

105C. Yes 1 drink can hurt, or kill!

We at yanayaa want to stress that all that we share is for informational purposes & not a replacement for medical diagnosis, or treatment, so please be sure to see a Dr. for any medical advice, or treatment & then we invite you to view our experience & knowledge, of Alcohol addiction, depression & panic disorder with Agoraphobia & much more, from this organizations President's, 1st hand experiences with these sufferings & more.

Now I will apologize to any whom this may offend, but I will say that one of the dumbest things I have ever heard, in relation to many things is that " 1 wont hurt" for e.g. on holidays, 1 alcohol drink cannot hurt a child? even if that wasn't so horrifically wrong, ask yourself this, will that 1, help them in any possible way? then why chance it, as we only get 1 life & yes 1 drink of ethanol which is in all alcohol & gasoline, or 1 toke, 1 smoke, 1 toot, 1 boost, does negatively affect many peoples entire lives & families, as we all started, or restarted with just 1.

Every person in the U.S. has, or will be, negatively affected by alcohol in some manner, or another, whether they believe it, or realize it, or not, at some time, somehow, it will hurt all.

When I was a child 10-12 yrs on NYE for a few years, me & my twin sister were allowed to have one drink with the adults, as back then it was assumed that one drink couldn't hurt & was

believed that it may even help some, which was wrong?, now I cannot say that those drinks hurt, but I can say my twin became a drug addict & died at 22yrs & I became an agoraphobic, panic driven drunk that died at 28yrs. old, believing that, that 1st drink, that didn't hurt, may have opened the doors, for those that did? I myself have lost friend's in alcohol related accidents, a brother due to liver cancer from alc. & drugs, many friends indirectly killed due to alc. or drugs & have seen, or been affected by alcohol & drug induced, divorces, prostitution, suicides, spousal & child abuse, homelessness, hopelessness, imprisoned, loss of friends & life due to my 12 years up to 2 fifths of vodka a day everyday until death did we part.

Now the WHO (world Health org.), CDC (Centers 4 disease control), NIAAA (Nat. Inst. Alc. Abuse) & many others have discovered the truth & in their words state that "no level of alcohol consumption is good for your health! As the risks & harms have been evaluated over many years & there is no safe amount!

Alcohol is a toxic, psychoactive, dependence producing substance that has been classified in the highest risk group, as a group 1 carcinogen & alcohol causes at least 7 types of cancers including breast & colon.

Every drink that contains alcohol, contains Ethyl/Ethanol alcohol which causes cancer & over half of all alcohol cancers in WHO

European region are from light/moderate drinkers, where alcohol related breast cancer causes the majority of alc. Related deaths.

“Risks start from the 1st drop” & some groups with potential “protective effects” of 1 drink, ignore the relevant factors, of the associated diseases.

There are 58 alcohol related causes of death, on a death certificate & they do not count any who had covid, in alc. related deaths

180K people die from drinking each yr. 500 people a day. 61K from binge drinking, who wanted 2 B cool & ended up cold. 4K a yr. are under age.

15M people battle alc. Abuse. 7944 Children killed by drunk drivers 2011-2020. 1.4M acts of violence against strangers, alc. Related. 40% violent crimes, 55% Domestic abuse, 80% child abuse alc. Related. 110K drug OD deaths in '23.

#1 cause of death, under 40yr, in 37 states. Prescription drugs 3rd leading cause of death in U.S.

So stop a moment & think about these things the next time you have, or supply just 1: ask yourself, honestly, do U really need that 1, to support that legalized industry of death, disease & dishonor, as there is not 1 good thing that comes from alcohol consumption, but there surely is a whole lot of bad, that can come slowly, or suddenly upon a great many people, including you & yours? Everyday.

U may notice that I try not to use the word alcoholic, as it is stigmatic & to me & God you are always a person 1st, with a problem: drunkenness, which can be healed by quitting drinking & then following a program to retrain your brain, thoughts & reactions, as well as create a reward system, as our minds & bodies do not like anything taken away from them, without replacing it with something adequate.

I guess if you don't use God to stay clean & sober, than you can say once an addict, always an addict, as it probably will return 1 day: but if u accept & get saved, through Jesus Christ, you get a new heart & become a new man & your past is gone & you are a recovered child of God.

Now you still have some payments to make for your past sins, but your sin nature has been removed & you are now a child of God, not "an alcoholic" as your brain believes what you tell it, so don't keep telling it you're an "ic" of any kind, but that you're a healed drunk, with a forgiven & forgotten past & a bright future, if u choose so.

Before we go into any posts on yanayaas help & healing, we want to be sure that u know the truths about alcohol, from the world health org. & CDC centers for disease control, as they are devastating & not well known, maybe U can guess Y.

Call the SAMHSA National Helpline at 1-800-662-HELP (4357), or call or text 988 to reach the 988 Suicide & Crisis Helpline for help,

or dial 211 to reach a helpline with many life helping services & programs.

Lets pray together.

Gracious holy Father in heaven, we stand on your love & promises, today, as we come to you with such burdened hearts, due to what we have been part of & allowed to happen to our own families, in the name of allowing our Government, to peddle poison, that destroys so many lives & families in the name of Money, which we ignore it, until it affects our family directly & then we come alive & blame others, over these greedy pushers. So along with repentance lord, we ask that you put your hand of healing & protection & wisdom over our families, as well as those that can battle our Governments lax attitude, on what is happening in these most broken & most needy parts of our society, with our lost brothers & sisters, so we turn to you father, broken & ready to follow your ways, to be restored to your glory & all that you have planned for our earthly & eternal lives, as we hand our sins & souls to Jesus, who died for our sins & we profess Him as lord & accept in our hearts the healing that He exchanges through our repentance, as we turn to Him.