



Living free!

11

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SEVENTH-DAY
ADVENTIST CHURCH

150
YEARS

OF HEALTH PROMOTION

Secrets of
Wellness

health
MINISTRIES 
INTER-EUROPEAN DIVISION - EUD

The US National Institute on Drug Abuse defines addiction as a **“brain disease, characterized by compulsive drug seeking and use, despite harmful consequences”**. Addictions lead to physical, emotional, social, professional, legal and family problems.

One large example of addiction in Europe is the use of alcohol. Its consumption has major consequences for society but also for the individual. Alcoholics Anonymous states “ the first glass of drink will make your drunk”. Social drinking can create many problems. Zero alcohol is the way to freedom.

Another killer is tobacco. Nicotine is one of the most addictive substances. Common results associated with smoking are: lung cancer, emphysema and cardiovascular disease.

The most widely promoted and consumed psychoactive drug in the world is caffeine. It can induce anxiety, sleep disorders, agitation, tinnitus, confused thinking and cardiac arrhythmias. Its regular consumption by teenagers in form of energy drinks increases the likelihood for other addictions.

Illicit drugs such as marijuana, cocaine, heroin, hallucinogens, inhalants or opioids are highly addictive substances.

There is no safe level of use for any of these drugs. If you are suffering from an addiction remember that you are not alone in your struggles. Whatever we face, God has already made a way of escape. Ask Him for help! There are professionals who can also provide help for you. With human and divine help victory is at hand!

Dr. Adrian Horvath
Psychiatrist

