

## BLACKOUTS?

As the **BRAIN** is exposed to alcohol, noticeable effects such as loss of memory and hyper-alertness to normal situations can occur. The drinker can become extremely sad or angry for no apparent reason.

## Winded?

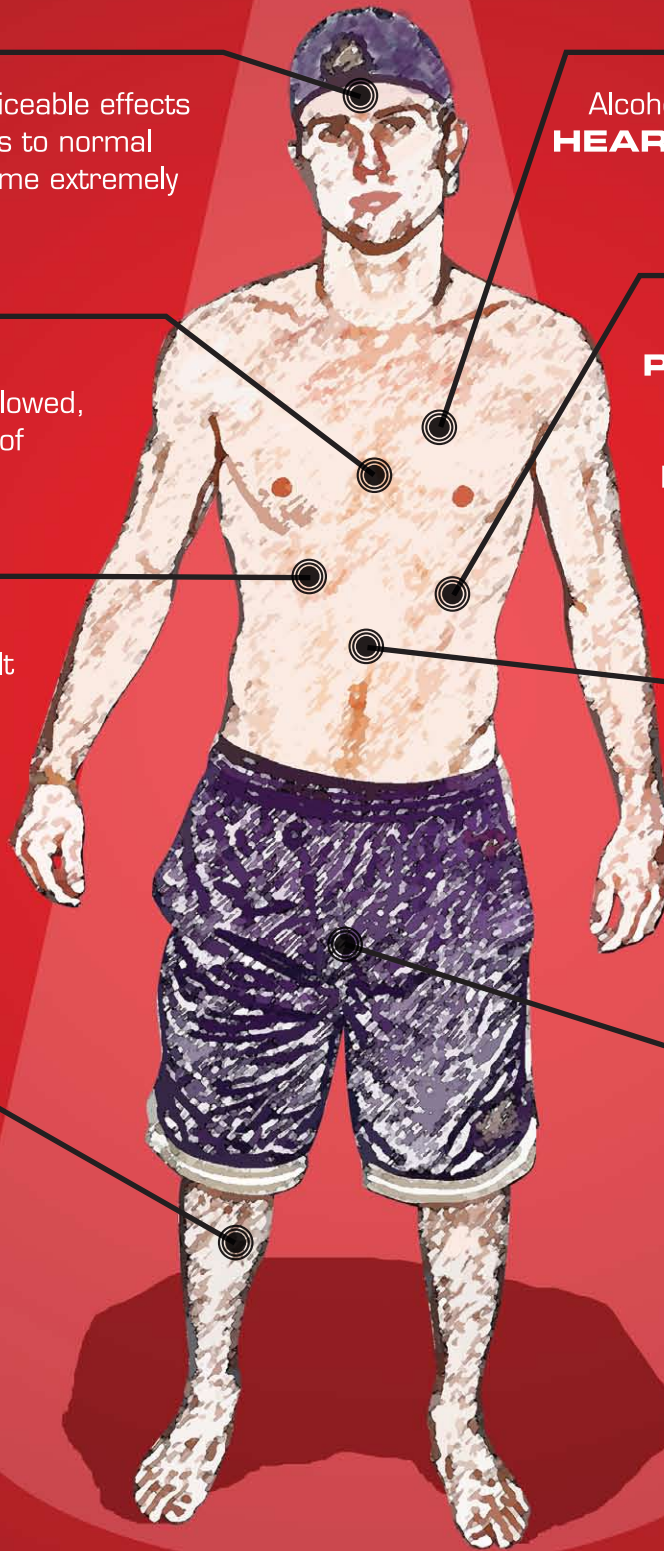
Alcohol is a depressant on the body. One's **LUNGS** and breathing will be affected, slowed, and potentially stopped, causing shortness of breath or even death.

## CIRRHOSIS?

The **LIVER** is a complex organ serving largely as a purification agent for the body. It assists with cleansing the blood, digestion, and metabolism, as it produces antibodies that help ward off disease, and rid the body of poisons (including alcohol). When the amount of alcohol in one's body is high, imbalances can create numerous problems, including cirrhosis, low blood sugar, and even liver failure, resulting in death.

## HANGOVER?

Alcohol reduces blood flow to the **MUSCLES**, causing muscle weakness and deterioration. This contributes to the headaches and muscle aches brought on after a long night of drinking. Additionally, alcohol triggers the production of a substance in the liver that is toxic to testosterone, which is essential for the recovery and build-up of muscles.



## BLOOD-SLUDGING?

Alcohol is a natural depressant to the body, slowing one's **HEARTBEAT** and blood flow. This can cause red eyes, anemia, or even death.

## INSULIN?

Drinking causes a steep rise in blood sugar and the **PANCREAS** responds by producing insulin. This causes a fast drop in blood sugar resulting in hypoglycemia at best, diabetes at worst. Symptoms of hypoglycemia can include dizziness, headaches, lack of ability to concentrate, depression, anxiety, light-headedness, tremors, cold sweats, heart palpitations, loss of coordination, and upset stomach.

## REFLUX?

Alcoholic beverages, especially those higher in carbonation, increases the acid production in the **STOMACH**. When an excess amount of alcohol is absorbed, the increased amount of stomach acid may begin to eat away at the stomach lining, causing a burning stomach ache, acid reflux, or ulcers.

## ED?

Studies show that men who drink may have difficulty getting and maintaining an **ERECTION**, as well as a decreased sexual desire. Other sexual effects in these studies include difficult or delayed ejaculation, increased sexual aggression, and even infertility.