

Rehab Center Outlines How Much Alcohol Is Too Much

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Sante Fe, N.M. ? Shadow Mountain Recovery, an addiction treatment center located in Sante Fe, N.M., recently published an article on the difference between moderate and excessive drinking. The article was released with the goal of educating New Mexicans that often contemplate if they are drinking too much alcohol.

As the Land of Enchantment remains a leader in lives lost due to excessive alcohol consumption, the spread of correct information remains important. In New Mexico, more than 1,000 lives were lost to alcohol-impaired driving from 2009 to 2018. Annually, more than 10,000 American lives are lost due to drunk driving.

?The CDC considers drinking in moderation as a man having two or fewer standard alcoholic beverages in a given day,? a spokesperson for Shadow Mountain Recovery said. ?When a man reaches 65 years of age, the number of drinks drops down to one. One is also the number of drinks allotted for women on any given day. Anything more than what is considered moderate drinking is enough to make you examine your drinking habits.?

The article explains that alcohol use disorder is not determined by the number of standard drinks you consume but more by the feelings you receive from drinking and the reason for drinking in the first place. It is possible for a person to drink in moderation and never have an alcohol use disorder.

The article points out that according to the National Institute on Alcohol Abuse and Alcoholism, a person is considered to be drinking heavily if they have more than four drinks on any day and more than 14 drinks per week if they're a man, and more than three drinks on any day and more than seven drinks per week if they're a woman.

Shadow Mountain Recovery is a community of addiction treatment facilities throughout New Mexico specializing in detox and evidence-based treatment. The recovery center in Sante Fe offers medically

assisted detox, along with a residential rehabilitation program.

To learn more about the services at Shadow Mountain Santa Fe, visit their website or call (800) 203-8249.

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For more information about Shadow Mountain Recovery Santa Fe, contact the company here: Shadow Mountain Recovery Santa Fe 505-357-1367 info@shadowmountainrecovery.com 31 Calle Del Barrio Santa Fe, New Mexico, 87505

Shadow Mountain Recovery Santa Fe

Shadow Mountain Santa Fe is a unique drug rehab built around helping you heal and rebuild. Our detox and residential facility is a unique opportunity for our clients to reconnect with themselves.

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