:

Friends, Namaste to this video, alcohol on our body and brain. Alcohol is of our body. For example, we alcohol, our skin dehydrated. If you have to the urine many times. So, happens is, water content gets absorbed and the skin becomes dry. We the life is the body the most amount alcohol, that the age of is coming fast, it like the age of aging is Similarly, the hair fall is also high in of Another important thing is that the has in behavior, effects, sleep has effects on mood. Let sleep has effects. Many people sleeping, so we are a peg and sleep. Actually, is correct Because sleep, fall If you take you fall But at midnight and asleep again, it very difficult. Being restless in alcohol happens So what is the next morning's performance? will be difficult Exercise is everything. Next day, alcohol hangover, we for and then we bit druggie. Meaning, a tired, a bit tensed, concentration in work, memory being bit up and down, not performing All these the brain. If for long time, memory gets disturbed. Because of loss some people rarely... Wernicke's Korsakov syndrome. It only lot metal effects, but the memory as well. Similarly, alcohol also lot of damage For example, we alcohol, we this reflex gastritis to That having having a stomach ache, If you alcohol and you big voice in It reflux esophagitis or gastritis. By taking alcohol, fat deposits are fatty liver. This fatty liver is not that serious, but if continue to drink after a while it to cirrhosis. Cirrhosis is irreversible liver damage. Once that stage has come, It is very difficult Liver is a very hard organ. It can function of like the capacity. But if poison on like term alcohol, the cirrhosis is set, it to reverse it. Similarly, liver is cancer, and cancer for Breast cancers are alcohol patients. Also, the effects of are I earlier, a hormone, an anti-diuretic hormone. If there is connection and the kidneys, alcohol can damage it. That is alcohol is the urine is going the mouth. There bit of uneasiness. I you dehydration earlier. It the kidneys and Many people that alcohol will sex life, but alcohol increases sexual desire, which sex will a positive effect on But the result will same. So, will desire and desire, but it will negative effect alcohol and term. Dear friends, alcohol one part of but How the damaged is Cardiac Infection. So, heart attack and heart disease are by in alcohol intake. Earlier, if you a peg or a glass of wine it heart. But, in latest research, we this in detail in to research, alcohol intake whether is or not. Another thing to end the is, suppose you a long time, do you any benefits You alcohol for long time, but if you stop it immediate benefits. Of course, you taking alcohol you for your drugs. People heavy diet regularly, they stop, they skin. Why? I earlier, skin is dehydrated they aging. That is what Next day, very peacefully. Next day, they exercise like They good exercise tolerance capacity. Their daily life, their their productivity, they are very good. Also, problems of urination and weight. Many people take because it contains tons of calories. the liquid calories, the calories in keep increasing. Alcohol contains a calories and it increases weight easily. You can hear of beer, being the stomach is So, if you stop a few days, weight, your skin, your sleep, your behaviour, your mood, your energy levels, all these will start And of course, I said earlier, your sexual life will also improve. But you serious alcohol problems, health problems, it is to doctor for There your friends, family members, etc. Thank you friends