



## Alcohol

On the Friday of the week 2 meal plan I've included an optional alcoholic drink.

The sober truth about alcohol is that despite all the mixed studies out there it isn't that great for your health.

Although having said that some are better than others and I'll explain that in a mo.

The two problems, from a nutrition point of view, that I have with alcohol is that

1. It impacts your insulin levels negatively.
2. It leads to throwing caution to the wind and might lead to you eating any old rubbish!

If you didn't know, alcohol is seen as a toxin by your body, and for that reason the liver works hard to metabolise it above everything else. Digestion, hormone regulation (ladies in the menopause do you find increased symptoms when you drink?) and just about every other maintenance job is put on hold.

On top of this, not all alcoholic beverages are created equal when it comes to their sugar content. This is a double whammy for your hardworking liver, as fructose, the principal sugar here, can only be metabolized by the liver. That's why certain drinks will be laying down fat before you've finished the glass.

One alcoholic drink that has benefits is red wine which contains resveratrol, an antioxidant, although it is negated by the effects of the alcohol within. Resveratrol is also found in the skins of dark berries better to get you antioxidants in your food.

So which drinks are best avoided, and which have less impact?

Have you noticed the craze for all sorts of flavoured gins recently? Gin is a great low sugar tippie, but buy a rhubarb and ginger or clementine version and the added sugar skyrockets. Then there's your Irish Cream drinks, sherry, dessert wines, strong artisan beers, perry cider and mulled wine all with very high sugar contents. We then make matters worse by adding mixers, usually juices (loads of fructose) which increase the load. Even sugar free mixers signal the body to respond as if it is receiving sugar.

If you do have spirits, aim to have them with soda water and a squeeze of citrus fruit.

The hangover comes as your body tries to expel the toxin (alcohol) and along with it your essential electrolytes and water. Cue the headache. If what you drank was also sugar loaded you will have a mental crash, as sugar impacts the chemical balance of the brain. It impacts how you sleep as your body temperature drops due to the extra energy it takes to rid you of the pollutant. Boy your body is clever.

Now for the better choices on the lower sugar front, whereby the yeast has used up most of the sugar content: spirits mixed with soda water and a squeeze of citrus fruit, champagne, prosecco, dry red and white wines, and some lagers.

And so, to the hangover cure. It all comes down to replacing the depleted electrolytes I previously mentioned and rehydrating yourself.

Before you go to sleep, take 300mg of magnesium citrate and two pinches of sea salt one at a time, (as long as you're not on blood pressure medication) on the back of the tongue washed down with a big glass of water. Repeat the process in the morning if the hangover is still present. Very simple and very effective.

### HOW MUCH SUGAR IS IN YOUR ALCOHOL?

#### BEERS AND CIDERS

<b>Real Ale Pint</b>  9 Teaspoons	<b>Stout Pint</b>  5 Teaspoons	<b>Premium Lager Pint</b>  3.5 Teaspoons	<b>Lager Pint</b>  2 Teaspoons	<b>Heineken 330ml Bottle</b>  2 Teaspoons	<b>Dry Cider Pint</b>  3.5 Teaspoons	<b>Pear Cider Pint</b>  8.5 Teaspoons
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#### WINES

<b>175ml Sweet Wine</b>  2.5 Teaspoons	<b>175ml Medium Sweet Wine</b>  2.5 Teaspoons	<b>175ml Dry Wine</b>  0.25 Teaspoon	<b>175ml Sparking Wine</b>  2.25 Teaspoons	<b>125ml Champagne</b>  0.25 Teaspoon	<b>175ml Medium Sweet Rosé</b>  0.25 Teaspoon	<b>175ml Mulled Wine</b>  11 Teaspoons	<b>250ml Red Wine</b>  0.25 Teaspoon
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