

Damage from Drinking Alcohol

by Wayne Goff

- Alcohol depresses the brain because it has the effect of a narcotic drug.
 - Alcohol depresses the conscience, making the cares, responsibilities, and problems become temporarily unimportant.
 - Alcohol impairs one's judgment, causing many people to say and do things they never would otherwise.
 - Alcohol destroys brain cells; and once destroyed, these can never be replaced.
 - Alcohol stimulates overproduction of stomach acid.
 - Alcohol irritates the lining of the stomach and may cause gastritis and often vomiting.
 - Alcohol lowers one's resistance to infection.
 - Alcohol inflames the pancreas.
 - Alcohol has a diuretic effect on the kidneys.
 - Alcohol causes fat to accumulate in the liver, as the liver stops burning its normal fuel (fat) in order to burn alcohol.
- ***Social Drinking & the Christian***, by Don Humphrey, pages 24-26

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