. Understanding this will allow you to easily become a non-drinker without the constant use of willpower (the willpower method is a less effective strategy).

Giving Up Alcohol Today

As a non-drinker, you will give up the hangovers, loss of control, worry about damage to your body, and stigma of being controlled by alcohol and its expenses. As a non-drinker, you will be free and your body will also be delighted to be free of the systematic position that all drinkers suffer for years.

“I think once I made up my mind that I was allergic to alcohol, and that’s what I learned, it made sense to me. And I think it was kind of pointed out that you know if you were allergic to strawberries, you wouldn’t eat strawberries. And that made sense to me.”
By Betty Ford.

As you remain a non-drinker, the thoughts of drinking will fade fast like a dream fades upon awakening. You will reflect upon all the advantages of being a non-drinker – greater security, stability, happiness, the quality and enjoyment of your future life. Giving up alcohol will free your mind, body, and spirit.

This post was originally published on the [Castile Soap Blog](#).

Additional References include:

- <https://wddty.com/news/2015/08/have-a-few-alcohol-free-days-to-reduce-breast-cancer-risk.html>
- <https://wddty.com/news/2012/07/government-advice-on-alcohol-is-eight-times-above-safe-levels-say-researchers.html>
- <https://wddty.com/magazine/2009/april/alcohol-addiction.html>

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Audrey Lefebvre, RN is a holistic lifestyle nurse in Florida, and has been practicing holistic healthcare and natural medicine for the past 5 years. She has experience with organic healthcare regimens, natural medicine, and Assisted Living. Audrey loves to care for the elderly and gives back to our community. On her spare time, she blogs about lifestyle regimens, healthy living, and her pet-dog Snooki. For more information on Audrey Lefebvre and Assisted Living, please visit her website at audreythenurse.com or assistedliving-tampa.com.