

### Effects on the brain

Is a psychoactive ingredient  
 Targets nervous system  
 not a stimulant  
 Non-selective depressant

### History-Egypt

Made from Barley  
 Consumption Beer and bread were a staple part of the diet  
 Economic Use May have been used as currency  
 Cleopatra 7th imposed a beer tax  
 Religious Ties Containers of beer placed in burial chamber  
 Brewing would occur in temples  
 Social Ties General anti-alcoholism attitude  
 ancient paintings and texts warn of drunkenness, vomiting and alcoholic abuse ,

### History-Rome

Made from Grapes (Wine)  
 Economics Extensive trade of wine  
 Consumption Daily consumption for all people (inc women and children)  
 Social ties Strong acceptance of social ties

### Types of Alcohol

Beer 4.6%  
 High Sugar content  
 Most popular alcoholic beverage  
 Wine 10-14%  
 Made from grapes, berries, stone fruits  
 Longer fermentation time  
 Spirits 25-50%  
 Distilled alcohol  
 Fortified Wine 18-20%  
 Wine+Spirit

### Spirit+Fortified Wine Examples

Rum Sugarcane  
 Vodka Potato, Grains, Fruits  
 Whiskey Fermented grain mash  
 Port Wine + Neutral grape spirit  
 Sherry Wine + Brandy

### Pharmacokinetic Qualities

Mixture of Fat and Water solubility  
 Rapid absorption  
 Wide tissue penetration

### Absorption

Rapid absorbance, 30~ mins  
 mostly absorbed in the upper intestine, but some in the stomach  
 BAC is directly linked to amount ingested

### Distribution

Wide distribution into body water all throughout the body. Little penetration into fat

### Metabolism

Metabolised in the gut wall and liver  
 95% metabolised by alcohol dehydrogenase.  
 Alcohol -> acetaldehyde -> Acetic acid  
 Alcohol is saturated in normal conditions.  
 Meaning there is a fixed amount that can be metabolised per hour  
 Heavy drinkers have a different metabolism path. Endoplasmic reticulum is boosted

### Excretion

Small amount of alcohol is excreted via the kidneys, and some is also excreted by breath.  
 Due to genetics some people may excrete more alcohol via breath, which may lead to inaccurate breathalyser results



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