



Alcohol

Alcohol taken in small amounts is not as dangerous as smoking, but it slows down your reaction...

Too much alcohol can cause high blood pressure. This can stop the heart from working properly.

The liver is a very important organ in the body. It helps to get rid of waste, and prevents poisons from the bloodstream and changes food into energy. Too much alcohol can cause the liver to shut down and go hard. This is a disease called cirrhosis and it can kill people.

Our brain cells can be damaged by drinking too much alcohol. This can cause loss of memory and loss of focus...

