



FAST FACTS

Alcohol

Best enjoyed healthfully

EAT 
SLEEP 
MOVE
STRESS 

Let's start by addressing the elephant in the room, consuming alcohol has become an ingrained aspect of the socio-cultural lives of many people around the globe. We use alcohol to celebrate and commiserate, to cope, to socialise, to let go of our inhibitions, and all too often to help us deal with stress. Whilst an occasional drink may be fine for some people, regular alcohol intake can begin to affect a person's health and wellbeing.

Are there any benefits to alcohol?

One of the most widely studied dietary styles, the Mediterranean diet, has shown that a modest amount of alcohol can have health benefits. This pertains mostly to red wine consumption, as red wine contains appreciable amounts of the potent antioxidant, Resveratrol, which has been shown to have several anti aging benefits. It is important to note though, that red wine consumption, is only a small part of the Mediterranean diet, which also incorporates many other health promoting elements such as fresh whole foods and quality, unsaturated fats.

There is also some evidence to show that moderate alcohol intake can reduce your chance of developing cardiovascular disease, however the evidence also shows that a healthy diet, adequate exercise, and effective stress management are even more beneficial in preventing and managing cardiovascular disease.

What is a safe amount of alcohol to consume?

The current Australian guidelines for safe alcohol consumption suggest the average adult should consume no more than 10 standard drinks per week, limited to 2 standard drinks per day to reduce the risk of injury or disease.

However, reducing the risk of injury or disease is very different to optimising health and wellbeing, and for most people interested in health optimisation, 10 standard drinks per week may be excessive.

If you choose to consume alcohol, we recommend your habit being no more than 2-3 standard drinks per week, keeping most days of the week alcohol free. If possible, try to consume alcoholic beverages that are "clean and clear" or if consuming wine or beer, choose organic, preservative free brands preferably.



Is there anything else I can do?

If your goal is to **optimise health and wellbeing** you may wish to consider alternatives to alcohol, but if you are going to drink, here are some guidelines to keep in mind:

- Ensure you are **well hydrated** before consuming any alcohol.
- Consume alcohol with a meal, or ensure you have eaten before drinking.
- Consume your drinks slowly and space them with water to help your body metabolise and flush out the alcohol. You'll probably urinate more frequently, but consider that a good thing.
- If you are feeling stressed or unwell it is best to avoid alcohol as your body is already dealing with enough.
- If your goal is to lose weight you should consider going alcohol free. One glass of alcohol will stop ketosis (fat burning) within as little as 20 minutes, and it can take 48-72hrs to get your body back into ketosis.
- If you are taking any form of medication, do not consume alcohol.
- After consuming alcohol remember to rehydrate.
- Ask your practitioner about **glutathione**, which can help the body metabolise out the harmful metabolite of alcohol - acetaldehyde.

[Read about grey area drinking](#)