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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
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Lies about Alcohol

By Jennifer Lester

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Dear Jen,

I have been dating a man I met online for just over a month now. When we first met, he told me that he doesn't drink alcohol, and that is one of the things I liked about him after having been raised by an alcoholic father. The other night, when he came to pick me up for our date, I was sure I smelled alcohol on his breath. What should I do?

Signed,
Swimming in Gin

Dear Swimming in Gin,

I have to say first of all, that you need to be up front with him about this. Tell him about your concerns with alcohol and how it has effected you in the past. Remembering that you can't change him is very important here. What you can do is change yourself and your choices. If he is going to choose to continue to drink and that is not something you can live with, it is maybe time to consider letting the relationship go before it gets even harder. One thing that I do want you to think about is whether or not he was lying in the first place. Maybe he was, or maybe he just went out that night and had an off-character moment and had a drink. Either way, be up front and honest with him and yourself. Your safety and sanity come first.

Good luck to you on your quest for love.

Jennifer Lester is an online dating expert who offers her advice and guidance through the world of online dating at her website: <http://www.lovepersonally.com> - The tour guide to your online dating experience.

Alcohol Rehab When It's Necessary

By James Calvin

Alcohol rehab has been made public through such organizations as AA, Alcoholics Anonymous, as well as other famous institutions that treat alcohol related issues. Alcohol rehab is important because it can bring back a promising life that is on the brink of disaster. When alcohol consumption becomes an issue, rehab may be the only option. Families have been destroyed, lives torn apart, and some people have lost everything over becoming addicted to alcohol.. Rehab can be the only option for some people. Their surroundings and friends can at times be environments that make drinking impossible to stop. For these people rehab may be the only option to quit drinking alcohol.

Alcohol rehab, although a Hollywood cliché, is actually an honorable action that anyone who suffers from addiction to alcohol can take. Rehab is a place that one can go to find a solution to a problem with alcohol that they can't find on their own. Rehab helps educate and bring paradigm shifts to the person who may have never seen alcohol in a healthy light. The ultimate goal is to find what drives the person inside to drink alcohol in quantities that are unhealthy.

Alcohol rehab is an option that should not be left as a last resort. Checking into rehab at the onset of alcoholism may prevent serious civil consequences, such as loss of job, divorce, or tearing a family apart. Alcohol rehab has saved many lives in more ways than one. A life can be saved through a simple and effective alcohol rehab program. Education and environment can be achieved with the right alcohol rehab program. If you feel that someone you love may be at risk and may be able to benefit from alcohol rehab, don't hesitate to look into what alcohol rehab programs are available in your area.

James Calvin is bringing awareness to the web with such topics as alcohol rehab through his website

For more details on alcohol rehab be sure to visit his website. You

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