



## HOW ALCOHOL AFFECTS THE BODY

Further Recommended studies and resources for understanding harms from alcohol and why we 'crave' it.

### Recommended Reading;

We have stressed the importance of referring our grey area drinking clients to books which explain the 'logic' around alcohol.

### Books:

William Porter Alcohol Explained

Annie Grace – This Naked Mind

Allen Carr – The Easy way to stop drinking

Jason Vale – Kick the drink easily

Drink – Professor David Nutt

But there are also some medical studies that it's worth pointing to, especially to counteract the many media stories which try to convince us that alcohol (in moderation) is good for us.

**Firstly Alcohol Change UK has a simple 'quiz' that could be helpful**

<https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january/test-your-knowledge-alcohol-and-your-body>

This one is quite hard hitting from WHO

**No level of alcohol consumption is safe for our health**

[https://www.who.int/europe/news/item/04-01-2023-no-level-of-alcohol-consumption-is-safe-for-our-health?s=04&fbclid=IwAR0eDM48tEOkqciffEvMhCnGWErjvFp7KOsiJQlhHSvFUGzjhPXrl\\_ZpaFc](https://www.who.int/europe/news/item/04-01-2023-no-level-of-alcohol-consumption-is-safe-for-our-health?s=04&fbclid=IwAR0eDM48tEOkqciffEvMhCnGWErjvFp7KOsiJQlhHSvFUGzjhPXrl_ZpaFc)

Sometimes it helps our client to understand why we seem to 'crave' alcohol

**This is a good article which explains the 'craving brain'**

[https://www.who.int/europe/news/item/04-01-2023-no-level-of-alcohol-consumption-is-safe-for-our-health?s=04&fbclid=IwAR0eDM48tEOkqcjffEvMhCnGWErjvFp7KOsiJQlhHSvFUGzjhPXrl\\_ZpaFc](https://www.who.int/europe/news/item/04-01-2023-no-level-of-alcohol-consumption-is-safe-for-our-health?s=04&fbclid=IwAR0eDM48tEOkqcjffEvMhCnGWErjvFp7KOsiJQlhHSvFUGzjhPXrl_ZpaFc)

This is excellent

### **The Science behind the sauce from Hackensack Meridian Health**

<https://www.hackensackmeridianhealth.org/en/HealthU/2018/12/27/what-happens-to-brain-drink-alcohol#.Y8WTLX3P3C->

Please encourage clients to listen to the Alcohol Free Life podcast with Dr Anya Topiwala, lead clinical researcher on the study of alcohol and ageing

### **This was the study on alcohol and brain health**

<https://www.medrxiv.org/content/10.1101/2021.05.10.21256931v1.full>

Also encourage a listen to the Alcohol Free Life podcast with Dr Aric Sigman who contributed an article reminding us that the current legal age for drinking at home is 5!

### **BMJ Archives on disease in childhood**

<https://adc.bmj.com/content/early/2022/10/27/archdischild-2022-324325>

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