



# Living free!

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## Secrets of Wellness

Addictive substances such as alcohol, nicotine, cocaine or caffeine are impacting the structure and function of the brain. They can affect all psy-

chic functions: consciousness, perception, memory, attention, judgment, imagination, and will. Addictions increase the risk for mental and physical problems. Moreover alcohol and tobacco are leading killers worldwide. But it does not need to be so! Addictions can be overcome even though this often involves a big challenge. If you struggle

with an addiction, start by making a personal decision to quit and surrender your will to God. Professional help and social support can also help you on the way to a new life. A life without addiction is a free life! ❤️

### You can start today!

[www.secretsofwellness.org](http://www.secretsofwellness.org)



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