

alcohol

Have you wondered why you do not have alcohol listed on your Quick Loss Program?

Did you know?

The consumption of alcohol increases the release of insulin, which in turn, increases our appetite. Alcohol weakens restraint and heightens the sensation of hunger, as it anesthetizes your taste buds making your food less satisfying. This influences you to eat more than you usually would. In addition, alcohol is high in calories.

Research has indicated that the consumption of alcohol can slow your fat metabolism down by up to 30%. Alcohol is also a diuretic and can cause you to become dehydrated. Dehydration can slow your metabolism even further.

Certain alcoholic beverages such as beer and liquor also raise levels of cortisol. This hormone increases the rate that fat is stored in the abdominal region.



Tip

Drink mineral water or a diet soft drink from a wine or beer glass to help you feel that you are not missing out on socialising.

Remember that alcohol is a sure fire way to sabotage your Quick Loss Program and that by abstaining you will reach your goal weight that much sooner. However, should you feel compelled to have a drink.....

When attending functions, avoid drinking alcohol by nominating yourself as the designated driver.

Ensure that if you do have a glass of alcohol that you start by having a protein first and then follow with plenty of water to aid a quick detox.

Remember to consume your alcohol during the one hour period in which you eat your meal.

Reference: <http://www.jrussellshealth.com/alcwt.htm1>
<http://alcoholism.about.com/cs/heal/a/aa990908.htm>

NSW Health Department, ADI; 1994
SSATalcohol130505 V1.0