



Your Daily Practice

Episode 52

The New Science Of Alcohol and Why You Should Think Before You Drink With Dr. David Nutt

The recommended level of alcoholic beverages is 1 drink/day for women and two for men. But if you apply food standards, the safe amount is 1 drink per year! Drinking needs to be a conscious act so that you can make it a positive pleasure, not an uncontrolled reflex. But unfortunately, the way alcohol impacts our brain makes it difficult to stay in control and conscious. Remember, alcohol has exponential effects.

Practices to try this week:

1. Track your alcohol:

- Make a list of “worth it” and “not worth it” drinks or use a phone App like Reframe App or the Sunnyside App

2. Don't drink alone:

- Stick with 1-2 drinks, and don't open the second bottle of wine!

3. When you do drink, stay hydrated, drink with food, and pace yourself:

- It takes 1½ hours to process a drink, try a probiotic, and stick to either beverages low in congeners or only drink the expensive stuff so you won't drink as much of it.
- Beverages low in congeners: White wine, light rum, light beer, gin, and sake

4. Take a self-assessment:

- This screening assessment is called the CAGE (see questions below). Practitioners use it to screen for possible alcohol problems. Each question you answer yes gets a point. If you score more than two, you are at risk for an alcohol problem and should look into further assessment or treatment. [Here are some resources for evidence-based treatments.](#)
- Have you ever felt you should cut down on your drinking?
- Have people annoyed you by criticizing your drinking?
- Have you ever felt bad or guilty about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (eye-opener)?