

ALCOHOL-SAVVY TOP TIPS

HEALTH RISKS

Binge drinking = units of alcohol in a single session:
 Men - 8 or more
 Women - 6 or more

The US Centre for Disease Control & Prevention (CDC):
 Heavy drinking = 15+ drinks per week for men / 8+ for women
 Moderate drinking = up to 1 drink per day for women / 2 for men

Benefits of reducing alcohol:

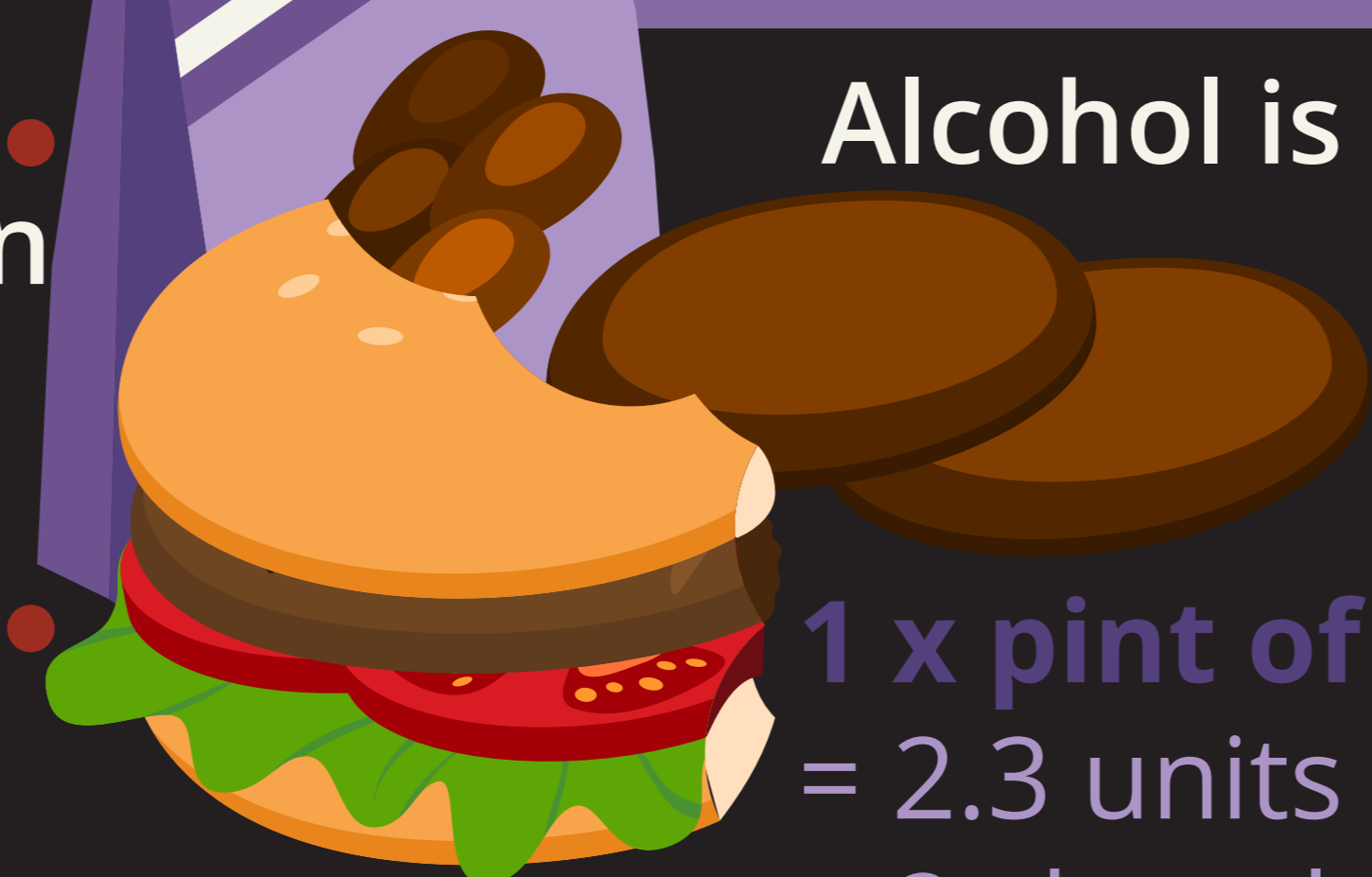
- Potential weight loss
- Improved blood pressure
- Lower risk of stroke, heart disease & diabetes
- Better sleep, increased energy, improved mood, clearer skin

MENTAL

- Alters brain chemistry
- Can affect mood and anxiety levels



- Can cause memory loss & impair brain functionality
- Passes through the blood brain barrier, changing neuronal behaviour
- Central Nervous System depressant - slows down brain functioning & neural activity



WATCH OUT FOR CALORIES AND SUGAR CONTENT:

Alcohol is a carbohydrate: breaks down into sugar, disrupting blood sugar levels

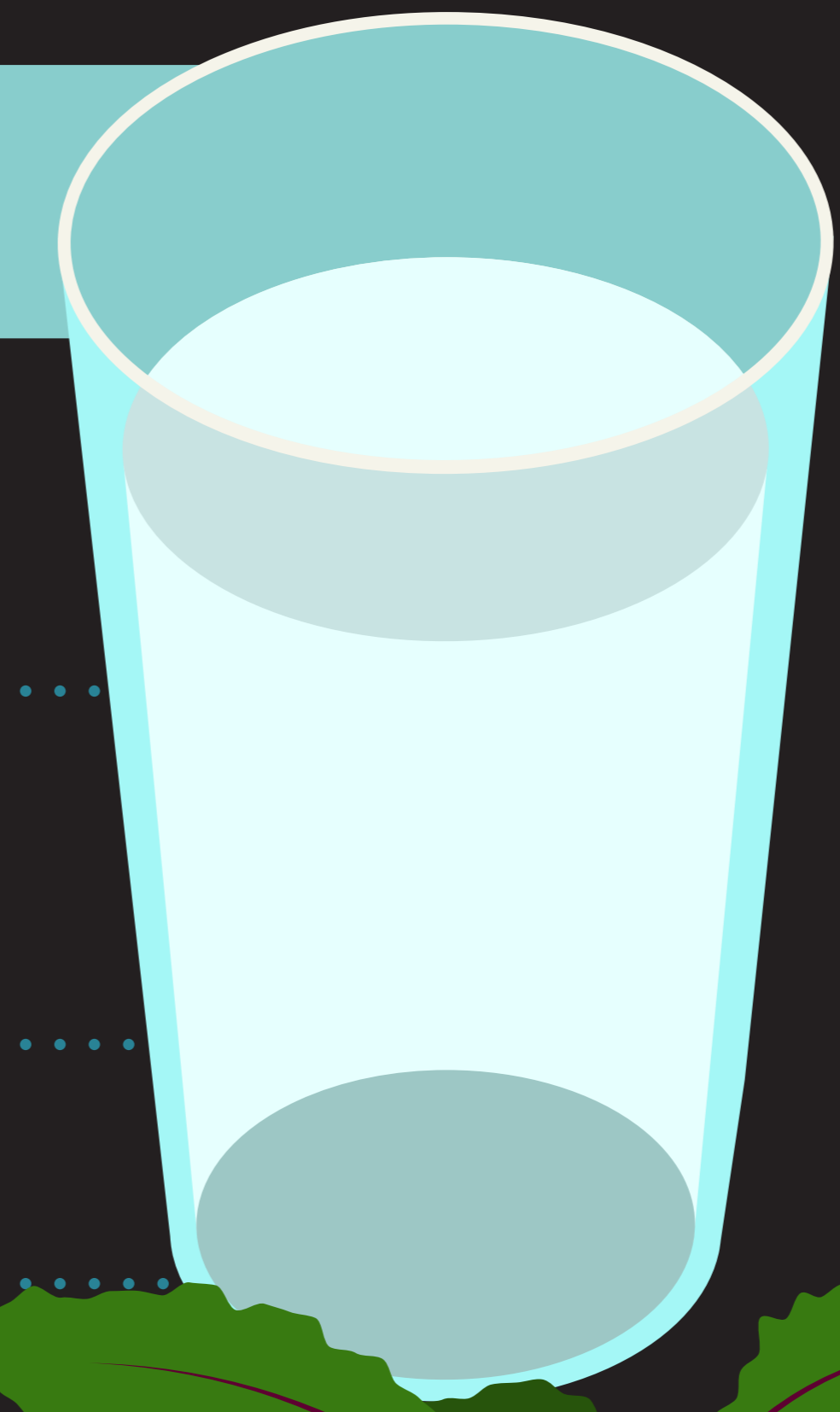
How are units calculated?
 $\text{Strength (ABV - alcohol by volume)} \times \text{Volume (ml)} \div 1,000 = \text{Units}$

1 x pint of beer (4% ABV)
 = 2.3 units / 182 Kcal
 = 2 chocolate biscuits

175ml wine (13% ABV)
 = 2.3 units / 159 kcal
 = ½ cheeseburger

2 x 25 ml rum & coke (40% ABV)
 = 2.5 units / 160 kcal
 = packet chocolate buttons

HYDRATION

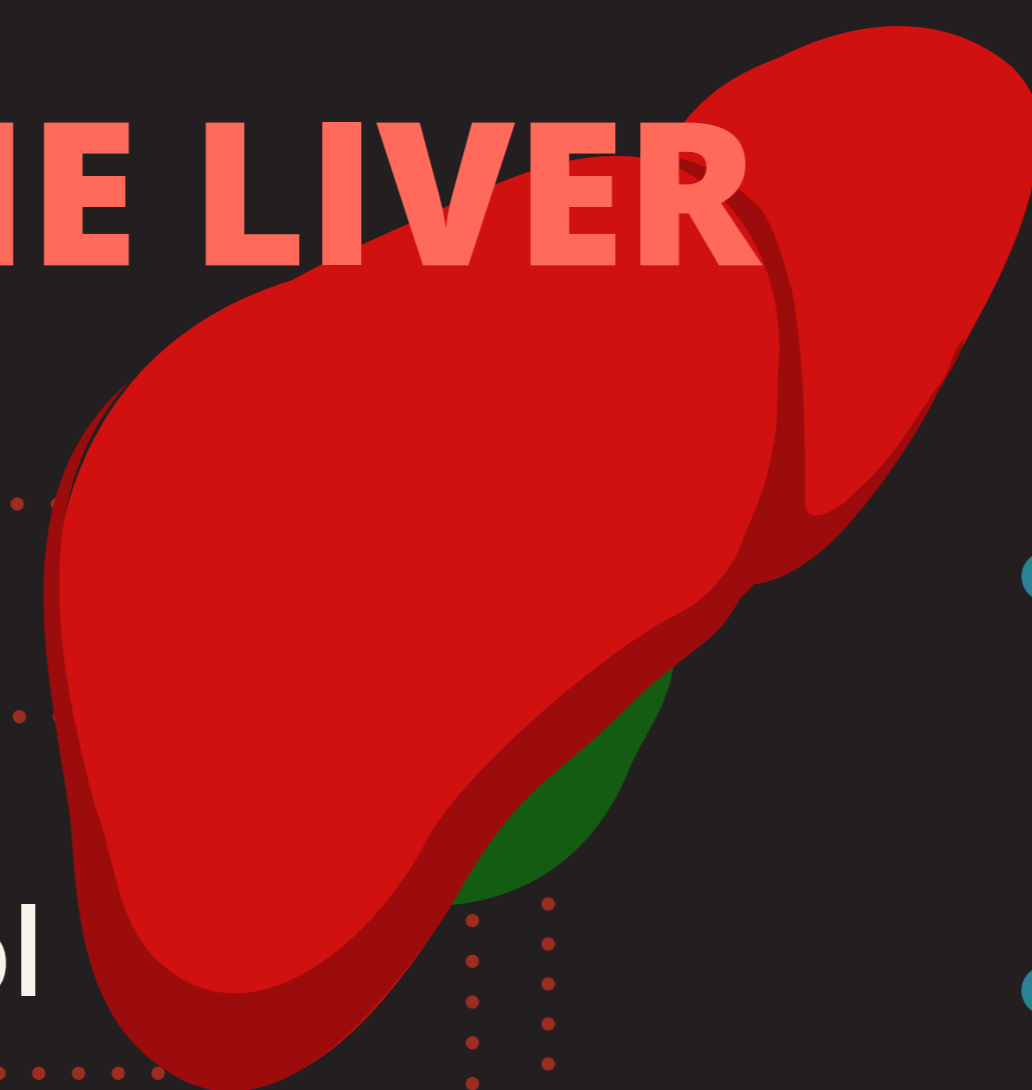


- Alcohol is a diuretic = our body loses fluids = hangover
- Dehydration = headaches, joint pains & loss of concentration
- Have water between drinks

SAVVIER CHOICES

- Kombucha
- Sugar free tonic
- Soda or sparkling water with ice, lemon & lime
- Avoid artificial sweeteners e.g. 'diet / low calorie'

THE LIVER



- Takes 1 hour to process 1 unit of alcohol
- Works mainly at night
- Early morning waking after drinking = liver working overtime to detoxify alcohol
- Critical for filtering toxins from the blood, aiding digestion, regulating blood sugar & cholesterol levels, fighting infections & disease.
- Prolonged drinking over many years reduces its ability to regenerate = permanent damage

NUTRITIONAL SUPPORT

- Apples help liver detoxification
- Nuts help to increase liver enzymes
- Turmeric stimulates bile production
- Green tea contains beneficial liver compounds
- Beetroot helps to cleanse the liver
- Green leafy vegetables cleanse the blood & protect the liver - kale, broccoli, cabbage
- Garlic helps to stimulate liver enzymes
- Protein & B vitamins also key for liver support

PHYSICAL

- Digestive issues
- Liver disease
- Poor sleep

- Weight gain & blood sugar imbalances
- Cancer - bowel, liver, breast & oral
- Reduced immune system
- Visceral fat storage -increases risk for heart disease, stroke, Alzheimer's, Type 2 Diabetes & high cholesterol

