

### 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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Not published yet.  
Last updated 28th August, 2019.  
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