



ALCOHOL

time to distress

This is a massive question and major concern to many taking the leap into Banting... it's a lifeline for many of us: our days are rushed and full to the brim. There is no right or wrong here, only what you need to survive!

But I will ask you this: how badly do you want your lifestyle to change? How badly do you want the weight off? How long do you want it to take? Is alcohol imperative to your survival? If you score yourself a 10 out of 10 on any of these questions, then the answer is simple, drop it like the weight that is begging to fall off.

ALCOHOL = SUGAR = CARB = NO WEIGHT LOSE

Its simple, whilst alcohol is in your system, you will not loose weight, its fact, the fat burning process simply goes on hold during that period. As alcohol contributes zero value to your body, it must be processed through the liver and as a toxin it disrupts liver function, damaging it on the way through.

Carb contents of general Alcohol:

Beer Regular	350ml	13g
Beer Light	350ml	4.5g
Guinness	450ml	8g
White Wine	125ml	1.25g
Red Wine	125ml	2.2g
Rose Wine	125ml	1.9g
Cider Dry	350ml	12g
Sherry Dry	60ml	3g
Port	60ml	6g
Gin, Rum, Vodka, Whisky	30ml	0g

Tips:

- Don't drink every day, limit to 1 or max 2 glasses per sitting.
- If you going to indulge, prep your body and have boiled eggs before you leave home, to line your stomach.
- Drink alcohol whilst eating.
- Drink with a glass of water.
- Forget about Beer & cider, those lovely stick shooters, no way – accept the penalties if you indulge.

A handy idea if you feel some pressure to 'drink', try sparkling water with ice and lemon, if you want a bit of sweetener, add a sachet of xylitol and stir. Looks and tastes good. Who knows, it could be a G & T or Vodka and Soda. Another option is to add some bitters to a glass of Sparkling water—looks pretty too.

Drink Responsibly