



Alcohol

*The Dangers
of a Dull Mind*

Proverbs 23: 29-35

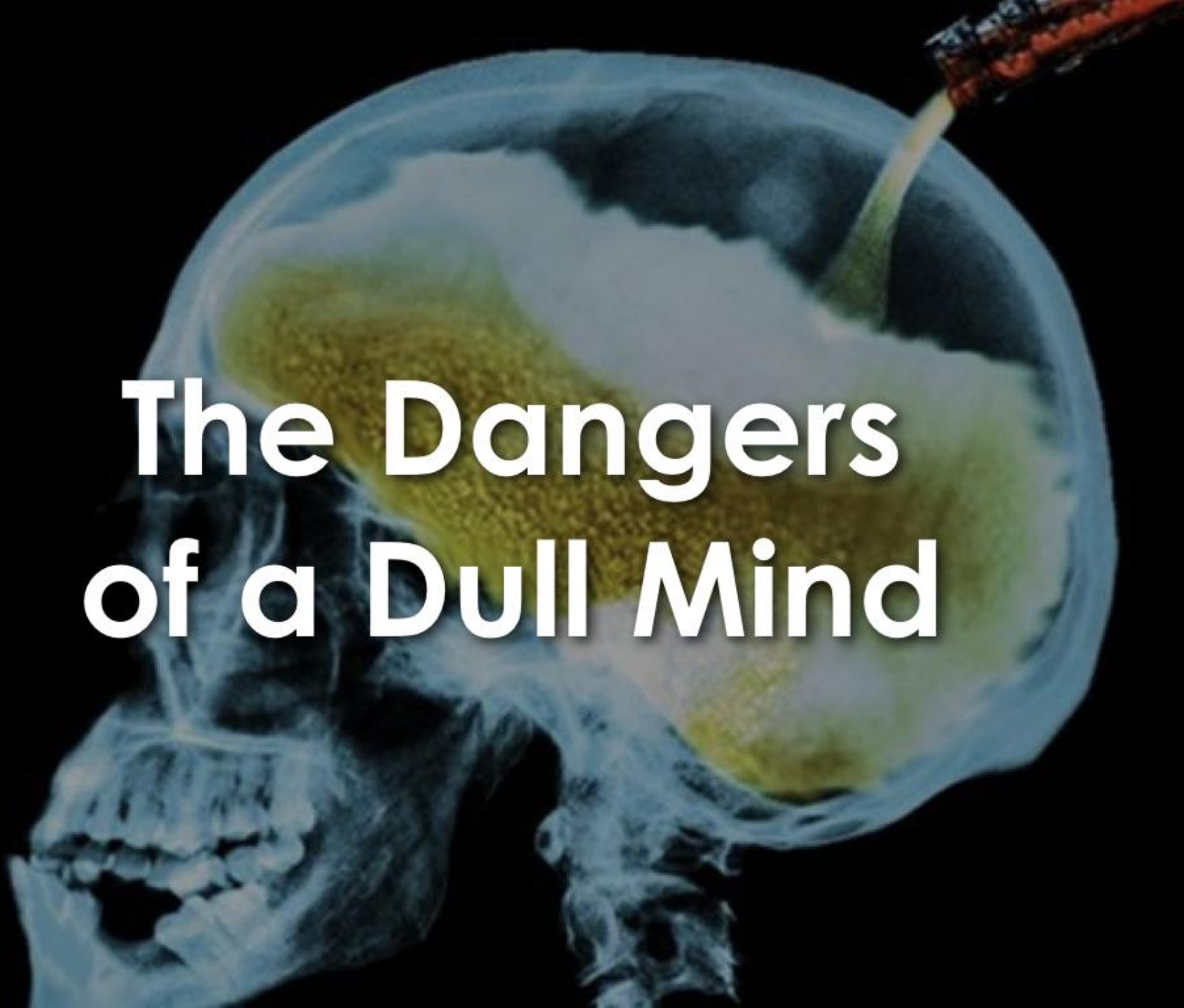
“Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a *roaring* lion, seeking someone to devour.”

- 1 Peter 5: 8 -



The Truth About Biblical Wine

The Dangers of a Dull Mind



HOW ALCOHOL ATTACKS THE BRAIN

A guide to the sequential damage alcohol inflicts on neural tissue

1.

First, alcohol affects the forebrain and **assaults motor coordination and decision making.**

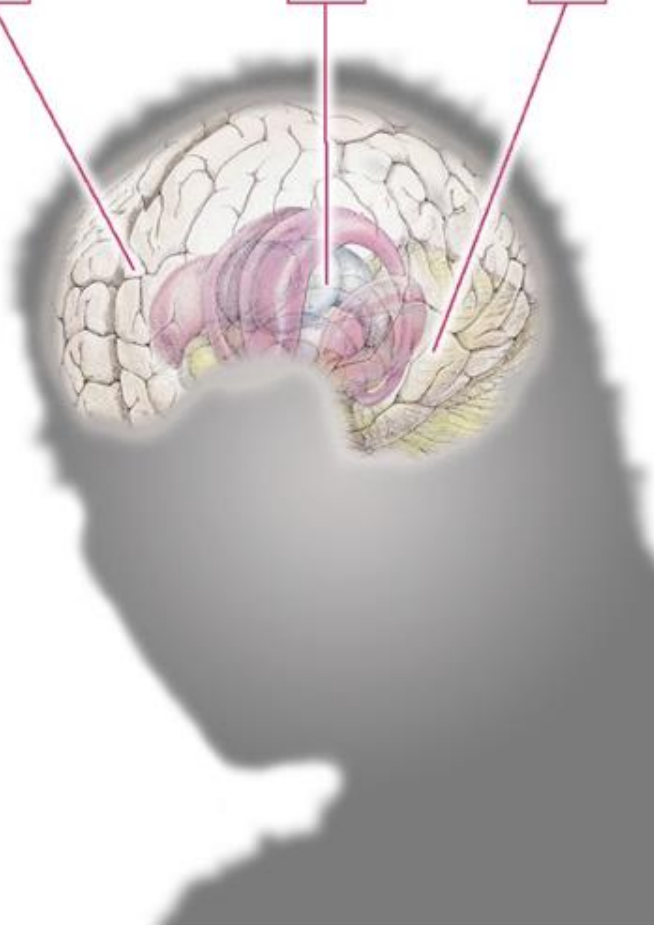
2.

Then, alcohol knocks out the midbrain, and you **lose control over emotions and increase chances of a blackout.**

1

2

3



3.

Finally, alcohol batters the brainstem as it **affects heart rate, body temperature, appetite and consciousness**, a dangerous and potentially fatal condition.

Women

Approximate Blood Alcohol Percentage

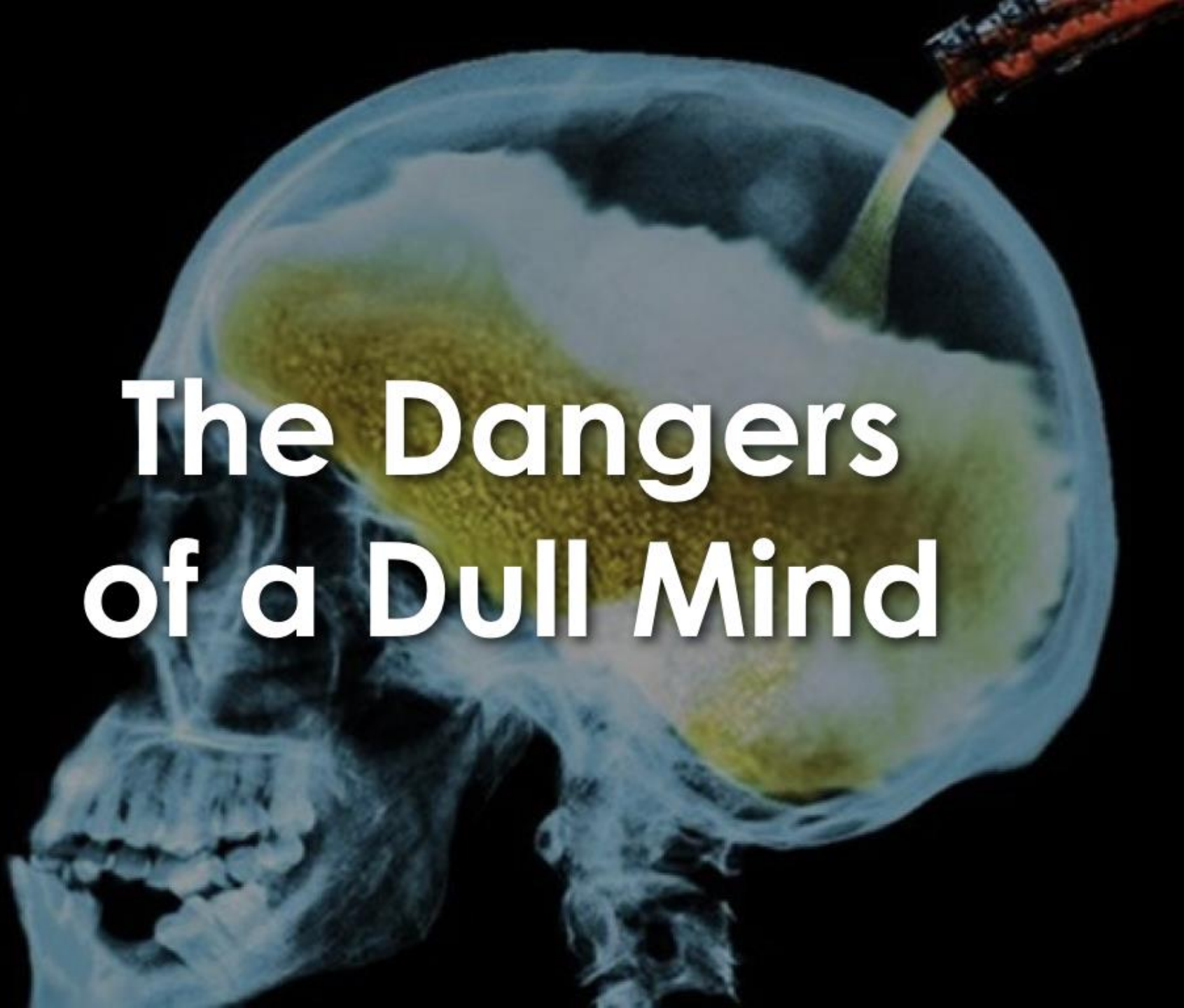
Drinks	Body Weight in Pounds									Sample Behavioral Effects
	90	100	120	140	160	180	200	220	240	
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	Only Completely Safe Limit
1	.05	.05	.04	.03	.03	.03	.02	.02	.02	Impairment Begins
2	.10	.09	.08	.07	.06	.05	.05	.04	.04	Driving Skills Significantly Affected; Information Processing Altered
3	.15	.14	.11	.10	.09	.08	.07	.06	.06	
4	.20	.18	.15	.13	.11	.10	.09	.08	.08	
5	.25	.23	.19	.16	.14	.13	.11	.10	.09	
6	.30	.27	.23	.19	.17	.15	.14	.12	.11	Legally Intoxicated; Criminal Penalties; Reaction Time Slowed; Loss of Balance; Impaired Movement; Slurred Speech
7	.35	.32	.27	.23	.20	.18	.16	.14	.13	
8	.40	.36	.30	.26	.23	.20	.18	.17	.15	
9	.45	.41	.34	.29	.26	.23	.20	.19	.17	
10	.51	.45	.38	.32	.28	.25	.23	.21	.19	

Men

Approximate Blood Alcohol Percentage

Drinks	Body Weight in Pounds								Sample Behavioral Effects
	100	120	140	160	180	200	220	240	
0	.00	.00	.00	.00	.00	.00	.00	.00	Only Completely Safe Limit
1	.04	.03	.03	.02	.02	.02	.02	.02	Impairment Begins
2	.08	.06	.05	.05	.04	.04	.03	.03	Driving Skills Significantly Affected; Information Processing Altered
3	.11	.09	.08	.07	.06	.06	.05	.05	
4	.15	.12	.11	.09	.08	.08	.07	.06	
5	.19	.16	.13	.12	.11	.09	.09	.08	
6	.23	.19	.16	.14	.13	.11	.10	.09	Legally Intoxicated; Criminal Penalties; Reaction Time Slowed; Loss of Balance; Impaired Movement; Slurred Speech
7	.26	.22	.19	.16	.15	.13	.12	.11	
8	.30	.25	.21	.19	.17	.15	.14	.13	
9	.34	.28	.24	.21	.19	.17	.15	.14	
10	.38	.31	.27	.23	.21	.19	.17	.16	

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