

ANDERSON UPPER CERVICAL

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Alcohol: Effects on the Body

Alcohol slows down the chemicals & pathways that brain cells use to send messages. This slows reflexes & makes it difficult to store things in long-term memory.

Too much alcohol can actually shrink the brain.

Alcohol irritates the lining of the stomach & increases acid production. This raises the risk of stomach ulcers & interferes with the ability to absorb nutrients.

The Steps to Liver Disease

The liver breaks down almost all the alcohol ingested. Overtime, it handles a lot of toxins, making the organ fatty & lets thicker fibrous tissue build up. This will limit blood flow, causing liver cells to die off, a disease called cirrhosis.

Pancreas Damage and Diabetes

Normally, this organ makes insulin & other chemicals that help the intestines break down food. But alcohol jams that process up. The chemicals stay inside the pancreas. Along with toxins from alcohol, they cause inflammation in the organ which can lead to serious damage such as diabetes & pancreatic cancer.

Long-term, heavy drinking boosts blood pressure & it makes the body release stress hormones that narrow blood vessels so the heart has to pump harder to push blood through.

A Weaker Immune System

Alcohol puts the brakes on the immune system. The body struggles to make the numbers of white blood cells it needs to fight pathogens. Long-term, heavy drinkers are much more likely to get illnesses like pneumonia & tuberculosis.

Reducing toxins like alcohol, avoiding processed foods, getting consistent rest & exercise, & most importantly getting regular Upper Cervical check-ups for brain stem interference will add years to your life AND life to your years.