Clean Recovery Centers Advises Community: Alcohol Consumption

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Tampa, FL ? The latest installment of the Clean Recovery Centers blog informs the community about how many drinks is too much. Their blog posts have been serving the community as a free aid in understanding addiction topics. Clean Recovery Centers has locations along the Gulf Coast, ready for anyone seeking help.

?Heavy drinking is defined as 15 or more drinks per week for males and 8 or more drinks per week for females. Typically, drinking happens over the course of the week and not all in one day. Even two drinks per day for a female is considered heavy drinking. Those who drink heavily for long periods are more likely to experience physical effects from alcohol. Signs of liver damage may become present as well as heart conditions and memory problems.

Binge drinking is not the same as heavy drinking. Binge drinking is defined as 5 or more drinks in one sitting for males and 4 or more drinks in one sitting for females. Sessions of binge drinking can be once a week, a month, or even a year. The danger of binge drinking is the possibility of alcohol poisoning, which occurs when the body is overwhelmed by the amount of alcohol in the system. If alcohol poisoning is ever suspected, medical attention should be sought immediately,? the article states.

A standard drink is defined as 1.5 ounces of distilled spirits such as vodka, gin, and tequila, 5 ounces of wine, or 12 ounces of regular beer. Each of these contains approximately 14 grams of pure alcohol. Not every drink will follow this standard, as different ingredients and distilling processes can adjust alcohol content.

Engaging in binge or heavy drinking often can lead to the brain and body becoming dependent on alcohol. The person will experience withdrawal symptoms between episodes of drinking, causing them to continue their use. Symptoms of withdrawal include irritability, agitation, anxiety, increased heart rate, high blood pressure, shakiness, seizures, and hallucinations. Withdrawal is a sign of dependence and can be the first sign of alcohol use disorder.

?When alcohol is consumed, it enters the bloodstream through the lining of the stomach. From there, it causes effects to vital organs such as the brain, lungs, and kidneys before getting to the liver for processing. The liver works by using enzymes to turn alcohol into carbon dioxide and water to be expelled through urine and sweat. During this process, the toxic chemical acetaldehyde is produced. It is only in the body for a short time, but is the leading cause of liver cancer, disease, and cirrhosis,? the article continues.

There are many signs of alcohol dependency including increased anxiety and depression, losing interest in hobbies, activities, and friendships, marital or relationship difficulties, financial burdens caused by drinking, poor job or school performance, and periods of memory loss or fragmented memory. When these symptoms are noticed, it is time to think about treatment.

Clean Recovery Centers has helped hundreds to get clean, live clean, and stay clean. Their facilities are equipped with housing for each phase of their unique, three-phase addiction treatment. This provides a safe space and community for those in their program. The staff is capable of diagnosing a mental health condition at any phase as well, and they can adjust the treatment course to address those concerns first. By treating their clients as people first, they are able to help them understand the root causes of addiction.

To learn more about Clean Recovery Centers, call (888) 330-2532 or visit their website.

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For more information about Clean Recovery Centers - Tampa, contact the company here:Clean Recovery Centers - TampaTerri Boyer(727) 766-0503info@cleanrecoverycenters.com508 W Fletcher AveTampa FL 33612

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At Clean Recovery Centers, we are committed to helping you transition from your old life of addiction into a new life of sober living. Our treatment plans help you identify and build on your strengths to create a lasting and healthy change.

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