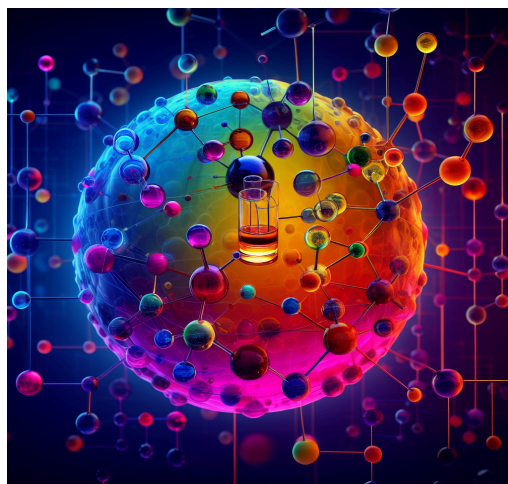


## Beverage and intake = pleasure for the self



*Illustration:  $\text{CH}_3\text{CH}_2\text{OH}$  is a solution (chemistry wise)*

Possible documents related:

- Epigenetics 1.1
- CQ Doc 3.1

There is an example in 'Epigenetics Doc 1.1' referring to 'Drug abuse'. In this document alcohol is used as an example. It is very much possible that other types of drugs (not necessarily medicine) are functioning similarly.

There is not such a thing as an alcoholic. The word 'alcoholic' can only be used as a description, not a diagnosis.

If we were to eliminate 'alcoholics' from planet Earth, there is only one way to manage this: stop calling people alcoholics, rather call them alcoholized. The mind of the person hearing this from a doctor or a higher authority is most likely to become even more frustrated because it is a negatively loaded word. If the word alcoholized is used instead, he/she is then relating to their situation differently making their subjective situation more suitable for change. Every adult should be aware that alcohol is basically poison. Liquor as a pure drink consists of maybe up to 50% poison. A beer has probably 4-5% poison, and wine is set to around 11-12% poison. As a human being poison is not a necessity in life, but it can be fun. This is also part of pretty much every culture from thousands of years back. When people say that a glass of wine everyday can be health beneficial they can actually be right. Your body and immune system starts producing substances in your body after intake made when the self is considered as ill or sick. By this meaning it will enhance your immune system at a smaller rate. Of course the amount of alcohol is vital.

The word alcoholic can be used psychological wise. Anatomically it is called alcoholized. This is the difference.

For the person to change their living standards, only enlightenment will work. If it is approached differently, it might also work but the time needed is greater and the suffering is worse, for the mind of the people. If there exists difficulties when it comes to the amount of intake, only discipline of the mind will work. And nothing else. With every habit, there exists a three week rule. There are pleasures everywhere, easier said than done. Still easy.

*There is no such thing as an alcoholic, it is only a bad habit. Choose for yourself, and your surroundings.*

