

alcohol and intermittent fasting

Alcohol and Intermittent Fasting: Navigating the Complex Relationship

Alcohol and intermittent fasting represent two popular wellness trends that many individuals explore for health benefits, weight management, and improved metabolic health. However, their intersection is complex, with potential benefits often overshadowed by significant risks if not approached with caution and a thorough understanding of their physiological interactions. This article delves deep into the nuances of combining alcohol consumption with intermittent fasting protocols, exploring how alcohol impacts fasting states, its effects on weight loss, metabolic processes, and overall health. We will examine the critical considerations for responsible integration, the potential pitfalls to avoid, and practical strategies for those choosing to incorporate both into their lifestyle. Understanding this relationship is paramount for making informed decisions about your health journey.

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Understanding Intermittent Fasting

Intermittent fasting (IF) is not a diet in the traditional sense, but rather an eating pattern that cycles between periods of voluntary fasting and non-fasting. It focuses on when you eat rather than what you eat. The core principle is to restrict calorie intake for a certain number of hours or days, prompting the body to utilize stored fat for energy. Popular IF methods include the 16/8 method, where individuals fast for 16 hours and have an 8-hour eating window, and the 5:2 diet, which involves normal eating for five days a week and severely restricting calories on two non-consecutive days. These patterns can trigger beneficial physiological responses such as autophagy, improved insulin sensitivity, and cellular repair.

The proposed benefits of intermittent fasting are diverse and well-researched. Beyond weight loss, IF has been linked to improvements in blood sugar control, making it a potentially valuable tool for individuals managing or at risk of type 2 diabetes. It can also enhance brain health by promoting the production of brain-derived neurotrophic factor (BDNF), a protein crucial for neuron growth and survival. Furthermore, IF may contribute to reduced inflammation and improved cardiovascular markers. The metabolic shift towards fat burning, often referred to as ketosis, can be a significant driver of these health advantages. However, the success and safety of IF depend heavily on individual responses and adherence to healthy eating principles during the eating windows.

The Impact of Alcohol on Fasting States

When you consume alcohol during a fasting period, it significantly alters the physiological processes that intermittent fasting aims to promote. Alcohol is a toxin that the body prioritizes metabolizing, and this process requires energy and enzymes. Consequently, the liver's ability to perform other critical functions, such as gluconeogenesis (the production of glucose), is impaired. This means that even if you have stored glycogen, your body might struggle to release glucose into the bloodstream when needed, potentially leading to hypoglycemia, especially in individuals who are already sensitive to blood sugar fluctuations.

Furthermore, alcohol can disrupt the hormonal balance that intermittent fasting often aims to optimize. For instance, it can interfere with the suppression of insulin, a key goal of fasting for improved metabolic health. While alcohol itself doesn't directly contain carbohydrates or sugars (unless it's a mixed drink), its metabolic processing can still trigger an insulin response, working against the fasted state's benefits. The body will shift its focus from fat burning to processing the alcohol, effectively halting the metabolic advantages derived from an extended fasting period. This disruption can negate the intended effects of IF on fat mobilization and cellular repair processes.

Alcohol Metabolism During Fasting

The liver is the primary organ responsible for metabolizing alcohol. When alcohol is consumed, the liver works to break it down into acetaldehyde, and then into acetate, which is eventually eliminated from the body. This process is metabolically demanding and takes precedence over other functions, including fat oxidation. During intermittent fasting, the body is typically in a state of lowered insulin and higher glucagon, promoting the breakdown of stored fat. However, consuming alcohol diverts the liver's resources, halting fat burning as it focuses on detoxification.

The rate at which alcohol is metabolized is relatively constant, meaning it takes a fixed amount of time for the body to process a given quantity of alcohol. This can prolong the disruption to the fasted state. For example, if you consume alcohol near the end of your eating window, its metabolism may extend well into your fasting period, preventing your body from re-entering an efficient fat-burning state. This interference can significantly impede the progress someone might be making with their intermittent fasting regimen, particularly concerning weight management and metabolic improvements.

Hormonal Responses to Alcohol During IF

Alcohol consumption can have a complex and often detrimental impact on the hormonal landscape during intermittent fasting. While IF aims to lower insulin levels, making the body more sensitive to insulin, alcohol can interfere with this. Some research suggests that alcohol may initially cause a slight insulin release, and its metabolism can lead to fluctuations in blood sugar. More significantly, alcohol can affect hormones involved in appetite regulation, such as ghrelin and leptin. This disruption can lead to increased hunger and cravings, even during fasting periods, making it harder to adhere to the fasting schedule.

Moreover, alcohol can influence stress hormones like cortisol. While moderate fasting might help manage stress for some, excessive alcohol intake can trigger a stress response, leading to elevated cortisol levels. Chronically high cortisol can promote fat storage, particularly around the abdomen, which is counterproductive to the fat-loss goals often associated with intermittent fasting. The interplay between alcohol and these hormones can create a cascade of negative effects, undermining the hormonal equilibrium that IF seeks to achieve.

Alcohol and Weight Management in Intermittent Fasting

The relationship between alcohol and weight management within an intermittent fasting framework is often a point of concern. While intermittent fasting is designed to promote fat loss by creating a calorie deficit and encouraging fat utilization, alcohol can significantly undermine these efforts. Alcohol is calorie-dense; it provides approximately 7 calories per gram, compared to 4 calories per gram for carbohydrates and protein, and 9 calories per gram for fat. These are often termed "empty calories" because they offer little to no nutritional value.

When individuals consume alcoholic beverages, especially during their eating window, these extra calories can easily push them over their daily caloric target, negating the calorie deficit created by fasting. Furthermore, alcohol can impair judgment, leading to less mindful food choices and increased consumption of less healthy, calorie-rich foods during the eating window. This combination of direct caloric intake from alcohol and the potential for overeating can hinder or even reverse weight loss progress achieved through IF.

Caloric Impact of Alcoholic Beverages

The caloric content of alcoholic drinks varies widely depending on the type of beverage and its preparation. A standard glass of wine can contain around 120-150 calories, a pint of beer can range from 150-200 calories, and spirits like vodka or gin, while lower in carbohydrates, still contribute calories, especially when mixed with sugary sodas or juices. These calories from alcohol are easily overlooked because they are liquid and don't provide the same feeling of satiety as solid food. This can lead to a significant caloric surplus without the individual realizing it.

For someone practicing intermittent fasting with the goal of weight loss, these added calories are particularly problematic. If the goal is to consume, for example, 1500 calories during an 8-hour eating window, a few alcoholic drinks can easily add another 300-500 calories, or even more. This increase in caloric intake directly opposes the fundamental principle of creating a calorie deficit for weight loss. It's essential to be aware of the caloric load of alcoholic beverages and factor them into daily intake if choosing to consume them while practicing IF.

Appetite Stimulation and Cravings

Alcohol is known to affect appetite-regulating hormones and neurotransmitters in the brain, which can lead to increased hunger and cravings. Studies suggest that alcohol can boost ghrelin, the "hunger hormone," while potentially suppressing leptin, the "satiety hormone." This hormonal imbalance can create a strong urge to eat, particularly for high-calorie, palatable foods, often rich in fat and sugar. This effect can be amplified when someone is practicing intermittent fasting.

During a fasting state, the body is already undergoing metabolic changes. Introducing alcohol can exacerbate these effects, making it significantly harder to resist cravings during the eating window. Individuals may find themselves reaching for snacks or larger portions than planned, undoing the benefits of the fast. This can create a vicious cycle where the desire for food becomes overwhelming, leading to overeating and potential weight gain, rather than the intended weight loss.

Metabolic Effects of Alcohol During Fasting

Combining alcohol with intermittent fasting can have profound and often negative metabolic consequences. The core of intermittent fasting's metabolic benefits lies in its ability to improve insulin sensitivity, promote fat burning, and initiate cellular repair processes like autophagy. Alcohol can disrupt all of these. As previously mentioned, the body prioritizes alcohol metabolism, putting other metabolic pathways on hold.

This metabolic hijacking means that while you are in a fasted state, your body is not efficiently accessing stored fat for energy. Instead, it's busy processing the toxic byproducts of alcohol. This can lead to a stalled or even reversed weight loss progress. Furthermore, the impact on insulin sensitivity can be significant. While IF generally improves how your body responds to insulin, alcohol can temporarily worsen it, leading to higher blood sugar levels and potentially increasing the risk of insulin resistance over time, especially with frequent or heavy consumption.

Fat Oxidation Inhibition

During fasting, the body typically transitions from using glucose as its primary energy source to utilizing stored fat. This process, known as fat oxidation, is a key mechanism behind weight loss in intermittent fasting. However, alcohol interferes directly with this process. When alcohol is present in the bloodstream, the liver immediately shifts its focus to metabolizing it. This metabolic priority means that the enzymes and pathways responsible for breaking down stored fats are temporarily deactivated or significantly slowed down.

Therefore, even if you are in a deep fasted state, the consumption of alcohol effectively halts fat burning. The body will not tap into its fat reserves for energy until the alcohol has been fully processed. This can mean that hours spent fasting are less effective for fat loss if alcohol has been consumed during or near the eating window. For individuals aiming to reduce body fat, this inhibition of fat oxidation is a major drawback.

Impact on Blood Sugar Levels

The effect of alcohol on blood sugar levels is complex and can vary depending on factors like the type of alcohol, whether it's consumed with food, and individual metabolic health. While alcohol itself may not contain sugar (in its pure form), its metabolism can lead to fluctuations. As the liver prioritizes alcohol detoxification, it can impair gluconeogenesis, the process by which the liver produces glucose to maintain blood sugar levels. This can lead to a drop in blood sugar (hypoglycemia), particularly for individuals who are fasting or have depleted glycogen stores.

Conversely, alcoholic beverages mixed with sugary mixers (like juice, soda, or tonic water) can cause a rapid spike in blood sugar, followed by a subsequent crash. This roller coaster effect is detrimental to metabolic health and can disrupt the improved insulin sensitivity that intermittent fasting aims to achieve. Over time, frequent blood sugar spikes and crashes can contribute to insulin resistance and other metabolic issues.

Autophagy Disruption

Autophagy is a cellular "clean-up" process that is significantly enhanced during fasting periods. It involves the removal of damaged cells and the recycling of cellular components, playing a crucial role in cellular health, longevity, and disease prevention. Research indicates that alcohol consumption can interfere with the induction and efficiency of autophagy. The metabolic stress and energy demands associated with alcohol processing can divert cellular resources away from autophagic pathways.

Therefore, even during extended fasting periods, the presence of alcohol can dampen the beneficial effects of autophagy. This means that individuals who consume alcohol while practicing intermittent fasting may not be reaping the full cellular repair and rejuvenation benefits that the fasting protocol is designed to provide. This disruption can have long-term implications for cellular health and overall well-being.

Health Implications of Combining Alcohol and Intermittent Fasting

While intermittent fasting itself is associated with numerous health benefits, the inclusion of alcohol can introduce a range of negative health implications that can counteract these positives. The body's response to alcohol is essentially a stressor, and when combined with the metabolic changes of fasting, it can create a challenging environment for optimal health. It's crucial to understand that alcohol is a toxin, and its effects on the body are far-reaching.

Beyond metabolic disruptions and weight management challenges, alcohol can impact sleep quality, cognitive function, and gut health, all of which are important components of overall well-being. The potential for addiction and dependence also remains a significant concern, irrespective of fasting protocols. Therefore, a mindful and cautious approach is essential when considering the

combination.

Gut Health and Inflammation

Alcohol is known to have a detrimental effect on the gut microbiome, the complex ecosystem of bacteria and other microorganisms that reside in the digestive tract. It can alter the balance of gut bacteria, leading to dysbiosis, an overgrowth of harmful bacteria, and a decrease in beneficial ones. This imbalance can contribute to increased intestinal permeability, often referred to as "leaky gut," allowing undigested food particles and toxins to enter the bloodstream, triggering inflammation throughout the body.

Intermittent fasting, when practiced correctly with a healthy diet, can often improve gut health. However, alcohol consumption can reverse these positive effects. Chronic inflammation is linked to a wide array of diseases, including cardiovascular disease, autoimmune disorders, and certain types of cancer. Therefore, combining alcohol with IF without careful consideration can compromise the anti-inflammatory benefits that IF might otherwise provide.

Sleep Quality and Cognitive Function

Alcohol is notorious for disrupting sleep architecture. While it may initially induce drowsiness, it significantly interferes with the deeper, restorative stages of sleep, such as REM sleep. This can lead to fragmented sleep, reduced sleep quality, and daytime fatigue, even if the total hours of sleep appear sufficient. Poor sleep quality can negatively impact mood, concentration, memory, and overall cognitive performance.

Intermittent fasting is often associated with improved sleep quality for some individuals as it helps regulate circadian rhythms and stabilize blood sugar. However, alcohol consumption during or near the fasting window can override these benefits. Furthermore, alcohol can impair cognitive functions such as reaction time, decision-making, and problem-solving. When combined with the mental clarity sometimes reported with IF, alcohol can create a confusing and potentially detrimental effect on cognitive performance.

Nutrient Absorption and Deficiencies

Alcohol can interfere with the absorption of essential vitamins and minerals from the digestive tract. It can damage the cells lining the stomach and intestines, impairing their ability to absorb nutrients effectively. Chronic alcohol consumption is particularly linked to deficiencies in B vitamins (especially thiamine, folate, and B12), vitamin C, and minerals like zinc and magnesium. These deficiencies can lead to a range of health problems, from neurological issues to impaired immune function.

When practicing intermittent fasting, it is crucial to ensure adequate nutrient intake during the eating window to meet the body's needs. If alcohol consumption compromises nutrient absorption,

individuals may be at a higher risk of developing nutrient deficiencies, even if their diet appears balanced. This is especially concerning for individuals who are using IF for general health and longevity, as nutrient status is paramount for these goals.

Practical Strategies for Navigating Alcohol and Intermittent Fasting

For those who choose to consume alcohol while practicing intermittent fasting, careful planning and moderation are paramount. It is not a matter of simply allowing alcohol into the system, but rather understanding its impact and making deliberate choices to minimize negative consequences. The goal is to find a balance that aligns with personal health objectives without completely derailing progress.

The most effective strategy often involves strict adherence to IF principles and making alcohol a rare, controlled indulgence rather than a regular habit. Understanding how alcohol interacts with your body and your chosen IF schedule is the first step toward responsible integration. Education about the caloric content and metabolic effects of different types of alcohol is also key to making informed decisions.

Timing of Alcohol Consumption

The timing of alcohol consumption relative to your fasting and eating windows is critically important. The general recommendation is to consume alcohol only within your designated eating window. Consuming alcohol during your fasting period will directly break your fast and hinder metabolic processes. Furthermore, consuming alcohol close to the end of your eating window can prolong its metabolic effects into your fasting period, essentially extending the disruption.

A strategic approach would be to consume alcohol earlier in your eating window, allowing your body ample time to metabolize it and to re-establish a fasted state before your next fasting period begins. For example, if you have an 8-hour eating window from 12 PM to 8 PM, consuming alcohol with dinner at 7 PM might be more manageable than drinking at 10 PM. This allows the bulk of alcohol metabolism to occur while you are still in your eating window.

Choosing Lower-Calorie, Lower-Sugar Options

When deciding to drink alcohol, opting for beverages with fewer calories and lower sugar content can significantly mitigate the negative impact on weight management and metabolic health. Sugary mixers and high-carbohydrate beers or wines can contribute substantially to caloric intake and cause more significant blood sugar fluctuations. Prioritizing quality over quantity is also beneficial.

Dry wines (e.g., Pinot Grigio, Sauvignon Blanc, Merlot) tend to have fewer residual sugars and thus lower carbohydrate and calorie content than sweeter wines.

- Light beers generally contain fewer calories and carbohydrates than regular beers.
- Spirits like vodka, gin, rum, and whiskey, when consumed neat or with zero-calorie mixers (like sparkling water or diet soda, used judiciously), can be lower in carbohydrates. However, be mindful of the alcohol content, which contributes to total calorie intake.
- Hard seltzers can be a lower-calorie option, but it's important to check the sugar and carbohydrate content, as some can be surprisingly high.
- Avoid pre-mixed cocktails and sugary liqueurs, which are often loaded with sugar and calories.

By making conscious choices about beverage selection, individuals can reduce the caloric load and metabolic disruption associated with alcohol consumption during intermittent fasting.

Hydration and Nutrient Intake

Maintaining adequate hydration is crucial when consuming alcohol, especially when also practicing intermittent fasting. Alcohol is a diuretic, meaning it can increase fluid loss and lead to dehydration. Dehydration can exacerbate some of the negative effects of alcohol, such as headaches and fatigue, and can also make it harder to differentiate between thirst and hunger cues.

During the eating window, prioritize consuming nutrient-dense foods to ensure you are meeting your body's requirements for vitamins, minerals, and fiber. This is even more important if alcohol consumption is compromising nutrient absorption. Drinking plenty of water throughout the day, especially during your eating window and around alcohol consumption, is essential for overall health and to support your body's detoxification processes. Consider alternating alcoholic drinks with glasses of water.

Potential Risks and Side Effects

The combination of alcohol and intermittent fasting, if not managed carefully, can lead to a range of potential risks and side effects that impact both short-term well-being and long-term health. These risks are amplified by the physiological changes that occur during fasting and the inherent properties of alcohol as a toxin.

Understanding these potential downsides is crucial for making informed decisions and for

identifying when to scale back or abstain from alcohol altogether. It's not about fear-mongering, but about responsible health management. For some individuals, the risks may outweigh any perceived benefits of combining the two. Careful self-monitoring and awareness of how your body responds are key.

- **Hypoglycemia:** As discussed, alcohol can impair gluconeogenesis, leading to dangerously low blood sugar levels, particularly when fasting.
- **Dehydration:** Alcohol's diuretic effect can lead to significant fluid loss, which can be exacerbated during fasting.
- **Digestive Upset:** Alcohol can irritate the stomach lining and contribute to issues like heartburn, indigestion, and diarrhea, potentially worsening existing gut problems.
- **Increased Risk of Binge Eating:** Alcohol can lower inhibitions and impair judgment, increasing the likelihood of overeating or making poor food choices during the eating window, undoing fasting benefits.
- **Sleep Disturbances:** Fragmented sleep and reduced sleep quality can occur, negating potential sleep benefits of IF.
- **Nutrient Deficiencies:** Impaired absorption of essential vitamins and minerals can develop with regular alcohol consumption.
- **Hormonal Imbalances:** Disruption of appetite-regulating hormones and stress hormones can occur, impacting mood and metabolism.
- **Cardiovascular Strain:** For some individuals, alcohol can negatively affect heart rate and blood pressure.

These side effects highlight the importance of moderation and mindful consumption. If you experience any adverse effects, it is advisable to re-evaluate your approach or consult with a healthcare professional.

When to Avoid Alcohol with Intermittent Fasting

While some individuals can navigate the intersection of alcohol and intermittent fasting with careful

moderation, there are specific situations and health conditions where avoiding alcohol altogether is strongly recommended. The risks associated with combining alcohol and IF can be significantly elevated in these circumstances, potentially leading to serious health consequences.

The decision to abstain from alcohol, particularly when practicing intermittent fasting, should be based on individual health status, goals, and a comprehensive understanding of the potential risks involved. Listening to your body and prioritizing long-term health is paramount. If in doubt, professional medical advice is always the best course of action.

Pre-existing Health Conditions

Individuals with certain pre-existing health conditions should exercise extreme caution or completely avoid alcohol when practicing intermittent fasting. For example, those with diabetes or pre-diabetes are at a higher risk of hypoglycemia due to alcohol's impact on blood sugar regulation, especially when combined with fasting. Liver disease, kidney problems, and gastrointestinal disorders can also be severely exacerbated by alcohol consumption, and the metabolic stresses of fasting may further compromise these conditions.

People with a history of or susceptibility to eating disorders should also avoid this combination. Intermittent fasting can be a trigger for disordered eating patterns, and alcohol can lower inhibitions, potentially leading to binge eating or other unhealthy behaviors. Similarly, individuals with cardiovascular issues, anxiety, or depression should consult with their doctor, as alcohol can negatively impact these conditions and may interact poorly with prescribed medications.

Medication Interactions

A critical consideration for anyone combining intermittent fasting with alcohol is potential medication interactions. Alcohol can interfere with the efficacy and safety of numerous prescription and over-the-counter drugs. This interference can lead to reduced effectiveness of the medication, increased side effects, or even dangerous adverse reactions. The metabolic processes involved in both fasting and alcohol processing can alter how the body absorbs, metabolizes, and excretes medications.

For instance, medications for diabetes, blood pressure, cholesterol, or mental health can be particularly sensitive to alcohol consumption. It is imperative to discuss any plans to consume alcohol with your healthcare provider or pharmacist if you are taking any medications. They can provide personalized guidance on potential risks and advise on whether complete abstinence is necessary to ensure your health and the effectiveness of your treatment.

Personal Tolerance and Goals

Ultimately, the decision of whether to consume alcohol while intermittent fasting also depends on an individual's personal tolerance, goals, and overall health objectives. If your primary goal is rapid

weight loss, significant metabolic improvement, or enhanced athletic performance, alcohol consumption can be a substantial impediment. The empty calories, metabolic disruption, and potential for cravings may set you back considerably.

Furthermore, if you find that alcohol consumption consistently leads to negative side effects, such as poor sleep, increased hunger, digestive issues, or impaired cognitive function, it is likely not a beneficial addition to your intermittent fasting regimen. Pay close attention to how your body feels and performs when you incorporate alcohol. If the negatives outweigh any perceived positives, it is wise to abstain or significantly reduce intake to maximize the benefits of your intermittent fasting practice.

Alcohol and intermittent fasting can coexist for some individuals, but it requires a sophisticated understanding of how they interact. By prioritizing knowledge, moderation, and mindful choices, one can make informed decisions that support their health and wellness journey. Consulting with a healthcare professional is always recommended for personalized advice.

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alcohol and intermittent fasting: Understanding Nutrition Eleanor Noss Whitney, Sharon Rady Rolfes, MS, RDN, Tim Crowe, Adam Walsh, 2019-08-30 Building upon Ellie Whitney and Sharon Rady Rolfes' classic text, this fourth Australian and New Zealand edition of Understanding Nutrition is a practical and engaging introduction to the core principles of nutrition. With its focus on Australia and New Zealand, the text incorporates current nutrition guidelines, recommendations and public health nutrition issues relevant to those studying and working in nutrition in this region of the world. A thorough introductory guide, this market-leading text equips students with the

knowledge and skills required to optimise health and wellbeing. The text begins with core nutrition topics, such as diet planning, macronutrients, vitamins and minerals, and follows with chapters on diet and health, fitness, life span nutrition and food safety. Praised for its consistent level and readability, careful explanations of all key topics (including energy metabolism and other complex processes), this is a book that connects with students, engaging them as it teaches them the basic concepts and applications of nutrition.

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alcohol and intermittent fasting: The Fasting Fix Andreas Michalsen, 2021-12-28 Fasting: we've all heard of it. Countless celebrities and bestselling books have touted the benefits of fasting for weight loss, but what most of us don't know is that the benefits of fasting extend far beyond that: the latest scientific findings show that fasting is the best and easiest way for us to fight disease and slow aging. In The Fasting Fix, Dr. Andreas Michalsen—one of the world's leading experts on fasting—lays out the clear, indisputable science that fasting, when combined with a healthy diet, is the key to healing chronic illnesses and living longer. Dr. Michalsen draws from his decades of medical practice and original, cutting-edge scientific research, along with his deep knowledge about the human body and evolutionary history, to distill the simple truth about what and how we should eat in order to live healthier, longer lives. Learn which foods to eat and which we should avoid. And learn the specific fasting program—therapeutic fasting, intermittent fasting, or a combination of both—that will most benefit your specific lifestyle and health needs. With stories from patients he has successfully treated and detailed treatment programs for the most common chronic

diseases—obesity, hypertension, diabetes, heart disease, kidney disease, arthrosis, rheumatism, irritable bowel syndrome, skin diseases, allergies and asthma, migraines, depression, neurological diseases, dementia and Alzheimer's disease, and cancer—Dr. Michalsen shows us why other diets have failed, and how we can finally be healthy.

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alcohol and intermittent fasting: *How to Eat to Change How You Drink* Brooke Scheller, 2023-12-26 "Scheller's practical guidance is elevated by her compassionate tone...The result is a solid guide to cutting back."--Publisher's Weekly Let nutrition lead you to sobriety (or to just drinking a little less) with this guide and meal plan to reduce alcohol cravings and repair your health through food. Trapped in alcohol's addictive grip, Dr. Brooke Scheller wanted a way out. For her, total sobriety was the answer to her problem, which she achieved by applying her skills as a doctor of nutrition, pairing her knowledge of nutrition with other integrative therapies to eliminate alcohol for good. Seeing the success in herself, she shifted her practice to help inspire others to explore a lifestyle with little to no alcohol. *How to Eat to Change How You Drink* is a revolutionary guide to leverage food and nutrition to reduce or eliminate alcohol consumption, develop mindfulness, and promote a healthier relationship with alcohol. Working through the book, readers will identify their drinking archetype and then learn the types of nutritional changes they can make to reduce alcohol cravings alongside behavior modification; they'll learn how alcohol affects their nutritional status and can contribute to health symptoms ranging from fatigue, to hormonal imbalances, digestive irregularities, weight gain, thyroid disorders, autoimmune diseases and more; and they'll restore their nutritional status and repair key body systems after moderate to heavy alcohol consumption. This book will change the way we think about and address alcohol intake in our society-- through the lens of nutrition.

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alcohol and intermittent fasting: *Conquer PCOS: How to Take Charge of Your Health and Reclaim Your Life* Pasquale De Marco, 2025-04-20 Polycystic ovary syndrome (PCOS) is a common hormonal disorder that affects women of reproductive age. It can cause a wide range of symptoms, including irregular periods, infertility, weight gain, acne, and hirsutism (excessive hair growth). PCOS can also increase the risk of developing serious health problems, such as heart disease, diabetes, and stroke. This comprehensive guide provides women with PCOS with the information and support they need to take charge of their health and reclaim their lives. Written by a leading

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