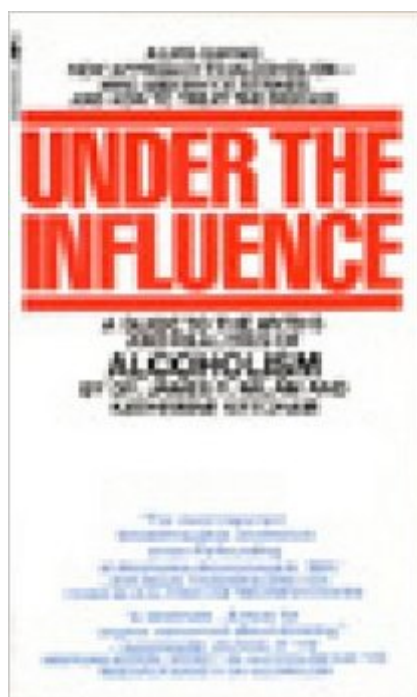


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# Under The Influence: A Guide To The Myths And Realities Of Alcoholism



## Synopsis

Ten of millions Americans suffer from alcoholism, yet most people still wrongly believe that alcoholism is a psychological or moral problem, and that it can be cured by psychotherapy or sheer will power. Based on groundbreaking scientific research, *Under The Influence* examines the physical factors that set alcoholics and non-alcoholics apart, and suggests a bold, stigma-free way of understanding and treating the alcoholic. How to tell if someone you know is an alcoholic. The progressive stages of alcoholism. How to get an alcoholic into treatment -- and how to choose a treatment program. Why frequently prescribed drugs can be dangerous -- even fatal -- for alcoholics. How to ensure a lasting recovery.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (183 customer reviews)

Best Sellers Rank: #49,973 in Books (See Top 100 in Books) #118 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism](#) #526 in [Books > Religion & Spirituality > Occult & Paranormal](#) #1879 in [Books > Religion & Spirituality > New Age & Spirituality](#)

## Customer Reviews

I find the comments that the book is out of date sad, because the vast majority of alcoholism treatment programs as well as public opinion have not yet caught up to this book. Milam advances several important concepts: 1. Alcoholism is a disease like diabetes. Psychology and morality play no role, except in the alcoholic's reaction emotionally to the consequences of the disease [hiding it, seeking help, etc.] If you think this view of alcoholism is completely accepted now, try telling your boss you are an alcoholic. 2. Milam then explains HOW alcoholism is a disease in fascinating detail. Alcoholics are not addicted to alcohol, but to a complex physical process that happens when they drink. Basically, the alcoholic's body reacts to the presence of alcohol in the body differently from that of a "normal" person, and no amount of counseling/threats/religious conversions can change that. 3. Alcoholics may not know when to save themselves, and may need help [he shoots down the

"hitting bottom" myth]. Do you wait for a diabetic to go into a coma before you help them?4. Treatment for the alcoholic must address the poor state of the alcoholic's health and nutrition. Alcoholic tremors, shaking, illusions, paranoia, etc. are caused by alcoholic malnutrition. Alcohol strips the body of water soluble vitamins, particularly the crucial B vitamins, and prevents the liver and other organs from repairing the body. The one section of the book I don't agree with concerns the role of government/public agencies in alcoholism treatment. Milam expects too much of them. But that does not affect the brilliance of this book. In the reviews here, there are some criticisms that Milam describes only "worst case" scenarios. That is not correct.

I've authored four books on alcoholism, including *Drunks, Drugs & Debits: How to Recognize Addicts and Avoid Financial Abuse* and *Alcoholism Myths and Realities: Removing the Stigma of Society's most Destructive Disease*. This was one of perhaps at most a dozen books that were instrumental in helping me develop my ideas. *Under the Influence* is a magnificent book. It thoroughly debunks the "mental health model" of addiction that misinforms so many. That alcoholism is biological is supported by the authors' detailed and thorough explanation of brain poisoning and adaptation to the drug we call alcohol. It is clear that this poisoning causes the alcohol addict to engage in destructive behaviors, both during and in-between drinking episodes. The stages of alcoholism are beautifully described. The fact that there is an early stage vastly different from latter stages, makes sense of what seems a paradox: the high-functioning alcoholic. As few as one in a thousand observers ever identify these as such. This is terribly unfortunate, since the behaviors of the early stage addict can be so destructive and adversely affect so many. There is a superb explanation of the nutritional damage that all alcoholics experience, along with the now well-known sugar connection. *Under the Influence* contains an excellent summary of diseases found in latter-stage alcoholics, including cancer and heart disease.

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