

# Alcohol

Sure, there are some antioxidants in red wine but overall alcoholic beverages don't contribute much to our health. Alcohol consumption can lead to weight loss resistance and it also taxes the liver (the liver plays a role in digestion, cholesterol management, and detoxification, among other important functions). Many alcoholic beverages are also high in sugar. That bahama mama you sipped on vacay last summer cost you upwards of 30g of sugar. The G+T at happy hour last week? 15 grams. Even a glass of conventional wine can have 3-4g of residual sugar. That said, although it doesn't do much for our health, alcohol is central to a lot of social events and can be a way for friends and family to celebrate and connect. Plus, we know a lot of you look forward to a glass of wine or a cold one after work. So, what to do?

We definitely recommend going sans alcohol for P20. Give your body a break and notice how you feel. Alcohol can affect digestion, sleep and mood and since it's a toxin its effects can also show up in your skin. After your 20 days are up, you can decide if, and how much, you want to add alcohol back in. You may realize you can unwind just as easily with a 5-minute meditation and a cup of tea. And that taco Tuesdays go on without the two margaritas. If you do decide to add alcohol back in, consume it mindfully and in moderation - stick to no more than one drink per day if you're a woman or two drinks per day if you're a man.

If you're wondering what the "best" drinks are for your health (the real answer is none, but we get what you mean) here are our top choices:



WINE

Red wine is a good source of antioxidants and polyphenols, namely resveratrol. Dry wines are lower in residual sugar than some sweeter wines, too. Keep in mind, many commercial wines add chemicals and sugar during and after the winemaking process. Opt for sustainably harvested and organic wines without added sugar or chemicals. We love buying wines from Thrive Market and Dry Farm Wines.



BEER

Beer gets a bad reputation but it's not the worst option if you choose to imbibe. If you're sensitive to gluten there are now gluten-free or gluten-reduced options or you can choose a low-sugar cider in its place.



HARD SELTZER

Call us basic but we love a cold hard seltzer on a summer day. These drinks are gaining popularity for their fun flavors and low sugar content.



VODKA / TEQUILA

Keep it simple with a vodka or tequila soda. Be sure to choose soda water and not tonic water. Soda water is sugar- and calorie-free while tonic water has 125 calories and 32g of sugar per can. Feel free to add a squeeze of lime or grapefruit for extra flavor.

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At the end of the day, though, if you want a bloody Mary or margarita, go for it. Just try to eat healthier throughout the day and treat the drink like you would any other treat or dessert.

And if you overdo it, don't fret. Try a few of our tips below to help your body naturally detox and recover and then get right back on track.

**Rehydrate.** Alcohol is extremely dehydrating so be sure to drink plenty of H<sub>2</sub>O the next day (try to alternate alcohol and water when you drink, too). Unsweetened coconut water is also a great way to rehydrate with naturally occurring electrolytes like potassium.

**Sweat it out.** It may sound counterintuitive to our first tip but as long as you're properly hydrated, sweating is a great way to release toxins, including alcohol. Now is not the time for a super intense workout though - keep your sweat sesh to 20-30 minutes or sit in a sauna (we especially like infrared saunas) for 10-20 minutes.

**Take a B-complex vitamin.** Drinking alcohol depletes your body of many vitamins and minerals, B vitamins among them. Vitamins B6 and B12 are especially helpful for fighting hangovers.

Try ginger for nausea. The worst part of a hangover is typically nausea (or headaches - we address that next!). Sip on ginger tea for its natural anti-nausea benefits.

**Take magnesium for headaches.** Give your liver a break and opt for magnesium instead of ibuprofen or aspirin for your hangover headache. There is evidence to suggest 400-500mg of the inflammation-fighting mineral can do the trick.

**Skip the breakfast burrito.** We know a greasy breakfast burrito sounds so good the morning after but you're better off choosing the healthier route. Make your own scramble with liver-supporting ingredients like eggs, broccoli, garlic, and onion.