

The brain is the control centre of the body

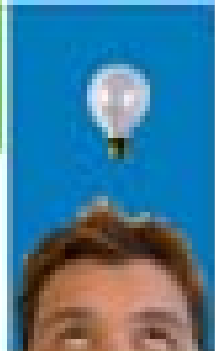
Messages which control everything we do, think and say are continually sent to and from the brain along several thousand kilometres of interconnected nerve cells.



When a person drinks beer, wine, whisky or any other drink containing ALCOHOL, the alcohol quickly passes into the bloodstream. It is carried to the brain and acts like a computer virus, sending messages to and from the brain not muddled and a person cannot easily control the way he thinks, speaks and behaves.

ANY ALCOHOL WILL KILL BRAIN CELLS AND THE BRAIN THINKS
This is the Pea-Brained Problem.

A person who drinks alcohol regularly is likely to find it harder to remember things and to learn new information and skills.

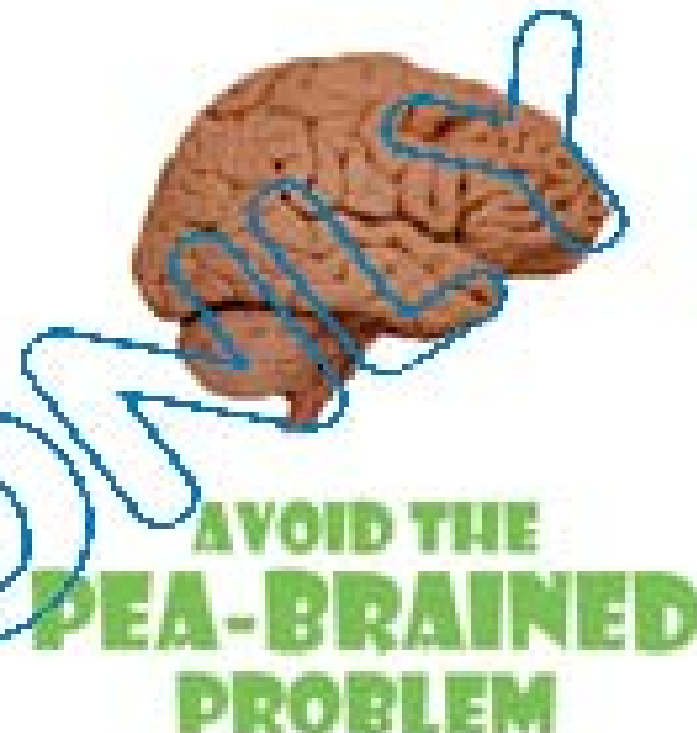


use your brain to find the hidden message

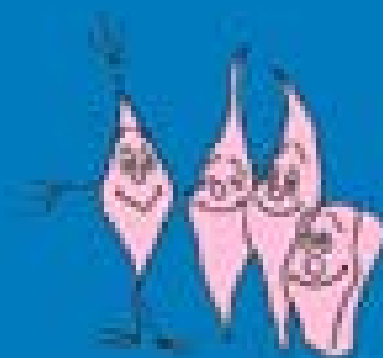
In the Word-Find circle the names of 5 good drinks and 3 alcoholic drinks. The leftover letters written in order spell out an important message.

Your brain is the only one you have — don't damage it by drinking alcohol.

J	U	I	C	E	S	A	L
C	O	C	O	A	N	C	O
M	M	W	A	T	E	R	O
I	L	L	E	R	T	W	
L	E	E	R	R	S	I	
R	E	R	A	I	Y	H	H
L	E	M	O	N	A	D	E

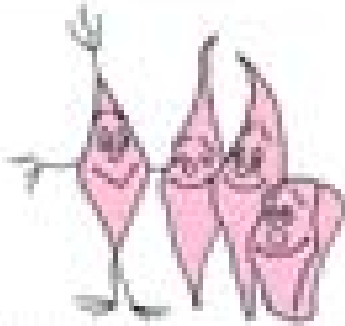


know your brain and how it works

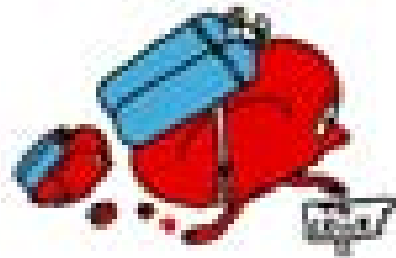


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Our body is made up of cells.

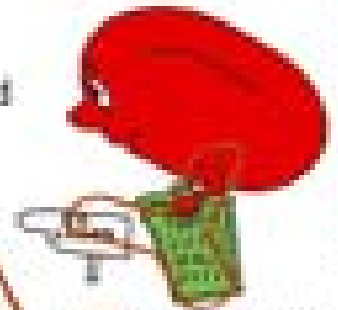


Red cells in our blood carry oxygen from the lungs to the cells...

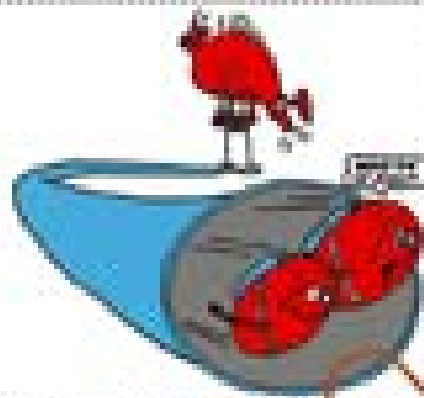


...and take carbon dioxide waste from the cells to the lungs where it is

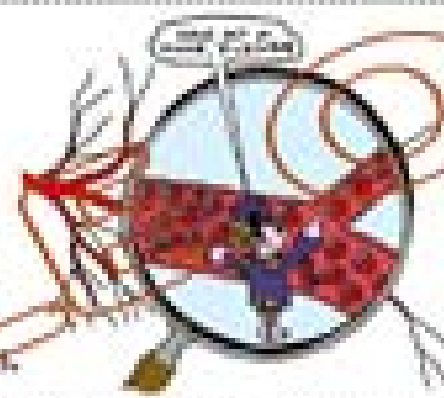
...breathed out.



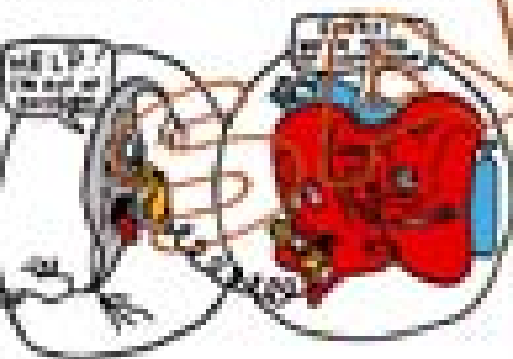
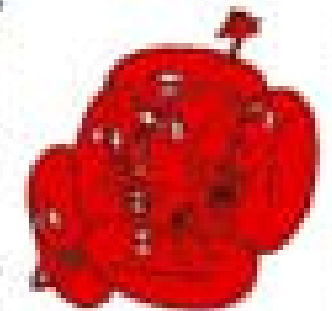
Oxygen carrying red cells in the blood are pumped by the heart through blood vessels to every cell of the body.



Some blood vessels are large arteries but there are 1000s of tiny capillaries.



Alcohol makes the red blood cells sticky so they begin to stick together in clumps. This process is agglutination.



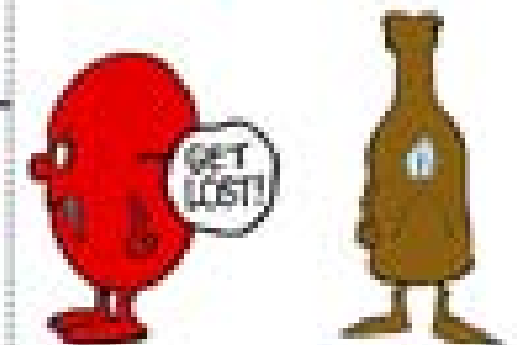
Red blood cells get jammed in the capillaries. Oxygen doesn't get through.

Without oxygen cells will die.



Brain cells begin to die after 3-15 minutes without oxygen. The brain cannot grow new cells.

The more alcohol a person drinks the more brain cells will die.



Beer and brains don't mix.