

Alcoholism

Extreme dependence on alcohol which can lead to mental changes, cirrhosis of the liver, nerve damage and heart problems. A majority of people who have been drinking alcohol and decide to stop (often for health-related reasons) are able to do so without much trouble. Alcohol withdrawal typically becomes difficult only when problem drinkers, such as alcoholics, attempt to quit. Blood sugar issues are usually involved.

Suggested Dietary Changes:

- Have small frequent meals throughout the day
- If possible, reduce or eliminate caffeine and tobacco
- Drink 8 full glasses of water daily
- Insure diet is high in protein and fresh vegetables

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*