

# FACT AND FICTION:

## Substances and your body

### Home is where the heart is.

Your body is your home. A home you can't move out of, trade, or replace. Unlike a home made of lumber and nails, what you do in your home can't be repaired. It stays with you forever. The consumption of alcohol, tobacco, and/or drugs makes our homes grow old faster. Things can begin to break, look worn, and fall into disrepair surprisingly quickly. Since substances can make a person feel good for a little while, they can make a user forget the damage they are doing.

### Alcohol

A legal intoxicant that is unarguably the most dangerous drug on the planet. Each year, more people are injured or die from Alcohol-related accidents or illnesses than any other drug.

#### Drinking...

**...makes skin brittle and dry,** causing cracking, blemishes, and bloating of the skin; especially in the face and stomach regions.

#### ...harms every organ in the body.

Alcohol damages the entire digestive system. It can cause scarring of the liver and eventually lead to liver disease. Alcohol can cause your brain chemistry to change, causing memory loss and sudden mood swings.

#### ...is packed with empty calories.

Alcoholic beverages are very high in calories and can cause weight gain and increase the risk of diabetes, even if taken in moderation!

**Learn More At:**  
[www.alcohol-facts.net](http://www.alcohol-facts.net)

### Tobacco

A leafy plant which contains nicotine, an addictive stimulant. Out of 20 often-used drugs, nicotine ranked third most addictive, just behind Heroin and Cocaine.

#### To inhale...

Smoking smells awful and pollutes the air. Chewing tobacco can stain the teeth, cause bad breath and gum recession.

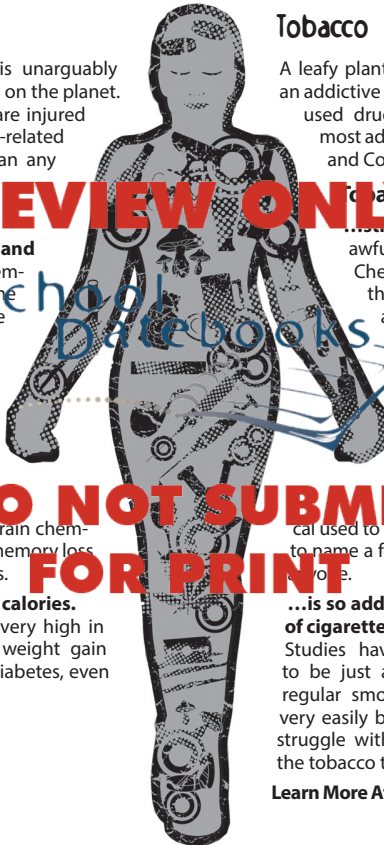
#### ...has tons of harmful chemicals.

If you smoke, you are coating your lungs with tar, hydrogen cyanide (rat poison), benzene (a gasoline additive), and formaldehyde (a chemical used to preserve dead bodies), just to name a few. That can't be good for you.

#### ...is so addictive that even a couple of cigarettes can cause dependence.

Studies have shown this addiction to be just as powerful as that of a regular smoker! "Just this once," can very easily become a long, drawn-out struggle with nicotine. Don't fall into the tobacco trap!

**Learn More At:** [www.acde.org/](http://www.acde.org/)



## "Addiction" Defined:

...to be "addicted" is to be chemically-dependent. When addicted, a person will compulsively seek out a substance despite knowing and experiencing its harmful effects upon themselves and those around them.

**Be careful and treat your body with respect!**