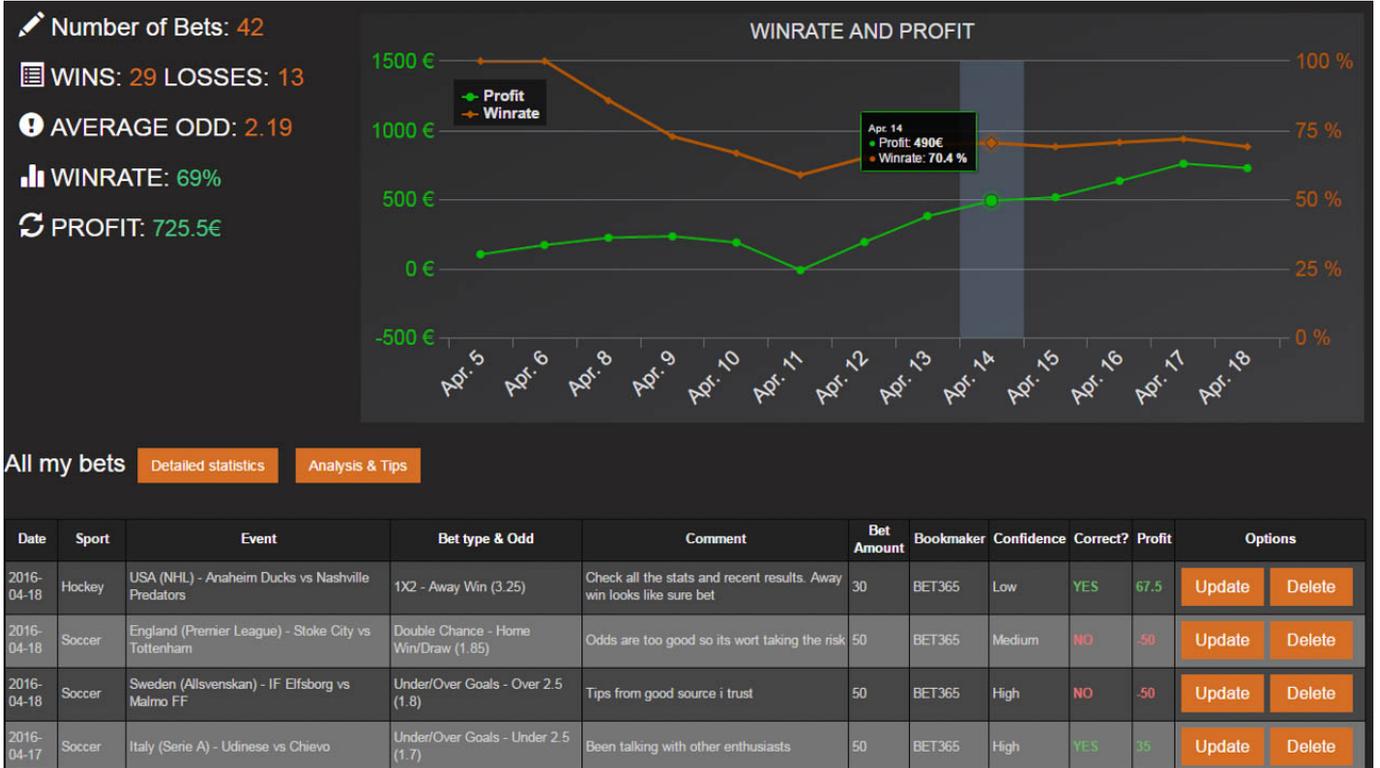


Iddaa Basket Analizleri



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Stop by our booth at the Highlandsville Fair on Sunday, November 26 and we'll give you a free, glass vial of Kentucky River water. This water is quite different than bottled water, more on that below. This is a serious addiction. It has physical and mental effects. And, if it's not controlled it can be deadly. Binge drinking The first thing you notice when you sit down to a bowl of cold water is the texture. It's really cold. That water has to be in ice or it will not make it to your lips. It's also chalky and foul tasting. Binge drinking comes with a lot of harm. Much of the harm comes with the physical effects of drinking too much. The adverse physical effects range from excessive sleep, poor appetite, fatigue, and sometimes loss of bladder control. Less commonly seen are the consequences of dehydration and the risk of alcohol poisoning. Your long term health is also at risk. When you drink too much, you may experience a number of health problems over time. These include developing hypertension (high blood pressure), heart problems, kidney problems, and liver disease. The mental effects are also significant. You can feel guilty and ashamed of what you're doing when you are drinking. If you're not careful, you may even start lying to yourself. This

lies, combined with other behaviors like isolation, leads to more drinking. Lying to yourself The first thing to do when you feel you are drinking too much is to talk to a trusted friend or family member. They can help you recognize when you are going over the line. Sobering up If you drink too much, you may find yourself asking for help. Your loved ones may help get you a sponsor and help you find treatment. Where you can go If you're willing to make the commitment, you can find help at a sober living home. They are a place where you live in a sober environment. You may be in a facility for a few months, or a year or more. They are there to help you get sober. You are given the tools you need to make changes. Sober living homes are not all the same. You may work the steps in a living room, or on a patio. Some use outdoor structures to guide the steps. You will likely live in a home where you take turns cooking, cleaning, and doing other things that have nothing to do with alcohol.

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