



## Pacific Sands Talks Signs of Alcohol Intolerance

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Pacific Sands, of Santa Ana, recently posted an article discussing the signs and side effects that come with alcohol intolerance. This condition is one that many are often born with but confuse the signs of with things like hangovers or simply being drunk. As a center dedicated to high-quality treatment when it comes to alcohol addiction, Pacific Sands offers articles like these as a way to educate the community about alcohol consumption. They hope that these articles will allow people to make educated decisions about their health and well-being. This specific article strives to highlight the signs of alcohol intolerance so people can learn how to manage it before they experience any severe side effects.

The blog opens by explaining how the signs and symptoms of alcohol intolerance can appear. "While many of the symptoms can be similar to intoxication, they're not exactly the same. With proper knowledge regarding a person's use level, you can get a better idea of the source of their symptoms." Some people might experience symptoms even after one or two drinks. The most common signs that differ from regular intoxication side effects include hives, runny nose, difficulty breathing, and diarrhea.

Pacific Sands next addresses how alcohol intolerance is generally developed in a person. "One of the most common causes of alcohol intolerance stems from genetics. Some people do not produce enough of the enzyme that is used in properly breaking down alcohol. Most often this genetic trait is found in people who

are Asian or have Asian ancestry.? They continue by saying, ?In other instances, a reaction to alcohol can be caused by a genuine allergy. Some common allergens can include sulfites, histamine, corn, wheat, rye, or other chemicals that can be found in different alcohols.?

For those who have an alcohol intolerance, continual drinking can lead to migraines. ?In some cases, severe reactions to alcohol can lead to hospitalization. Since alcohol is a toxin, those with alcohol intolerance can also be more susceptible to negative reactions just from the alcohol itself or alcohol poisoning.?

The California-based rehab center also offers solutions within this article, so readers can know what steps to take should they think they might have an alcohol intolerance. ?A doctor can help you pinpoint what is causing your intolerance. If you are planning to make an appointment, make sure you come prepared with information for your doctor. Some helpful info can include your symptoms, what drinks you usually consume, and how long the symptoms last.?

They close the article by going into further detail about the timeline of alcohol intolerance, when symptoms might show, and how it can develop or worsen over time. Many factors come into play such as the amount of alcohol consumed, how often a person is drinking, their genetics, metabolism, and more. They stress that the most important thing to do if someone is experiencing symptoms they're uncertain about is to go see a medical professional.

Pacific Sands, located in Santa Ana, California, is a solutions-focused facility that offers a private, intimate setting so clients can get the one-on-one attention they deserve. Their focus is on helping clients who want to step away from substance use and back toward a healthy life. They strive to accommodate clients to help ensure everyone has access to proper treatment and care.

Take the first step towards a new life. For more information on Pacific Sands and what they offer, visit their website or call them at 949-426-7962.

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For more information about Pacific Sands Recovery Center, contact the company here: Pacific Sands Recovery Center Chase Brantley 949-426-7962 info@pacificsandsrecovery.com 1909 W Carlton Pl Santa Ana, CA 92704

## **Pacific Sands Recovery Center**

*At Pacific Sands, in Orange County, California, we understand that clients are in addiction treatment to learn how to live*

*their lives differently and we don't expect them to have all the answers.*

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