

Argumentative Essay #1

Vernon Merrick

Beulah heights University

E 102 English Composition

Professor: Jewel Randolph

July16, 2020

Argumentative Essay#1

What happens when a person consumes too much alcohol? Whether it be occasional or drinking alcohol every day, drinking too much alcohol can cause some major issues. Two of these issues are alcohol abuse and alcoholism. Even though the two are similar they are different at the same time. “The people who drink too much on occasion, drinking habits often result in risky behavior or poor judgement. Alcoholism means a person needs alcohol to get through their day”.¹ Drinking too much alcohol can harm your health. Drinking too much alcohol can affect you physically, mentally, and socially.

Drinking too much alcohol can affect you physically in so many different ways. It can lead to high blood pressure, heart disease, liver disease, kidney problems, digestive problems, blurry vision and some other physical problems. “Drinking too much alcohol

1 Alcohol Effects the Body

over a long period of time or drinking too much on a single occasion can damage your heart and /or liver”.² People no longer walk and talk the same when they drink too much alcohol. Drinking too much alcohol doesn’t just affect you physically, but also mentally.

Drinking too much alcohol can affect you mentally because “it interferes with the brain's communication pathways, and can affect the way the brain looks and works.”³ It can affect the mood and behavior of someone. It also affects a person's ability to make good decisions. That is one of the reasons a person can think it's okay to drive after drinking too much alcohol. People just don’t think rationally when they drink too much alcohol. Not only does drinking too much alcohol affect people physically and mentally, but it also affects them socially.

The emotional effects of drinking too much alcohol can be just as bad as the physical and mental effects of drinking too much alcohol. It could lead to depression, persistent sadness and anxiety disorders. These types of things could lead someone to suicide. Isolation is another effect of drinking too much alcohol. Whether it be because people don’t want to be around a person who drinks too much, or the person who is drinking too much does not want to be around other people it shows social effects of drinking too much. “The abuser may feel like others around them may not approve of the drinking”.⁴ This is also dangerous. Being Isolated can also lead to suicide.

Whether drinking alcohol on occasions or whether you drink alcohol every day, drinking too much alcohol can have a negative effect on a person physically, mentally,

2 Alcohol Effects the Body

3 Alcohol Effects the Body

4 Emotions Effects of Alcohol Abuse/Healthfully

and socially. Drinking too much alcohol affects your health in so many different areas which in turn can affect you physically. Drinking too much alcohol can affect the way you think and do things which affects you mentally. Drinking too much can affect a person socially because of how they view themselves and other people as well as how others view them. One must take notice if they drink to see if they are really drinking too much.

References

Alcohol Effects the Body

<https://www.niaaa.nih.gov/alcohols-effects-health/alcohol-effects-body>

Alcohol Use and Your Health

<https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htmv>

Emotional Effects of Alcohol Abuse/Healthfully

healthfully.com/emotional-effects-of-alcohol-abuse/4594675.html

Psychological Effects of Alcohol/Healthy Place

www.healthyplace.com/addiction/alcoholism/psychologic...