

Gambling addiction (gambling addiction) - signs and symptoms, useful and dangerous products, folk remedies

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Abstract. Gambling addiction (gambling addiction) is an addiction to gambling (the process of gambling), it belongs to the group of alcoholic and drug addictions.

Key words: Gambling addiction or gambling addiction, description, causes, types and symptoms, complications, prevention, treatment, healthy products, folk remedies, dangerous products

The main visible signs that distinguish a gambling addict from an ordinary person

- A large amount of time is devoted to games.
- Loss of control over the situation in life, full concentration on winning and the process of the game.
- The break between games is getting shorter each time.
- Having debts and an eternal lack of money.
- More than once a person made promises to quit games, to give up them on his own, but all of them were unsuccessful.
- After a loss, he starts playing again to “win back” the debt.
- Repeatedly lies about not playing.
- Having a family and children does not stop him (he is not afraid of losing them).
- Sleep disturbances, appetite disturbances, unbalanced behavior.
- If he loses, he shifts the blame onto someone else.

Reasons for attraction to games:

1. the person grew up in an unfavorable family;
2. incorrect upbringing;
3. obsession with financial situation;
4. the view that everything is bought and sold;
5. relatives or friends have gaming experience;
6. engaging in “materialism”;

7. the material is placed on a level higher than the spiritual;
8. depression;
9. alcoholism;
10. lack of family values.

Stages of gambling addiction:

- winning stage (first games, random wins);
- the losing stage (bragging about the upcoming game, playing alone, thoughts filled only with games and possible winnings, getting into debt, inability to pay, refusal to repay the debt);
- stage of disappointment (loss of a positive reputation at work, at home, increased playing time and betting, abandonment of loved ones, huge debts, awakening of conscience, prolonged depression, suicide attempts or falling into alcoholic depression).

Useful products for gambling addiction

In order to help a loved one get rid of gambling addiction, in addition to psychological help and activities, the patient needs to eat food that has sedative and antidepressant effects.

To achieve this effect you need to eat:

- Chocolate (necessarily bitter black) - cocoa restores strength thanks to theobromine and endorphin (the so-called “hormone of happiness”), also improves the digestive system, thanks to vitamin E it will destroy free radicals, magnesium will help normalize the functioning of the nervous system, phosphorus [1] will strengthen joints. Chocolate improves brain activity and gives a burst of energy.
- Nuts and seeds (especially almonds and pumpkin) will fill the body with healthy and nutritious oils that normalize the functions of the gastrointestinal tract, soothe thanks to folic acid [2], and add strength and energy [3].
- Seafood products (this group includes rolls and sushi) contain vitamins A [4], B [5], D [6], PP, E [7], which stabilize the central nervous system, improve brain function [8], and give vigor, positive
- Meat dishes - increase performance, enrich the body with useful minerals and vitamins (B, E, potassium [9], zinc [10], magnesium [11], iodine [12], fluorine [13], iron [14], manganese [15]).
- Broccoli [16,17] is an excellent food that eliminates anxiety, panic attacks and sadness.
- Hot peppers (chili) and other seasonings stimulate blood, which significantly increases tone.
- Milk and products made from it, namely cottage cheese [18], cheese and yogurt [19] - help in the production of serotonin, invigorate and give a fresh appearance.

- Cereals (buckwheat [20], rice [21], oatmeal [22], pearl barley, muesli, barley porridge) - thanks to fiber [23], they have dietary and sedative effects, help relieve hunger, and help relieve insomnia [24].
- Bananas [25] - impart positive emotions, give a positive attitude and calm. This is achieved with the help of glucose [26], sucrose [27], fructose [28], potassium, B6, C [29], E, which are included in bananas.
- Berries (especially wild strawberries [30], raspberries [31], blueberries, currants [32]) - remove irritation, nervousness, and apathy (ascorbic acid, folic acid, fiber, and vitamins help with this).

Traditional medicine for gambling addiction

1. The first step is to switch the patient to another, interesting (or previously interested) business, activity that can take up as much playing time as possible. Thus, the gamer will gradually move away from the gameplay and the euphoria and rush of adrenaline in the blood will gradually be forgotten.
2. To get rid of insomnia, irritability and a constantly pursuing feeling of anxiety, decoctions of the following herbs will help with overexcitation: lemon balm [33], mint [34], valerian [35], hops (its cones), motherwort, oregano, yarrow [36], ivan -tea [37], cinnamon [38] with honey [39].
3. It is useful to drink beetroot juice [40] with honey (ratio 1 to 1). Take 30 grams three times a day before meals.
4. Viburnum berries [41]. They need to be crushed and filled with hot water. Drink this decoction throughout the day.
5. Take soothing and relaxing baths: with infusions of chamomile [42], lemon balm, mint.

Note : there is no specific method of traditional medicine for gambling addiction (after all, this is a purely psychological disease), so these techniques should be used as an addition to professional help, for which you need to contact a specialized doctor, for example, a psychotherapist.

Dangerous and harmful products for gambling addiction

You should not eat foods that contribute to the destruction of nerve cells, increase cholesterol, and contain trans fats. Here is a list of such products:

- fast foods, fast food, chips, crackers;
- cookies, cakes, flour products (prepared in factories and confectioneries);
- alcohol [43];
- strong tea;
- coffee;
- technologically processed products;

- preservatives;
- food with pesticides;
- food products with code "E".

Scientists conducted studies, as a result of which it was found that people who took these products became more nervous, aggressive, and had increased irritability. This behavior will have an extremely negative impact on the gambling addict and will help to fall into depression (if it has been overcome) or lead to an even more severe stage of the disease.

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