



Texas Rehab Experts Highlight the Hidden Toll of Alcohol on the Body and Mind

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A new article from San Antonio Recovery Center (SARC) is shining a light on something many overlook: how alcohol quietly changes the body and mind. Titled "Effects of Alcohol on the Body," the piece explores how something that starts as a simple drink can grow into a health issue that touches nearly every system of the body.

"It can start with a single drink. A celebration, a moment of connection, a little escape," the article begins. "But for many Texans, that moment turns into a pattern with consequences that go far beyond the glass."

According to the post, alcohol starts working within minutes—altering judgment, coordination, and mood almost instantly. In 2023, Texas averaged 65 alcohol-related crashes a day, with at least three ending in fatalities. It's a stark reminder that even short-term effects can have lasting outcomes.

The blog dives into both the short- and long-term impact of alcohol use, describing how it "doesn't just wear on the body—it reshapes it." Over time, drinking can affect the liver, heart, brain, and immune system, slowly changing how the body functions. The article lists some of the most common effects, including inflammation,

heart strain, cognitive decline, and lowered immunity.

It also challenges common myths about alcohol's supposed benefits. "While red wine has often been mythologized as 'heart-healthy,' regular drinking—even at moderate levels—can lead to arrhythmias, cardiomyopathy, stroke, and increased risk of heart attacks," the piece explains.

Mental health is another key focus. The blog notes that alcohol often masks anxiety or depression at first, but in time, it can make both worse. "At first, it may feel like alcohol helps take the edge off stress or anxiety," it says. "However, over time, it often does the opposite, fueling deeper emotional challenges and creating a cycle that's hard to escape."

When dependence sets in, even trying to stop can bring its own risks. Withdrawal can cause shaking, panic, insomnia, and in some cases, seizures. "The psychological symptoms of withdrawal can be just as intense as the physical ones," the article warns, underscoring why professional support is so important.

But SARC's message isn't one of fear, it's one of possibility. The blog reminds readers that the body is capable of healing once alcohol use stops. "The damage alcohol does to your body and mind can feel overwhelming, but healing is possible," it explains. "With sustained sobriety, many alcohol-related health conditions can begin to reverse. The liver starts to regenerate. Blood pressure stabilizes. Mood improves. Sleep becomes restful again."

The team at SARC also emphasizes the importance of early intervention. Catching the signs before they spiral can make a huge difference in recovery. When someone begins treatment early through outpatient therapy, detox, or structured residential care, the process is safer and outcomes are stronger. Early help opens the door to more options and prevents years of physical and emotional strain.

For SARC, this kind of education is part of a bigger mission. The center offers a comprehensive continuum of care, spanning from medical detoxification to residential treatment, partial hospitalization (PHP), intensive outpatient programs (IOP), and long-term alumni support. They specialize in dual diagnosis care, treatment for pregnant clients, and support for those managing complex medical or mental health needs.

The release of "Effects of Alcohol on the Body" continues SARC's commitment to prevention, awareness, and community recovery. In a city where alcohol-related harm continues to rise, the team believes knowledge and compassion are key to change.

San Antonio Recovery Center serves clients across Central and South Texas with evidence-based addiction and mental health treatment. As home to San Antonio's largest alumni network, the center provides lasting connections and encouragement well beyond graduation.

For more information about treatment options or to speak with the admissions team, call 866-957-7885 today.

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For more information about San Antonio Recovery Center - San Pedro, contact the company here: San Antonio Recovery Center - San Pedro Liam Callahan 210-361-5975 lcallahan2@baymark.com 7122 San Pedro Ave #114 San Antonio, TX 78216

San Antonio Recovery Center - San Pedro

San Antonio Recovery Center is based strongly on the 12-step treatment philosophy that has helped millions regain control of their lives. This successful San Antonio program emphasizes the recognition and identification of addictive behavior patterns.

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