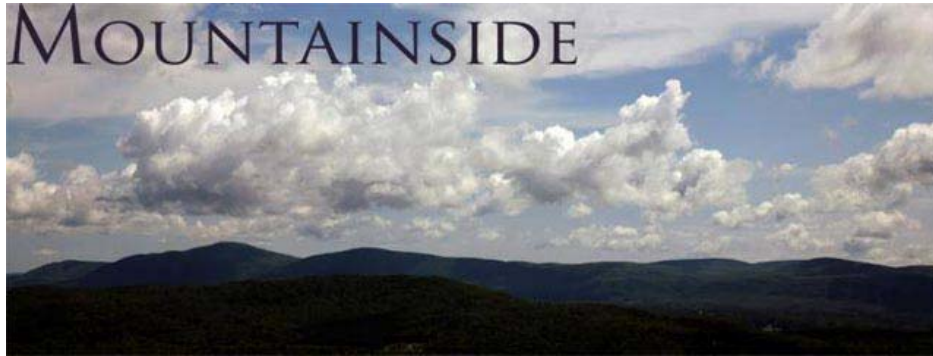


New Study Suggests Gastrointestinal Risk With Moderate Alcohol Consumption



Released on: November 02, 2011, 4:29 am

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WASHINGTON DC- A study recently conducted suggests that even moderate alcohol consumption could put some at risk for gastrointestinal issues.

Researchers from the Mayo Clinic, along with researchers from the Dartmouth-Hitchcock Medical Center, conducted a study regarding the effects of moderate alcohol consumption and gastrointestinal issues. The study revealed that some who drank even one drink per day were at risk for developing an overgrowth of bacteria in the intestines. Small intestinal bacterial overgrowth (SIBO) can lead to a variety of gastrointestinal problems such as bloating, stomach upset, as well as abdominal pain.

"Moderate alcohol consumption has rarely been cited for health problems in otherwise healthy individuals," begins a spokesperson for Mountainside [Drug Rehab](#) and Alcohol Treatment Center . "Some practitioners are further examining the issue of alcohol consumption as a result of this study and the conditions that it discussed, to try to further clarify the whole issue of alcohol consumption."



While moderate alcohol consumption has been considered safe for most individuals, excessive alcohol consumption can pose significant health as well as personal risks. If you or a loved one suspects that alcoholism or any type of substance abuse is taking a hold in the life of someone you love, Mountainside Drug Rehab and

Alcohol Treatment Center can assist you in helping them to begin the journey to recovery and living a life of sobriety.

Mountainside Drug Rehab and Alcohol Treatment Center is a modern drug rehab facility that is skilled in serving a variety of clients with various addictions and in varying stages of addiction. The caring, compassionate team is made up of licensed and certified social workers and counselors who have extensive experience and specialty in the addiction treatment field. In addition, the staff includes a Nurse Practitioner, as well as a Registered Nurse, both of whom also have specializations and experience within the field of addiction treatment and alcohol rehab.

Mountainside also provides services for those individuals who come to them with dual diagnoses and require the services of a Psychiatrist to help conquer the unique challenges that dual diagnosis brings.

For the past 13 years, Mountainside has established itself as an innovator within the addiction treatment field, and the treatment modalities Mountainside utilizes are regarded as among the most cutting-edge approaches in helping individuals to get, and to remain, sober. As a result of their unique, innovative approaches to addiction treatment, Mountainside has become the model for the addiction treatment field.

The program, along with its professional addiction treatment team, have earned national recognition and resulted in Mountainside being invited to Washington by the White House to meet with the White House Drug Czar, John P. Walters, for an in-depth meeting on what makes its program so successful. These accolades did not go unnoticed within the addiction treatment field and resulted in the adoption by many throughout the country of a more holistic approach to drug addiction treatment.

If you or someone you love is addicted to drugs or alcohol, or if you have any questions, please contact Mountainside [Drug Rehab](#) and Alcohol Treatment Center for a confidential inquiry at 800-762-5433.

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