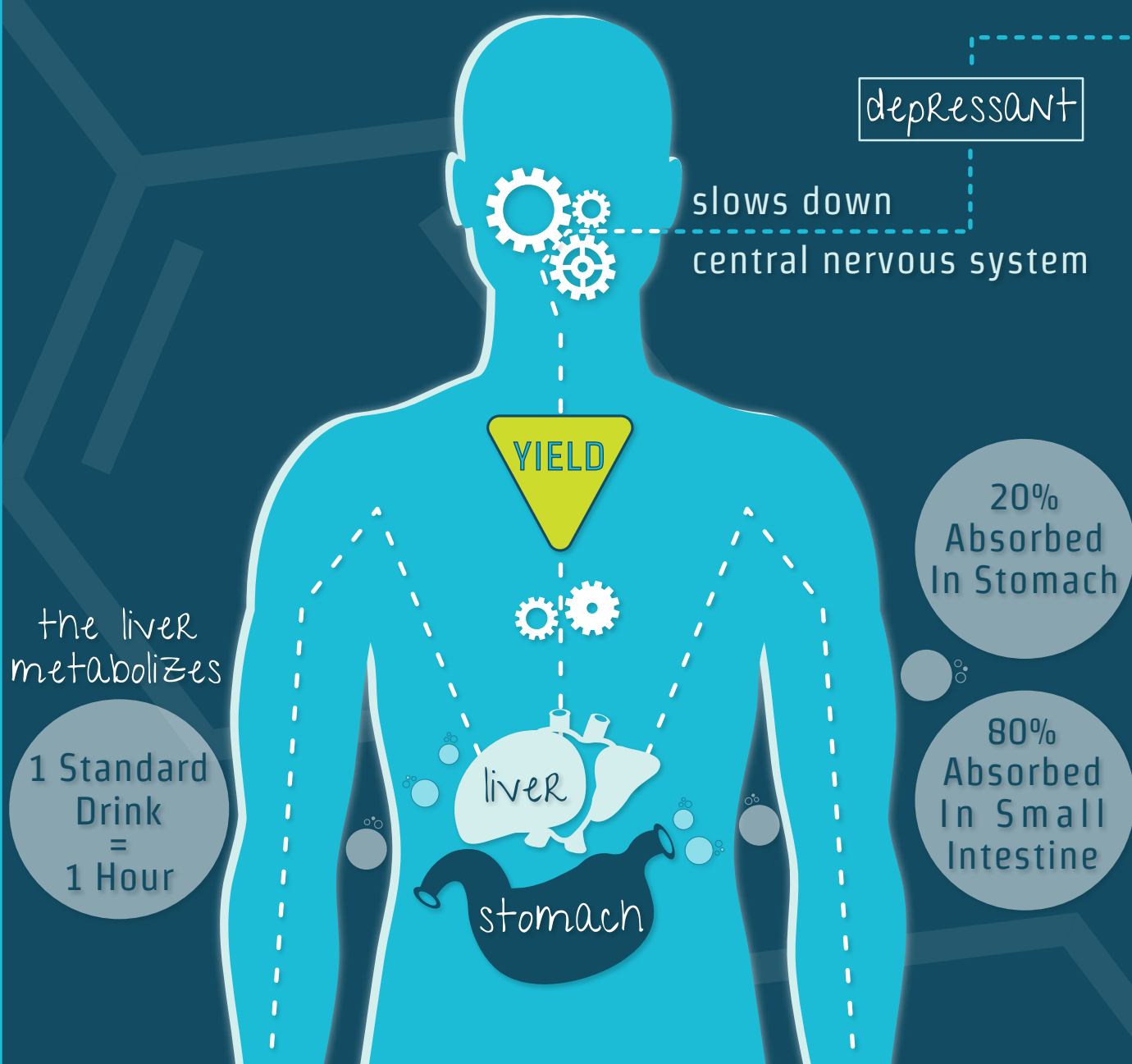


alcohol And Your Body

what kind of substance is alcohol?



what is one drink?

People Underestimate How Much They Have Had To Drink Because They Aren't Using Standard Measurements



12 oz
beer



5 oz
wine

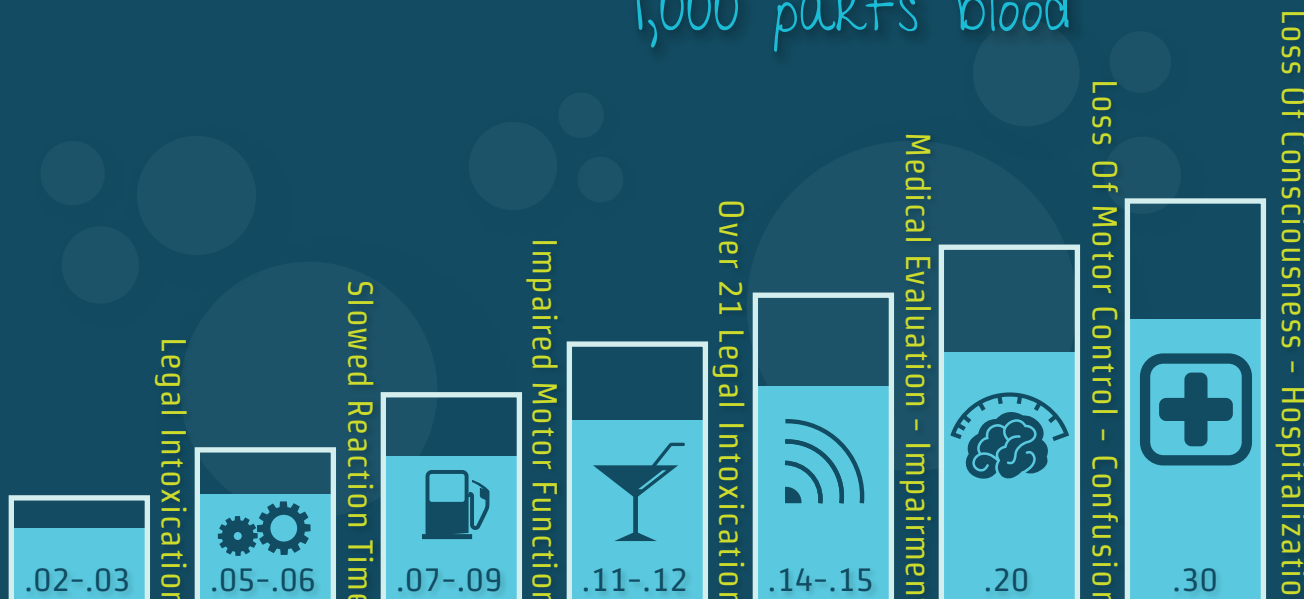
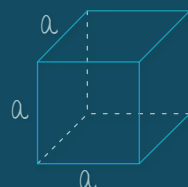


1.5 oz
liquor

Knowing your blood alcohol content

BAC measures the ratio of alcohol in the blood

$$\text{BAC of } .10 = \frac{1 \text{ part alcohol}}{1,000 \text{ parts blood}}$$



Effects Of BAC And Intoxication Levels

Why Are men And women Different?



women

men

Hangovers And Prevention Methods

hangovers begin
8-12 hours
after last drink



stay hydrated



eat healthy



avoid caffeine