



**Why Alcohol
consumption can
sabotage your weight
loss...**





EMPTY CALORIES



Alcohol contains 'empty calories' which means that the alcohol contains little or no essential vitamins or minerals and provide no value to your body beyond **calories**.

Alcohol alone contains seven calories per gram so even if you choose 'low carb' and 'low sugar' drink options, you're still consuming 'empty calories' that does nothing but up your calories intake...

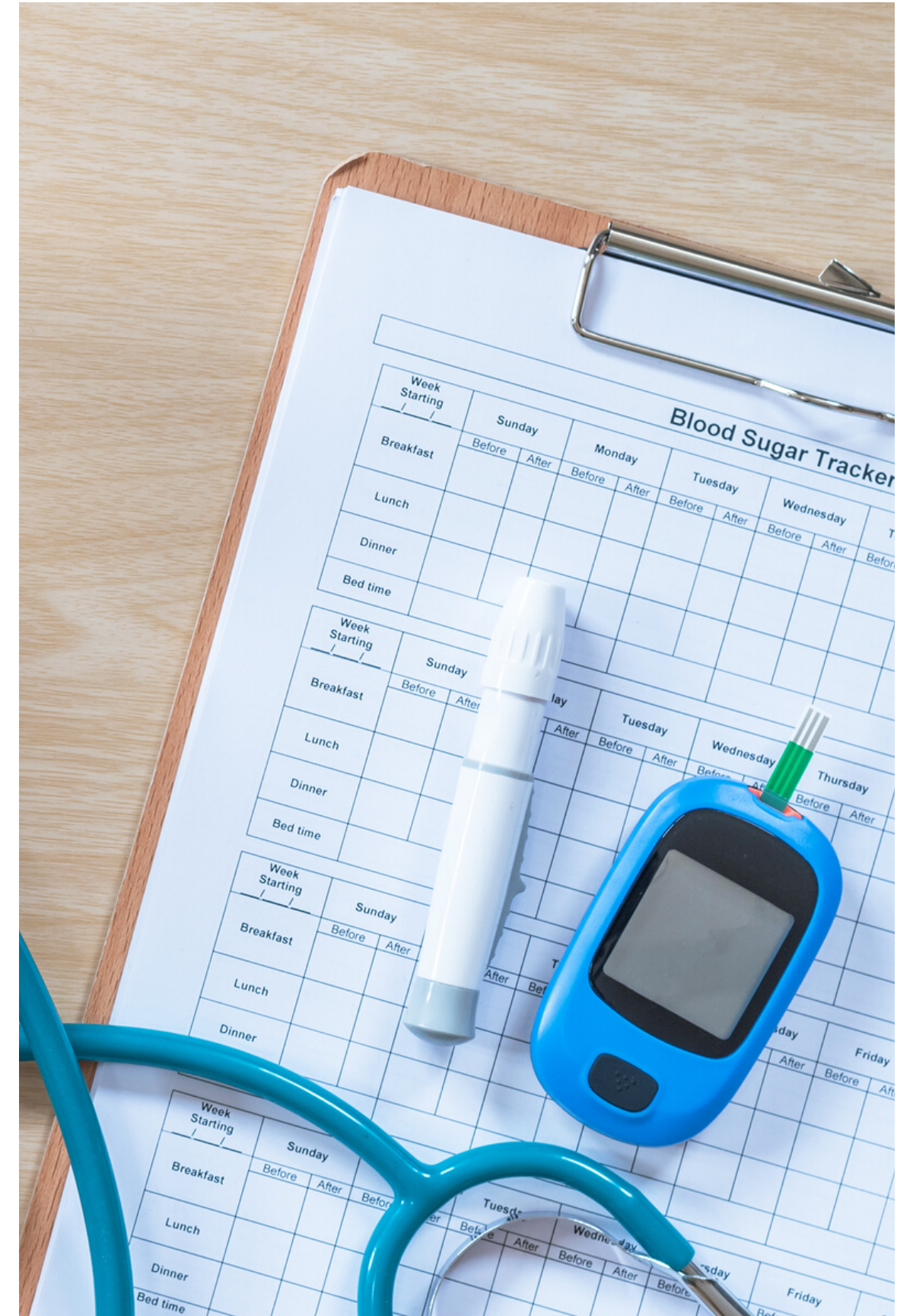
So, if you are cleaning up your diet and following an IF lifestyle to help heal your body and lose weight, you are sabotaging all your hard work with excess calorie consumption.



SPIKES INSULIN

Alcohol consumption causes an increase in insulin secretion (what we are trying to decrease with Intermittent Fasting!), which leads to low blood sugar (otherwise known as hypoglycaemia) and means your body will not access your fat stores for fat burning.

This causes light headedness and fatigue (which leads to poor food choices), and is also responsible for a host of longer-term alcohol-related health problems.

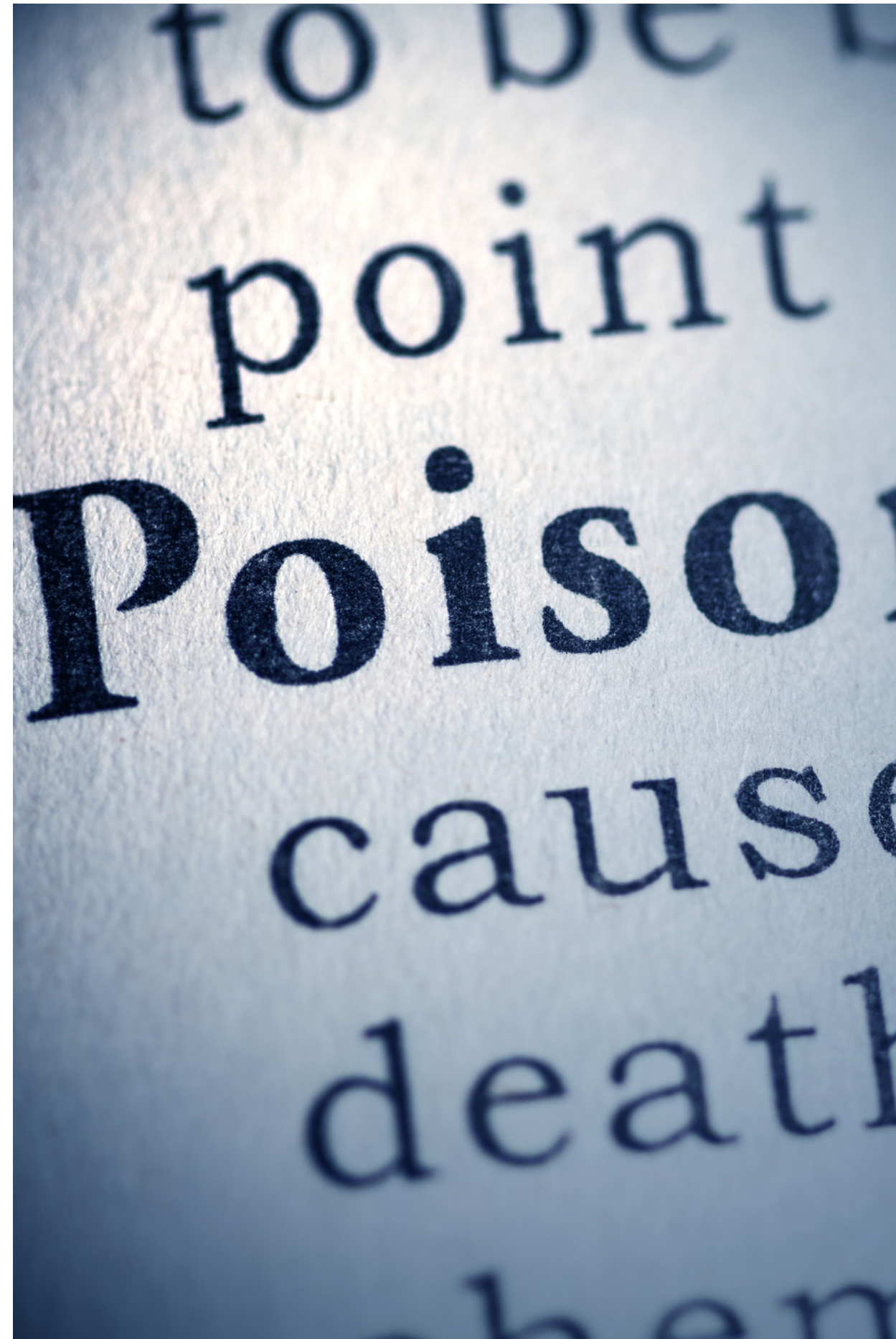


IT IS A TOXIN



Because your body detects a poison in your body, it will want to process the alcohol before anything else. It will place metabolic priority over the breakdown of carbohydrates and fats, and that is what causes the damage...

This creates a metabolic environment that is almost the opposite of the one your body creates following exercise—one of high circulating levels of fat and inhibited fat burning.





YOU WILL STORE MORE CALORIES

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The body and liver processes alcohol differently to other drinks, so you're far more likely to store calories from food while drinking than you are at other times.

In fact, it actually blocks calorie burning forcing your body to hold on to fat.



ADDS SUGAR TO YOUR DIET



The combination of alcohol and sugars found both in the drink and the mixers (or the crisps and bar food often consumed with alcohol) can inhibit weight loss and cause weight gain.





CAUSES A RIPPLE AFFECT



It is not just the extra calories you consume the day of the alcohol consumption, it is the ripple effect of what you consume the next day following an day or evening on the booze (and the next...).

You make poor food choices driven by your craving for extra salt and carbohydrates, you will move less and your liver will be working in overdrive...



CAUSES POOR SLEEP

One of the main bodily functions alcohol can affect in the short term is our sleep. Drinking - even just one glass - significantly lowers and can even block the restorative REM cycle of our sleep.

REM (Rapid Eye Movement) sleep is where most of our dreaming, memory consolidation and learning occurs, and non-REM sleep, where our brain activity is at its lowest and it helps us feel refreshed in the morning.

Poor sleep leads to poor food choices, less movement, lower mood and more likely to binge eat high carb, salt and fatty foods.



RAISES BLOOD SUGAR

Alcohol can have a confusing effect on blood sugar levels because it prevents the liver from producing glucose.

Drinking even one or two glasses of alcohol elevates blood sugar, which can cause you to carry excess body fat.



WRECKS HAVOC WITH YOUR HORMONES

Alcohol impacts the body's hormone systems and their ability to work properly, therefore impacting reproduction, energy levels, blood pressure, development and mood.

Alcohol is an oestrogenic agent so it's going to elevate your oestrogen levels, which for most women will result in a higher accumulation of body fat and hormonal imbalances.

If you've got a condition like PCOS, endometriosis or fibroids it's almost imperative that you significantly reduce alcohol and certainly consider completely cutting it out.



STOPS NUTRIENT ABSORPTION

Alcohol's effects the way your liver is able to process sugar and it blocks your body's ability to absorb nutrients.

Nutrient

A substance that an organism needs to live and to grow.



IT AFFECTS YOUR MOOD



Alcohol can affect your mood the next day which leads to you craving dopamine-releasing foods which contain high carb content, sugar, salt and even more alcohol...

Plus you can be very crabby and unbearable to be around!
(we've all been there!)



DO I NEED TO QUIT DRINKING FOR THIS PROGRAM?



YOU decide!

You don't have to cut alcohol out for this 30 day challenge, however, once you understand exactly what it is doing to your body and how it is impacting your weight loss you may want to cut down or abstain...

Taking a short 30-day break, will make a huge difference to your overall results and overall health!

Once the challenge is over, you may find you don't want to go back to your old habits at all! (or continue as before, no judgement, no problems. You are in control of YOUR life :)