**Table 5:** The acronym 10 GOOD RULES will give you 10 tips to help escape the trap of alcohol.

**10 GOOD RULES**

**10**percent of American children have a parent with Alcohol Use Disorder; they will be at high risk if they drink. If you choose to drink alcohol, drink only after a meal and never on an empty stomach. Before drinking becomes a problem, switch to less concentrated alcoholic drinks like wine or beer and always keep track of how much you drink.

**G**et care from a physician who understands addiction. Some medications reduce alcohol craving, promote abstinence and help you drink less. Avoid any drug that could make you it’s slave.

**O**utdoor exercise exposes you to sunlight and vitamin D. Working out can decrease your interest in unhealthy habits. Join a class, play on a team, or find a hobby that you can love, especially one that keeps you active and surrounded by nature.

**O**mega-3 fat in food from the ocean can help stabilize your mood, and fish oil supplements may help you control your temper. Enjoy olive oil, coconut oil, and "grass fed" butter but avoid the omega-6 fat found in oil from soy, peanut, safflower, corn, or meat from animals fattened on these seeds.

**D**rinks that taste sweet may be a satisfying substitute for alcohol when you crave a drink, but avoid sweets which contain high fructose corn syrup which is especially harmful.  Drink water and coffee instead.

**R**eplenishessential vitamins and minerals.  Alcohol drinkers often need magnesium, zinc, thiamine and other nutrients to avoid health problems and promote recovery.

**U**nderstand yourself. Don’t let denial of your situation prevent you from developing self-awareness. If you make poor decisions, find a good counselor who can help you make the best choices to achieve your goals. Develop healthy habits and make the hard choices that are right for you.

**L**ook for friends who will give you good counsel, friends with whom you feel safe and can be completely honest.  You will become like the people you are with so choose your friends wisely.  Be active in a group that will help you reach your goals. Isolation can keep you in darkness.

**E**at the best food you can; pre-biotic foods such as vegetables, fruits, beans and oats will give you a healthy gut, but gluten and highly processed foods may cause problems. Pro-biotics or even fermented foods like yogurt may help heal a liver damaged by alcohol.

**S**eek your purpose, be grateful, and encourage those around you. Find life’s meaning so you will have strength when difficulties come. Many people find strength by seeking an authentic relationship with God. Live free from the trap of alcohol.

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