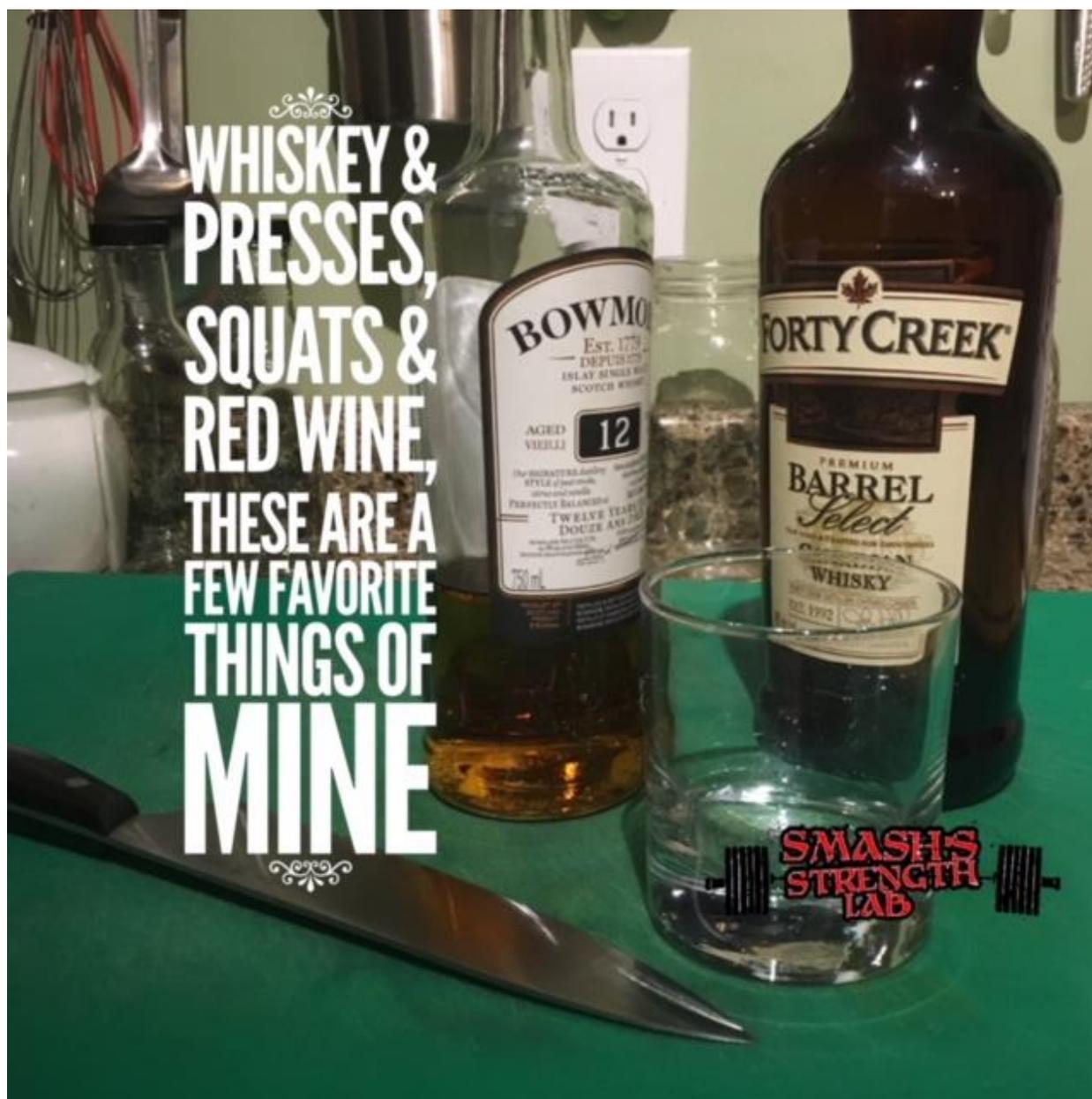


## Eat, Drink & Be Merry – How to Drink and Not Get Fat



The other thing that could possibly impact the level of alcohol is nutrition. Woah, low and behold, what you eat is going to assist with limiting the effects of alcohol. Yes, nutrition is always an important piece of the puzzle, and as you're going to be engaging in some hefty drinking you might want to think again about hefty eating. And here I thought the Rubix cube was difficult to understand!

So what can we add to our daily menu that doesn't impact our wastelines, and still allow us to enjoy the occasional alcoholic beverage. On the day prior to drinking consume Ultra Low Carb (ULC) meals, protein, fat, non-starchy vegetables, done (hands thrown up in the air).

Okay, too simplistic I know, but here's my explanation for limiting your dietary sources to these types of foods the day prior to drinking, along with the time frames as I extrapolate them. Basically for a day of drinking that you plan on doing I would consume a very ULC diet:

- 1) Carbs will cause insulin to spike and cause storage mechanisms to be in full effect throughout the day.
- 2) You'll need something in your system to slow down absorption of the alcohol to avoid getting intoxicated too quickly.
- 3) Eat your vegetables as they will slow down digestion and also help flush things through your system (additionally, they will have a lot of essential vitamins that will minimize the effects of free radicals from exercise and alcohol).
- 4) If you resistance train, you'll want to train at least three to four hours prior to the onslaught of alcohol; since you will have elevated cortisol levels at this time frame post-exercise ensure to have a good post-workout shake to stimulate muscle protein synthesis to get that machinery up and running. This should stave off muscle catabolism, while you're drinking, whereas whole body protein synthesis gets shut down, however, the MPS within the muscular remains unscathed.
- 5) Prior to drinking have a low-fat, high-protein meal in order to have something in your stomach that will help slow alcohol absorption and not give the body anything to store.
- 6) Drink low carbohydrate alcoholic beverages if fat loss is a primary goal, such as dry wines or spirits. Cognac, gin, rum, scotch, tequila, vodka and whiskey are all basically zero carbs.

Dry wines and spirits is what you should be drinking, ideally. Take them straight or mixed with diet soda.

7) As far as further working out goes prior to alcohol consumption, at this point the research I've read is inconclusive. I'm going to go out on a limb here and say aerobic exercise or some form of HIIT might be okay, if you're not worried about the huge cortisol release, but it may help prime your mitochondria for burning extra fuel. So keep the intensity low to keep cortisol in check and prime the mitochondria or perform a short HIIT session (to limit cortisol release). Kinda like warming up before you start exercising, only in this case you're drinking. What's that rule off of Zombie Land, #14 Limber up!

8) After consuming your alcoholic beverages is a great time to have some water to start rehydrating the body. Combining that with an electrolyte solution, such as Gatorade, Pedialite, etc., would also be a good idea to help avoid that horrible hangover feeling in the morning and maybe some aspirin.

Rehydration is going to be an important part of your recovery process, so having something on your night stand so you remember would be beneficial. If you follow these recommendations you'll save yourself a miserable hangover, minimize the impact of your nightly escapades and you might just make that post-alcoholic training session after all.

Now to cap this all off remember, this isn't a guarantee that you won't store some extra bodyfat in the process of your drinking efforts. Think of it more as damage control, before you go out on a night when drinking is going to be one of the themes. It's not going to help you if you're doing this on a nightly basis. Just saying. But it may help you avoid gaining excess fat from those one or two occasions that you have during the month (ie. Birthday parties, holidays, etc.) to not sacrifice all your progress in the gym.

Until next time be strong, be mobile, be FREE!

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