What Are the Effects of Alcohol on the Body? Adam Bernstelin

Author argues that it doesn’t matter how much we drink alcohol, it’s just harmful in short-term and long-term. Short-term effects, we may think that it’s so mild that alcohol won’t affect the body. But there are lots of symptoms. For example, feelings of relaxation, changes in mood, head pain. Although these effects are seemed small, it can affect our judgement and behavior. On the other hand, Long-term effects, it remains our body for a long time beyond our own mood and health. For example, a weekended immune system, changes in appetite and weight. Lastly, the author suggests some tips how to keep safe our body with alcohol. There are no entirely safe solutions but help reduce some risks.

Pietrangelo, A. (2021, November 30). *Effects of alcohol on the body*. Healthline. Retrieved March 31, 2022, from https://www.healthline.com/health/alcohol/effects-on-body#risk-factors

Sorting out the health effects of alcohol, Robert H.Shmerling

For many years, Alcohol has been selected for a dinner party and a popular beverage on important events. Also, it takes big part of US economy. However, it causes bad results when we drink it too much. We lose our judgement, take higher risk of injuries, and get a liver disease. Authors shows the research about the health problems when we drunk too much. Then, what’s the standard of “too much”? It’s different to everyone, but it lasts our body longer with fat person than who is not. On the contrary, the author presents research data on drinking even a little is better than not drinking alcohol. Rather, it is said that those who drink even a little alcohol are less likely to get cancer.

Robert H. Shmerling, M. D. (2020, November 3). *Sorting out the health effects of alcohol*. Harvard Health. Retrieved March 31, 2022, from https://www.health.harvard.edu/blog/sorting-out-the-health-effects-of-alcohol-2018080614427

Alcohol: Balancing Risks and Benefits, Havard T.H Chan

Alcohol is a fermented drink, and discussions have continued whether it is beneficial or harmful. It is worth noting that excessive drinking is preventable. And the author shows information about alcohol in many aspects. Scientifically, alcohol consists of a molecule called ethanol, which can have a direct effect on the body. Statistically, alcohol also has a great influence on one of three violent crimes. It is also said that the cost of alcohol abuse in the United States amounts to $249 billion a year. Additionally, drinking alcohol also increases the risk of weight gain. When looking at it comprehensively, it is not recommended to drink alcohol. It is necessary to know the harmfulness of alcohol poses to us.

*Alcohol: Balancing risks and benefits*. The Nutrition Source. (2020, November 12). Retrieved March 31, 2022, from https://www.hsph.harvard.edu/nutritionsource/healthy-drinks/drinks-to-consume-in-moderation/alcohol-full-story/

Alcohol, Steven Dowshen MD

Since it is up to individual choices to decide whether to drink or not, author would like to help us make a wise choice by introducing a lot of information. If alcohol is a natural product which are fermented with grain, why should we worry about alcohol consumption? This is because alcohol is absorbed into the bloodstream and if teenagers who grow up drink alcohol, it can affect the brain. Even a very small amount of alcohol helps a person relax or relieve anxiety, which weakens their judgment. Furthermore, punishment is harsh, unprotected sex for crimes committed while drinking, in the worst cases, it increases the likelihood of being involved in murder or suicide.

Dowshen, S. (Ed.). (2016, September). *Alcohol (for teens) - nemours kidshealth*. KidsHealth. Retrieved March 31, 2022, from https://kidshealth.org/en/teens/alcohol.html