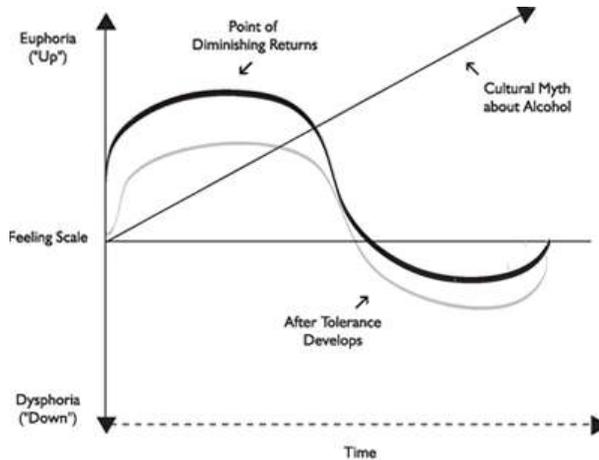


Alcohol Facts

If you chose to drink keep these facts in mind:



Biphasic Response to Alcohol

People drink alcohol for many different reasons but most people drink to feel relaxed and/or become more social or outgoing. Even though alcohol is a depressant, in low doses (Blood Alcohol Content of .04 - .06) it produces euphoric feelings or what is commonly referred to as the, "Buzz."

After around a .05 BAC, alcohol's depressant effects set in and the more you consume the more depressed the body becomes. It is called the point of diminishing returns because you can't drink yourself back to the euphoric feeling. Tolerance also plays a role as represented by the dotted line above. The euphoric feeling isn't felt as strong and the depressant feelings are stronger.

This means that the optimal level to drink if you choose to is .05 (BAC) or less.

You might ask yourself: I can drink over a .05 and still have a great night. What's that all about?

After around a .05 Blood Alcohol Content, alcohol's depressant effects set in. This includes some of the negative effects associated with drinking like blacking out, slurring, stumbling, Etc. You might ask, "Why might I still have energy and feel good?" The answer to this is the "Alcohol Expectancy Effect." If you expect to have a good time and associate it with alcohol, than it becomes a self fulfilling prophecy.

Bar Lab Studies

To prove this point, researchers at the University of Washington found that people drinking alcohol and people drinking tonic water when they thought it was alcohol, behaved the same way. They also found people drinking alcohol when they thought it was just tonic water were very tired. They concluded that something other than the alcohol was affecting them called the expectancy effect. If you expect to have fun or on the flip side have a bad time, then that powerful process can influence the way you feel!