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Affect Of Alcohol On Women

By David McCarthy

Women and Alcohol

It is often quoted that females have a lower tolerance to alcohol than males and this is an indisputable fact but few people ever go on to tell exactly what the affect is and why. Hopefully this article will help shed light on exactly what happens when you drink alcohol and why you often do things that you regret later. Also give some insight into what alcohol actually does to the brain. This is not an anti alcohol article, it is presented in the hope that knowledge will influence attitude. The fact that this article is being published at the height of the Christmas/New Year festive season is coincidental; it contains valuable knowledge that is useful at all times.

Alcohol is a testosterone stimulant and the affect it has on women is based upon the fact that testosterone is not the dominant hormone in the female make-up, therefore they are usually unable to control the affect of testosterone as men do on a daily, even hourly, basis. Dealing with the bravado that testosterone produces is not a common experience to a woman and therefore they rarely know how to cope with it. This explains why they are more prone to carrying out acts that are normally not in their nature when drinking. The stimulation of testosterone initially makes them loud as the bravado affect kicks in; a feeling of invincibility that leads them to drop all inhibitions follows this. If there is a dance floor they are liable to seek it as a challenge to dance with a view to drawing self-attention. They meet with strangers when stimulated testosterone has them feeling invincible and there is no need for me to point out the dangers that this can create.

As the affect of alcohol dwindles and the real self re-appears there is true self-doubt regarding what they may, or may not, have done and whether they can face the people they were celebrating with again. This is caused by the lack of testosterone stimulation and the reassertion of the true personality as opposed to the testosterone induced personality that occurs whilst drinking.

The other affects that leave terrible hangovers to contend with are so well known that I will not go into them in this article. Hopefully if you have knowledge concerning why you become vulnerable while drinking you will be more careful concerning the quantity that you drink; especially when you are not in the home environment with trusted family and friends around you.

To have a drink can be fun, just be aware of what happens to your body and mind when you have too many. The stimulation of testosterone starts with the first sip.

A hangover is the result of alcohol dehydrating your body. Try to drink at least a quart (1 liter) of water between drinking and bed to help re-hydrate your body.

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David McCarthy regularly publishes articles on a variety of subjects including health, safety, food, diet, weight loss and is webmaster of

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Does Alcohol Decreases The Risk Of Diabetes?

By Tiara James

Drinking Alcohol Really Does Decreases the Risk of Type 2 Diabetes Among Older Women It is absurd. For the longest time, we have believed that alcohol has no real benefits. However, recently, a study has found that drinking moderate amounts of alcohol really does decrease the risk of Type 2 Diabetes, and this is especially true among Older Women! There are 20.8 million children and adults in the United States, or 7% of the population, who have diabetes. While an estimated 14.6 million have been diagnosed with diabetes, unfortunately, 6.2 million people (or nearly one-third) are unaware that they have the disease.

Recent studies have shown that drinking moderate amounts of alcohol (as compared to drinking too much alcohol or no alcohol at all) can lower the chances of getting type 2 diabetes. However, only a few studies on alcohol and type 2 diabetes have included women, and very few have included older women.

Previous studies on the effects of drinking moderate amounts of alcohol (1–2 drinks) and the risk of developing type 2 diabetes have mostly been done on men or both men and women who were younger than 55 years old. The researchers wanted to study how drinking alcohol affects older women's (more than 50 years old) chances of developing type 2 diabetes. (see Diabetes Symptoms)

Questionnaires were mailed to the women in the study. The women were asked where they lived and if they had conditions that put them at risk for any other diseases. Waist and hip, height, weight, and blood pressure measurements were taken at the beginning of the study. Diabetes, high blood pressure, and high cholesterol were also reported if these conditions were diagnosed by a doctor. The questionnaire asked about how much each woman exercised and how much they ate.

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The questionnaire also contained questions about how much alcohol the women drank, how often they drank, and what types of alcohol they drank, both currently and in the past. The researchers sent out two follow-up questionnaires every 3 to 5 years. These questionnaires asked the women whether they developed type 2 diabetes, what year they were diagnosed, who diagnosed them, and whether they were being treated by diet, drugs, and/or insulin.

Conclusion The researchers found that blood pressure was lower in the women who drank moderately, but it increased in women who drank more. During the study, a total of 760 new cases of diabetes were diagnosed. The research shows, however, that drinking alcohol in moderate amounts did lessen the risk of developing type 2 diabetes. This is rather significant piece of news as we can now safely drink our favourite wine and not feel guilty about it!

7% of the population has Diabetes! Information on Diabetes Symptoms at

<http://DiabetesSymptoms.eask.info>



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