



WHY YOU NEED TO STOP DRINKING

**...and how to get started
TODAY!**

Mark Smith

Alcohol Free Forever™

All Rights Reserved

Do You Have an Alcohol Addiction?

Are you having a problem with your drinking?

Do your friends and family frequently complain that you drink too much?

Have you experienced blackouts, not remembering what you have done during drinking episodes?



Or have you experienced problems during your drinking that probably wouldn't have happened if you had been sober?

There are some signs that indicate that you may have a problem with alcohol. They include:

- You frequently drink more than you meant to
- You drink on a daily basis to cope with stress or strong emotions
- You try to hide how much you're drinking
- You need to drink to cope with day to day stress
- You are neglecting responsibilities at home, work or school
- You give up activities you used to enjoy because of alcohol
- You keep drinking even if you start having legal problems or relationship problems

These are some of the signs that mean you need to pay attention to what alcohol is doing to your life before it's too late.

The bottom line is: **if you think you are having a problem with alcohol, you probably are.**

Physical Dependence on Alcohol

You may deny that you are physically dependent upon alcohol. But if you're honest with yourself, you'll realize that you have to drink larger and larger amounts to get the same feeling of relaxation or calmness that a small amount of alcohol used to give you.



You may also notice that when you decide you're going to stop drinking or at least cut back on drinking heavily, you're unable to do so. You may feel very uncomfortable if you try to stop, and you may experience shaking, sweating, nausea or other signs of withdrawal. Then you want to drink again just to stop these withdrawal symptoms.

It's a vicious cycle.

These are clear signs that you have become physically dependent on alcohol

What Alcohol Really Does to You

You may think of your drinking problem as alcoholism, or you may prefer to call it something else, such as alcohol use, alcohol addiction or alcohol dependence. What you call it isn't as important as what your drinking is doing to you.

The devastating impact alcohol is having on your health may not be noticeable right away. But when you drink over a long period of time, alcohol may be in the process of damaging almost every organ in your body.

Damage to Your Health with Alcohol

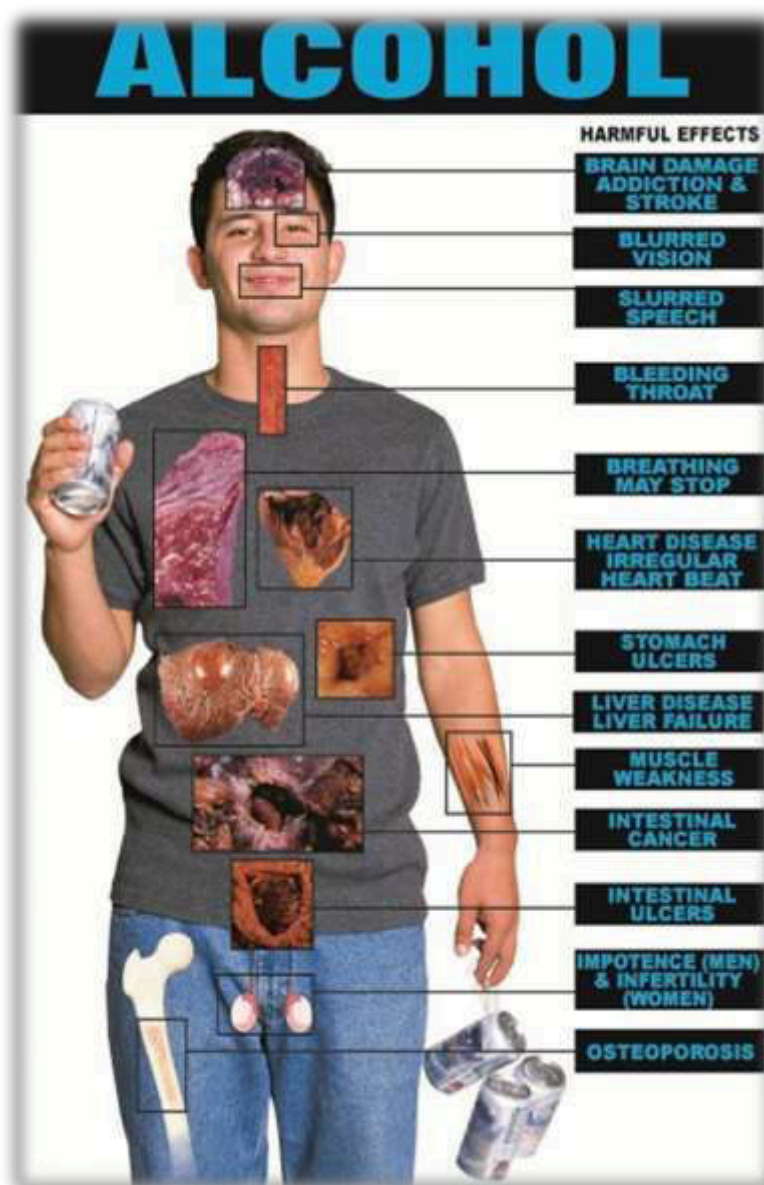
Alcohol can cause a wide variety of health problems.

Heavy drinking increases your risk of blood clots, which can lead to stroke or heart attack.

The heart can suffer considerable damage after years of drinking to excess, increasing your risk of irregular heartbeat and coronary artery disease

Alcohol can cause horrible damage your brain, which is evident when you have blackouts or memory problems.

Your immune system may also be damaged, making you more susceptible to illnesses.



Chronic Illnesses Caused by Alcohol

The most widely known chronic illness caused by alcohol is cirrhosis of the liver. Cirrhosis is scarring of the liver to the point that the liver no longer functions properly and may ultimately fail. If you develop cirrhosis, symptoms you may experience include tremors, confusion and pain.

The liver isn't the only organ that may be badly damaged by drinking. Kidney disease is another chronic illness that may be caused by alcohol abuse. You are at high risk of developing several different forms of cancer if you don't stop drinking, including cancer of the esophagus or liver.

Drinking heavily can cause digestive problems and you may develop gastritis or ulcers. Many people who drink too much would rather drink than eat, and they end up malnourished.

How to Get Sober Before It Is Too Late

As long as you keep drinking heavily or often, alcohol is continuing its assault on your body. If you don't get help for your drinking problem, **the question isn't if alcohol will cause major health problems – it's when.**

There is little or no nutritional value in alcohol, and drinking on a long-term basis will sooner or later destroy your health.

It's time to give up drinking before it's too late.

Many people who become dependent on alcohol want to get sober but don't know how. If you fall in that category, you probably know that you can't keep drinking the way you're drinking, not if you have any hope of staying healthy.

There is a way to avoid suffering disability or death caused by alcohol. **It's not as difficult as you may think.**

Getting Started

Many people who drink excessively feel puzzled as to why they keep binge drinking or feeling compelled to drink almost daily. One of the first steps to giving up drinking is to understand why you drink the way you do. It's not complicated, really.



A lot of the problem is centered in the way you think. Wrong thoughts lead to wrong actions. In your case, your wrong thoughts have led you to drink too much and too often.

I can teach you how to take charge of your thoughts, emotions and beliefs, and how they can be turned around so that you make new choices, healthier choices.

If you learn to take charge of your thoughts and feelings, you can set yourself up for success.

Start your path to sobriety by learning a simple method of taking charge of your thoughts and feelings. Continue by laying out a plan of exactly what you are going to do to take care of yourself and protect yourself from ever drinking again.

Make a Plan for a Sober Life

You can make a plan to get sober and lead a full life that doesn't include alcohol. Start by learning as much as you can about addiction in general and alcoholism in particular. Continue by healing your body through diet and supplements, and work to build a new life that doesn't include alcohol.

If you truly understand the disease of addiction, you can avoid common pitfalls that might make you want to go back to drinking. You can recognize the signs of a possible relapse and nip it in the bud before you get in trouble.

Drinking too much is hard on your body and will cause health problems. When you stop drinking, you may experience withdrawal symptoms, but with the right diet and supplements, you can ease your discomfort.

Once you get past the initial discomfort, you can learn to cherish and care for your body.

Your plan for a sober life should include ways to occupy your time and your mind. You can learn to feel a new joy of living, because every day sober is worth living.

The Path to Sobriety is Within Your Reach

If you have been struggling with an inability to quit drinking, you're not alone. Many others have struggled too, and many have been able to quit using the method that I can teach you through [Alcohol Free Forever™](#).

You can save your relationships, your health and your job. But you have to get started – **NOW!**

In my simple program, I will teach you 3 simple steps to permanent sobriety. I will help you understand why you drink and show you how you can overcome the problem from the comfort of your own home, starting today.

Yes, this program doesn't involve any awkward meetings at a church basement or trips to expensive counsellors.

Alcohol Free Forever™ will put you on the path to permanent sobriety starting right now.

Don't hesitate another minute...the rest of your life is just too important!



Learn How to Stop
Drinking
RIGHT NOW!

And How To Stay Sober
FOR THE REST OF
YOUR LIFE!

..in the privacy of your own home..



[CLICK HERE](#)