



Addiction

1. Harvard Health- The first article I read was from Harvard Health which explained how addiction works and the cycle of addiction in the brain. It explained what things addiction include which extends further from alcohol and drugs. Gambling is a primarily unknown form of addiction. The article also mentions that people used to think that addiction would occur as a result of a lack of willpower, however, there is science behind addiction. It occurs when The brain registers all pleasures the same which releases dopamine from the nucleus of nerve cells which can be tied with pleasure.
2. Nicotine Dependence- This article discussed the facts about the symptoms, risk factors, causes, complications, and prevention of Nicotine use. Nicotine is probably one of the most widely used addictive chemicals, especially in teen years. It is possible to break this addiction but usually requires help from a clinic.
3. Cycle of Addiction- This article includes the addiction cycle which lists initial use, abuse, tolerance, dependence, addiction, and relapse. It also includes a few paragraphs about how to break this cycle which usually requires help from a professional. Practicing abstinence, using therapy and medication are ways to break this cycle

Works Cited

Harvard Health Publishing. "How Addiction Hijacks the Brain." *Harvard Health*, www.health.harvard.edu/newsletter_article/how-addiction-hijacks-the-brain.

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