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Effects of Alcoholism on Nutrition and Recovery using Nutrition Management in Roma Township-Lusaka

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Abstract

Alcohol is a product that has provided a variety of functions for people throughout all history. From the ancient times to the modern world, alcohol has played ansignificant role in religion and worship. In the past, alcoholic beverages have been provided as sources of required nutrients and have been widely utilized as for their medicinal, antiseptic and analgesic properties. The aim and objective of this project was to look at nutritional problems created by consumption of alcoholic beverages, to look at the effect of alcohol on vitamins and to show how ones genes will affect their response to alcohol. This research was conducted in Serenity Harm Reduction Program Zambia (SHARPZ).

Keywords: Alcohol, Beverages, Nutrients, Vitamins.

Introduction

Alcohol is a kind of product where it isproviding a different of functions for the publicsthrough all history. In recent times, the alcohol has engaged, vital role in worship and religion. Historically, beverages of alcoholic have been assisted as sources of need of nutrients and it has been broadly used as for their analgesic, antiseptic and medicinal properties. The different role of various beverages as thirst quenchers is obvious and played an important role in improving the quality of life and enjoyment. They can increase the pleasure of eating, can be provide pharmacological pleasure, can be facilitated relaxation and can be a social lubricant. Therefore, the alcohol has been misrepresented by a major of drinkers, it has confirmed beneficial to most (David J Hanson, 1995).

The alcohol consuming have been a portion of Zambian culture for an extended time. Social drinking is generally accepted and takes to include in the way of traditions and ceremonies. In Zambia, many of the Zambian peoples are highly consuming the alcohol.According to the

(WHO, 2014) report has saidin 2014, In Zambians of above 15 years of age are affected the prevalence of alcohol use disorders which includes alcohol dependence and the peoples are used harmfully when use of alcohol, is 1.0% of female and 7.9% of male population which overall rate 4.5%, which is above the average of 3.3% for the WHO African Region. It is assumed that the alcohol is highly misused in psychiatry patients. But the health effects of Zambian peoples by misuse of alcohol are not available regarding information authenticated. The study showed to conclude proportions of patients with a past of alcohol abuse and related of disorders in psychiatry ward of the University Teaching Hospital (UTH) in Lusaka, Zambia.

Alcohol (ethanol or ethyl alcohol) is found regarding spirits, wine, and beer, which causes drunks (HPA, 2012). The consumption of alcoholic beverages is an addiction to alcoholism or the mental illness or compulsive behavior resulting from alcohol dependency (BhargaviBotlagunta andG Suresh (2018).

This research was done to make people aware of the problems caused by alcoholism nutritionally and also a way to recover and become sober again. This research will look at the role nutrition plays recovering from alcoholism. It also shows there is an alternative rehab to the usual way of getting people to get their act together.

Literature Review

The alcohol is taking the major toll on the body of a human. The recovering from drug abuse or alcohol is a steady process, and nutrition has several issues that required attention. Alcoholism is particularly hard to recover from the stages of detoxification that is difficult and is very difficult to avoid the alcohol in the course of socializing.

Vitamins B are deplete that the use of heavy alcohol, hence the replenish were based on what the lab tests are shown," said Melissa Blackburn-Borg, CNP, a healthy nutritionist at the Canadian Health Recovery Centre in outskirts of Peterborough, Ontario (Sarah Fielden, 2006).

"We've found that in people with alcoholic liver disease, there's a significant alteration in the gut micro biota, and that alteration plays a critical role in the development of liver disease," McClain said. "Besides, it's thought that the inflammation that alcoholics get in the liver can also happen in the brain. That brain inflammation has been linked to cravings, anxiety, and depression" Marsha McCulloch (2018).

Alcohol non-consumption are to breakdown of nutrients into usable molecules by declining secretion of digestive enzymes from the pancreas. Alcohol spoils nutrient absorption by injuring thecells lining the stomach and intestines and inactivating transport of nutrients into the blood (T Buddy, 2020).

There are essential, non-essential amino acids and also there is an important third category: conditionally essential amino acids. These become necessary during illness or chronic stress, includesaddiction. The machinery of the body is incapable to producesufficient, so more sources are necessaryfor our body from food or on through supplementation. Examples of conditionally amino acids is essential need for the human body, which frequently become important as a result of addiction are taurien, tyrosine and glutamine (Jennifer Berry, 2019).

Statement of the Problem

Alcoholism is a fast growing problem and it has been treated as a psychological problem, but this research intends on showing a nutritional approach to this problem. There is easy access to alcohol in contemporary Zambia. The unrecorded alcohol utilization in Zambia is estimated to be 1.0 litre pure alcohol per capita of population older than 15 for the years after 1995. There is easy access to alcohol in contemporary Zambia. Alcohol consumption is a major health risk factor in Zambia. According to the ZDHS 2002, an estimated 76% of men and 23% of women consumed alcohol. Further, the Zambia Global School Health Survey (2004) carryed out on 2,257 pupils in grades 7-10, revealed that 42.6% contributed in alcohol consumption.

Objectives of the Study

➢ General Objectives

To look at nutritional problems created by alcohol consumption

➢ Specific Objectives

- To find out the effects of alcohol on vitamins.
- To discover how ones genes will affect their response to alcohol.
- To find out what foods (diet) help with recovery.

Research Methodology

➢ Study Area

The study was conducted in Serenity Harm Reduction Program Zambia (SHARPZ) which is located in Lusaka's Roma Township.

➢ Sample size

A size of 50 was used.

➢ Sampling Method

Cluster sampling method was used and patients that came in for rehab at the facility.

➢ Data Collection Methods and Tools

Questionnaire and Biotype survey.

Results and Discussion

➢ Distribution of vitamin deficiencies among the sample population

Most of the subjects showed that they did not have more than a meal a day in the 24 hour recall. 6 out of the 50 subjects had 3 meals in the 24 hour recall. The remaining subjects had at least two meals in the last 24 hours. Most common foods were salty and caffeinated drinks including carbonated drinks. Most of the subjects did not like sweet foods. About 3 in the group had a

sweet tooth. No particular food was mentioned that subjects could not do without except for alcohol itself. Caffeinated drinks were a common factor among the subjects. As for refined sugars only 3 exhibited indulgence. Five of the subjects said they did not remember dreams easily showing a deficiency in Vitamin E. 21 of the subjects admitted to bruising easily proving Vitamin C deficiency.

- **Vitamin A**

Of the ten who had vitamin A deficiencies, one had first degree edema and impaired vision. The subject wasn't always like this, the problems manifested after the subject started abusing alcohol. 4 of the subjects abused alcohol and marijuana, they also exhibited impaired vision. The last of the subjects abused alcohol and heroine. One common thing the subjects had was they all had impaired vision, which got worse particularly at night. This is a direct consequence of vitamin A deficiency which could lead to night blindness.

- **Vitamin B**

Most of the subjects experienced tingling sensations in there extremities and all found it hard to get some sleep (insomnia). They had difficulty coping after they went even a little while without alcohol.

The other subjects experienced stress, confusion, paranoia and bursts of anger. These are some of the many symptoms of people experiencing deficiencies of B group vitamins.

- **Vitamin C**

All the subjects experienced easy bruises, prolonged flus, lack of resistance to infection. Vitamin C is essential to a very good immune system. Lack of it leads to various problems as experienced by the 21 subjects.

- **Vitamin E**

All the 5 subjects had dry hair and experienced hair losses. Some of the subjects had organ failure, one subject had liver problems. This came as a result of continued use of strong alcohol (spirits) with led to him having deficiency of vitamin E.

➢ Represents the distribution of biotypes

- **II ADH/THIQ alcoholics chemistry**

The subjects above 30 showed tempers, they argued and fought a lot. One subject was schizophrenic this was because of lower levels of dopamine, which is a result of the THIQ which suppresses the dopamine. The subjects below 30 did not show any signs of trouble controlling their emotions because the ADH was still working at its best, the suppression of dopamine and essential fatty acids is yet to happen if abuse of alcohol continues.

- **Allergic/addicted alcoholic chemistry**

Most of the patients got really sick after drinking. They also had trouble coping because they lost appetite and they felt dizzy and low during the day. The subjects were usually low, they barely ate, they only picked up after they were given some supplements of the vitamins they were deficient.

- **Omega-6 EFA deficient**

With the omega-6 EFA deficient subjects the prostaglandin E1 is low, and thus had difficulty managing depression. They were usually low, and found that then could ever really have fun when they were drinking either with friends or alone. They usually had low participation in the plays and the games. One of the subjects was suicidal.

- **Non-alcoholic chemistry**

These were the subjects that easily got intoxicated. Now when they were taken off alcohol they had better performance, they had no anxiety, they participated. In short they were agile. The non-alcoholic chemistry had the highest number of subjects in the group.

Conclusion

This research was about looking at the nutritional deficits created by the consumption of alcohol. The deficits shown in this project are not all the deficits

Recommendation

Avoiding fried foods is of utmost importance. Boiling and grilling chicken rather than frying and removing of the skin of chicken to avoid excess fats. In preparation of vegetables it is important to thoroughly wash before cutting and also cooking them for the least time possible to preserve nutrients.

It’s important when buying foods to keep in mind; choose foods that are close to their natural state as possible: fresh vegetables and fruits, fresh meats, fish, chicken, eggs, raw nuts, seeds and fresh salad greens.

Avoid canned, processed, dyed, chemically flavored, frozen, additive laden foods. Don't buy roasted nuts. The method of high-heat roasting causes unwanted changes in the natural oils the nuts contain. In the body, this altered oil can promote formation of free radicals, dangerously unstable molecules capable of damaging healthy tissue and encouraging the development of cancer. Choose only raw nuts and seeds.

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