

Drinking alcohol is like drinking the fire water of hell!



Prohibition in America

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In the United States, alcohol is not classified as a "controlled substance" under the federal Controlled Substances Act (CSA). Instead, it is a legally regulated, psychoactive, and addictive substance that falls under different, specific regulations.

Despite not being in the DEA's drug schedules, alcohol is heavily regulated due to its high potential for abuse, addiction, and significant public health risks.

Here is why alcohol is tightly regulated:

Alcohol Intoxication

Significant Public Health Risks: Alcohol is a central nervous system (CNS) depressant that can cause severe long-term health problems, including liver disease, cardiovascular issues, and various cancers. It contributes to roughly 140,000–178,000 deaths annually in the U.S..

- **High Potential for Dependence:** Like other controlled substances, alcohol is addictive and can lead to Alcohol Use Disorder (AUD), which affects millions of people.
- **Public Safety Concerns:** Due to impaired judgment, reduced inhibitions, and lowered coordination, alcohol consumption is directly linked to accidents, crime, and approximately 31% of fatal driving accidents.
- **Regulation by Other Means:** Alcohol, along with tobacco, is specifically excluded from the Controlled Substances Act, but its production, distribution, and sale are tightly controlled by the Alcohol and Tobacco Tax and Trade Bureau (TTB) and the Bureau of Alcohol, Tobacco, Firearms and Explosives (ATF).
- **Historical Failure of Prohibition:** The 21st Amendment, which repealed the 18th Amendment (Prohibition), gave states the power to regulate alcohol, resulting in restrictions on age (21+), location, and hours of sale rather than outright federal scheduling.

In summary, while alcohol is a psychoactive drug with high danger potential similar to Schedule II or III drugs, its deep cultural roots and the failure of past prohibition efforts have led to it being treated under its own regulatory framework rather than the Controlled Substances Act.

When a person chooses to drink water instead of alcohol, it is like into the miracle performed by Jesus, peace be upon him, turning water to wine.

JN 2:11 This beginning of miracles did Jesus in Cana of Galilee, and manifested forth his glory; and his disciples believed on him.

Holy Quran: Surah Al-Ma'idah (5:90-91)

يَا أَيُّهَا الَّذِينَ ءَامَنُوا إِنَّمَا الْخَمْرُ وَالْمَيْسِرُ وَالْأَنْصَابُ وَالْأَزْلَمُ رَجْسٌ مِّنْ عَمَلِ الشَّيْطَانِ فَاجْتَنِبُوهُ لَعَلَّكُمْ تُفْلِحُونَ

"O you who have believed, indeed, intoxicants, gambling, [sacrificing on] stone alters [to other than Allah], and divining arrows are but defilement from the work of Satan, so avoid it that you may be successful."



Beer, Wine, Liquors, and Spirits

Alcoholic Intoxicants:

liquors, spirits, beer, and wine

4 types of alcoholism:

1. The functional alcoholic
2. The dysfunctional alcoholic
3. The recovering alcoholic
4. The recovered alcoholic

Once the human being consumes one drop of alcohol, they are no longer in full control of their human nature. They become one type of alcoholic or another. They will struggle with their alcoholism for the rest of their life. This intoxicant is called the firewater of hell because it is Satan's handiwork.

An alcoholic is an individual with alcohol use disorder (AUD), a chronic, relapsing brain disease characterized by an inability to control or stop alcohol consumption despite severe adverse social, occupational, or health consequences. It

involves physical dependence, intense cravings, and a high tolerance requiring more alcohol to feel the same effect.

Key characteristics and symptoms include:

- **Loss of Control:** Inability to manage the amount or timing of drinking.
- **Physical Dependence & Withdrawal:** Experiencing anxiety, shaking, sweating, or nausea when attempting to stop.
- **Neglecting Consequences:** Continuing to drink despite damage to relationships, health, or job security.
- **Preoccupation:** Spending significant time acquiring, using, or recovering from alcohol.

The term "alcoholic" refers to someone with a severe, often medically defined, addiction, and it is now generally categorized under the broader spectrum of Alcohol Use Disorder, which can range from mild to severe.

Alcohol intoxicants severely affect the body by acting as a central nervous system depressant, impairing brain function (coordination, memory, judgment), causing dehydration, and slowing reaction times. Short-term effects include slurred speech, vomiting, and potential alcohol poisoning. Long-term, it causes liver damage, cardiovascular disease, cancer, and cognitive impairment.

When it comes to alcohol, the main distinction lies in how they are produced:

fermentation (wine and beer) versus **distillation** (liquors and spirits).

Liquors (Distilled Spirits)

Liquors, also known as "hard liquor," are made by distilling fermented grains, fruits, or vegetables to achieve a higher alcohol by volume (ABV), typically ranging from **35% to 55%**.

- **Vodka:** Neutral spirit often made from grains or potatoes (e.g., [Tito's](#), Grey Goose).
- **Whiskey:** Distilled from fermented grain mash and aged in wood (e.g., Jack Daniel's, Wild Turkey).
- **Tequila:** Produced from the blue agave plant in specific regions of Mexico.
- **Gin:** A spirit flavored predominantly with juniper berries.
- **Rum:** Distilled from sugarcane or molasses.
- **Brandy:** Essentially distilled wine, often made from grapes but also other fruits like apples.
- **Liqueurs:** Spirits that have been sweetened and flavored with fruits, herbs, or cream (e.g., Fireball, Koval Cranberry Gin Liqueur).

Wine Produced through the natural fermentation of grapes or other fruits. Most unfortified wines have an ABV between **9% and 16%**.

- **Red Wines:** Often robust and tannic, such as [Cabernet Sauvignon](#) or Malbec.
- **White Wines:** Typically lighter and crisper, like Sauvignon Blanc or [Chardonnay](#).
- **Sparkling Wines:** Carbonated wines like [Champagne](#) or Mionetto Prosecco.
- **Fortified Wines:** Wines to which a distilled spirit (usually brandy) has been added, raising the ABV to **16%–24%** (e.g., [Vermouth](#), Sherry, or Port).

Beer Produced by fermenting starch, usually malted barley (e.g., Lager, Ale, IPA, Stout). Typically, 4-8% ABV.

HOW ALCOHOL AFFECTS THE BODY



UnityPoint Health

BRAIN

- Headaches are common with alcohol use. Long-term use causes damage, such as stroke and dementia.

MENTAL HEALTH

- Existing anxiety and depression tend to be worse with alcohol.

LIVER

- Fatty liver, alcoholic hepatitis, fibrosis and cirrhosis can develop in heavy drinkers.

HEART

- Chronic, heavy drinking is linked to heart disease.

PANCREAS

- Heavy drinking can cause inflammation and pancreatitis (acute or chronic).

STOMACH

- Gastritis and peptic ulcers are caused by alcohol-induced inflammation and sores.

DIGESTIVE SYSTEM

- Alcohol-induced irritation in the gut leads to diarrhea and vomiting.

REPRODUCTION

- For men, alcohol decreases sperm count and quality. In women, the risk of miscarriage and pre-term births are higher.

NERVES

- Alcohol can cause neuropathy and permanent nerve damage.

METABOLISM

- Metabolic syndrome can develop in heavy drinkers, which causes high blood pressure, elevated blood sugar and excess fat.

MUSCULOSKELETAL

- Excessive drinking causes muscle cramps and increases the risk of osteoporosis and gout.

IMMUNE SYSTEM

- Drinking impacts the body's ability to recover from an illness.

[How alcohol damages the body](#)

The effects of alcohol

Drinking alcohol acts as a central nervous system depressant, immediately affecting brain function, inducing dehydration, and irritating the gastrointestinal tract. Long-term consumption causes chronic inflammation, weakens the immune system, and damages organs like the liver, heart, and brain. It also increases risks for cancers, including mouth, liver, and breast.

Common Alcohol Percentages (ABV)

- **Beer:** 4-8%
- **Wine:** 12-17%
- **Spirits:** 36-50% (can reach 95%)
- **Liqueurs:** ~15%

Key Effects of Alcohol on the Body:

- **Brain and Nervous System:** Alcohol disrupts brain communication pathways, leading to slurred speech, poor coordination, mood swings, and, over time, memory loss or cognitive impairment.
- **Liver Damage:** The liver metabolizes alcohol, and heavy drinking can lead to fatty liver, alcoholic hepatitis, fibrosis, and cirrhosis.
- **Digestive System:** Alcohol causes inflammation in the digestive tract, contributes to "leaky gut" (allowing toxins to enter the body), and increases the risk of pancreatitis.
- **Heart and Metabolism:** It can raise blood pressure, cause heart damage, and contribute to metabolic syndrome, which includes high blood sugar and excess weight gain.
- **Cancer Risk:** Regular, heavy alcohol consumption is directly linked to an increased risk of developing cancers of the mouth, throat, esophagus, liver, and breast.
- **Immune System:** Chronic drinking weakens the immune system, making the body more susceptible to infections.

Effects on Pregnancy

- Consuming alcohol during pregnancy is toxic to a developing fetus and can cause developmental disorders and congenital disabilities.

Short-Term and Withdrawal Effects:

Apart from immediate effects like intoxication and dehydration, alcohol withdrawal in dependent individuals can cause severe symptoms, including tremors, insomnia, anxiety, and seizures.

Benefits of Reducing Consumption:

Cutting down on alcohol can lead to better sleep, improved mental health, lower blood pressure, improved liver health, and weight loss.

Four stages of alcoholism

Alcoholism, or alcohol use disorder (AUD), generally progresses through four stages—pre-alcoholic (social/experimentation), early, middle, and end-stage—marked by increasing consumption, dependency, and severe physical/mental consequences. It is a progressive disease that moves from voluntary drinking to a compulsion, where alcohol dominates daily life, requiring professional detox and treatment.

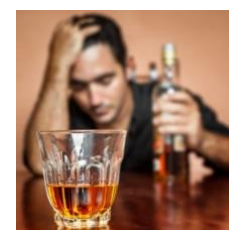
The Four Stages of Alcoholism

- **Stage 1: Pre-Alcoholic (Social Drinking & Experimentation)**
Alcohol is used to cope with stress or in social situations. While not immediately destructive, it can start to involve binge drinking and increased tolerance, where more alcohol is needed to achieve the same effect.

- **Stage 2: Early Alcoholic (Increased Dependency & Risk)**
Drinking becomes more frequent and often occurs to cope with problems. Indicators include memory lapses (blackouts), hangovers, and hiding or sneaking drinks. The individual may still appear to be in control of their life, but they are beginning to rely on alcohol.
- **Stage 3: Middle Alcoholic (Loss of Control & Physical Dependence)**
At this stage, the person loses control over their consumption, and the body becomes physically dependent on alcohol. Daily life begins to revolve around drinking, resulting in strained relationships, work issues, and potential withdrawal symptoms when not drinking.
- **Stage 4: Late-Stage or End-Stage Alcoholism (Addiction & Health Crisis)**
This is the most severe, chronic phase where alcohol addiction is total. Life revolves around obtaining and consuming alcohol, resulting in severe physical health issues (e.g., liver disease, cancer, cognitive damage) and severe withdrawal symptoms like seizures.

Key Aspects of Progression

- **The Jellinek Curve:** Alcoholism is often described through the Jellinek Curve, which maps the progression from social drinking to dependence and, ideally, to recovery.
- **Tolerance:** The need for larger amounts of alcohol to feel its effects is a hallmark of progression.
- **Withdrawal:** The physical and mental symptoms that occur when stopping alcohol intake, such as anxiety, shakes, or hallucinations, indicate a shift into higher-risk stages.



While addiction is generally a progressive process resulting from repeated consumption, it is not possible to determine if or when any single drink will trigger addiction, as it depends on genetics, environment, and psychology. Any amount of alcohol carries risks, but true addiction usually involves the brain's chemical adaptation to regular, heavy, or binge drinking.

Key Takeaways on Alcohol Addiction Risk

- **No Single Timeline:** Addiction develops differently for everyone; it rarely happens overnight.
- **Risk Factors:** The likelihood of developing an addiction increases with genetics, trauma, mental health conditions, and early age of first consumption.
- **Signs of Dependence:** Addiction involves craving, loss of control, increased tolerance (needing more for the same effect), and withdrawal symptoms.
- **Levels of Risk:** While any amount has risks, binge drinking (5+ drinks) or consistent heavy drinking significantly increases the danger of developing [Alcohol Use Disorder \(AUD\)](#).

It is not possible to pinpoint exactly when a person will become dependent. However, consistently needing alcohol to relax or manage stress is a sign of developing dependence.

Benefits of drinking alcohol

Moderate, responsible alcohol consumption may offer limited, potential health and social benefits, though many studies now indicate that no level of alcohol is completely safe. Potential benefits include slight reductions in cardiovascular disease risk, improved social bonding, and reduced stress in social settings. However, these benefits are outweighed by risks at higher intake levels.

Potential Benefits of Moderate Drinking:

- **Cardiovascular Health:** Some evidence suggests moderate consumption may lower the risk of coronary heart disease.

- **Social and Emotional Bonding:** Moderate, social drinking can trigger the endorphin system, fostering stronger friendships and community engagement.
- **Reduced Risk of Specific Conditions:** Some studies indicate a lower risk of diabetes and gallstones.
- **Cognitive Benefits:** Mild to moderate intake has been associated with a potential lower risk of cognitive decline in some studies.

Important Considerations:

- **No Safe Level:** The World Health Organization (WHO) has stated there is no safe amount of alcohol, and it is not recommended to start drinking for potential benefits.
- **Risks Outweigh Benefits:** Heavy drinking causes significant health issues, and even light drinking increases the risk of certain cancers.
- **Interaction with Health:** Alcohol can disrupt sleep, increase anxiety, and cause weight gain.

The healthiest approach is not to consume alcohol, but only in moderation—if at all—and to rely on a balanced diet and exercise for health benefits.

If you or someone you know is struggling with alcohol, resources are available. For confidential support, you can call the [SAMHSA National Helpline at 1-800-662-HELP \(4357\)](https://www.samhsa.gov/1-800-662-HELP).

Prohibition in the United States was a nationwide ban on the production, importation, transportation, and sale of alcoholic beverages from 1920 to 1933, established by the 18th Amendment and enforced by the Volstead Act. Intended to curb social problems, it instead led to widespread illegal activity, including bootlegging, speakeasies, and a rise in organized crime, ultimately causing its repeal by the 21st Amendment in 1933

