

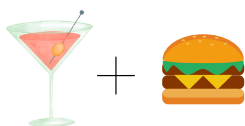
## What is it ?

There is only one substance that, when taken with alcohol, has beneficial health effects, and that is food. The presence of food in the gastrointestinal tract has a positive effect on the absorption of alcohol into the bloodstream. The type of food ingested also plays an important role. Indeed, the fatter the food, the slower the passage of alcohol from the stomach to the intestine and the longer the time it takes to assimilate the alcohol, thus lowering the blood alcohol level of an individual.

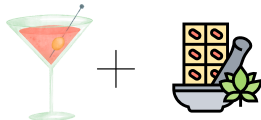
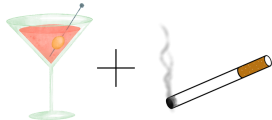
## DO'S AND DON'TS OF MIXING



A happy mixture



Beware!



Vigilance is required



Serious danger



## DID YOU KNOW ?

Sedatives such as PCP (mescaline, mess, horse, angel dust, TH) and ketamine (Special K, vitamin K, ket, ketty) are sold on the street. When alcohol is combined with these types of psychotropic drugs, it creates a reinforcing synergy, which means that the combined depressant effects are greater than the sum of these effects taken separately.

This type of combination can result in extreme central nervous system depression that can include anything from confusion to unconsciousness and death.

Source : [educalcoool.qc.ca](http://educalcoool.qc.ca)

