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Even a little alcohol is very bad for your health and wellness - physical as well as psychological.

**Source: — The New York Time International Edition; Friday, 20 January, 2023.
Study clears up decades of confusion. The damage is at the most basic level.**

1. The main way alcohol causes health problems is by damaging DNA.
2. Damaged DNA creates cancer cells, oxidative stress harming blood vessels.
3. Increases blood pressure, coronary artery disease.
4. Raises the risk of blood clots and stroke.
5. Alcohol is the direct cause of five different cancers : —

I - Head and neck

II - Oesophageal cancer

III - Liver cancer

IV - Breast cancer

V - Colorectal cancer

6. Alcohol causes hepatitis and cirrhosis and various symptoms of liver damage.
7. Billion dollar - Alcohol merchants, however, manage to keep Doctors mum.

Jai Freedom from Alcohol.