

BULLETPROOF[®] DIET ROADMAP

ALCOHOL: WHAT TO DRINK

IS ALCOHOL GOOD FOR YOU?

Not really. Alcohol has an aging effect on the body because the liver breaks it down into aldehyde, the most damaging alcohol toxin. Adding sugar makes your drink a lot less Bulletproof, and alcohols also contain other toxins (natural or manmade) that make you feel and perform even worse the next day.

This means that if you do drink, there are better choices you can make to feel better and remain healthier. Highly filtered and distilled drinks remove toxins so your liver and kidneys don't have to do the work.



HOW TO BLOCK YOUR HANGOVER

1 Drink alcohol with less hangover toxins
Tragically, beer has the most toxins of all.

2 Drink a glass of water with every serving of alcohol
Before you can eliminate toxins, your body dilutes them with water so they don't harm you on the way out. The water either comes from your tissues or from the water you drink - so drink water.

3 Before each drink, take Bulletproof[®] Unfair Advantage[™] & 500mg vitamin C
Lowers liver aldehyde - the most damaging, aging, and wrinkle causing part of drinking alcohol.

4 Biohack your way to feeling good
Best: Bulletproof[®] Glutathione Force, before and after.
Good: Vitamin B1, Alpha Lipoic Acid and NAC, before and after.

5 Mop up what's left
Take 4 or more capsules of Bulletproof[®] Coconut Charcoal while drinking - especially unfiltered alcohol.

WHAT TO DRINK



Vodka
Vodka is distilled and charcoal filtered, so your body will only deal with the alcohol and no other toxins. Warning: if you mix it with sugar and other stuff, it's no longer the best choice. Bonus points for avoiding grains entirely by going with potato vodka.

Gin
Gin is flavored by juniper berries which have antioxidants, but not that many. 1000 years ago it was considered herbal medicine, but today it's just a popular drink. Bonus points for a dry martini with olives or bacon.

Tequila
Tequila is made from agave, which is high in the bad sugar fructose. But since tequila's fermentation process removes the sugar, then is distilled and filtered, what you are getting is mostly pure alcohol. Bonus protein if you eat the worm.

Whiskey
Whiskey is made from grains, which are higher in toxins, but the distillation process still removes a fair amount of the bad stuff. Whiskeys also contain special types of antioxidants, including ellagic acid, making them better than red wine in the free radical fighting department. Bonus points for a real whiskey sour with fresh lime or lemon juice.

Other Unsweetened Spirits
Spirits are produced by distillation, and they can be a lower sugar alcohol choice - but it doesn't mean they always are. These include the other liquors not yet listed and drinks like filtered sake as well. Remember: always let the distiller filter your toxins so your liver won't have to.

Dry Cider
In addition to being gluten-free, cider avoids the mold toxins from grains found in beer. Apples don't form the worst mold toxins formed by grains, and the primary one made by apples does not survive fermentation. Cider can still stimulate candida if yeast is a problem.

Dry Champagne
Champagne only comes from a region of France, and the standards for real champagne are very high. French champagne tends to have the lowest amount of mold toxins remaining after fermentation. Warning: some people get worse hangovers from champagne than others because of varying sugar content, so always go with brut nature or extra brut bottles.

Dry White Wine
Dry white wine tends to be lower in mold toxins than regular whites or reds, particularly the dehydrating ochratoxin A. But it's still unfiltered, so it contains different types of mold toxins not present in distilled liquors. Bonus points: if you can find a yellow band at the top of the bottle, the alcohol was designated for drinking in Europe and is required to meet higher standards than American imports from Europe.

Liqueurs
Liqueurs have the benefit of being distilled, but they typically contain a ton of sugar and may also contain other inflammatory, non-Bulletproof additives. Sugar only contributes to the aging and hangover effects of alcohol, as well as adds to your waistline, so there's no reason to crank up the sugar in your diet by hiding it in your alcohol.

Colored, Sweetened Spirits
The sugar, mold toxins, artificial colorings, chemicals, and other non-Bulletproof additives these contain are what make these so harmful. The list is endless. There's a chance of natural toxins forming, but you also get manmade chemicals added in - generally a bad idea when trying to feel okay the next day.

Red Wine
Red wine is high in ochratoxin A and yeast, and you don't know which strains will be in your particular bottle. These both affect your body negatively. Red wine is also unfiltered so your liver and kidneys have to do all the work, and you'll feel it the next morning even though it tastes good. Although much talked about, the amount of resveratrol in wine is so small that it's meaningless: try dark chocolate or coffee instead!

Beer & Lager
Beer contains gluten, yeast, and almost always ochratoxin A and other mold toxins. Often, the grains used are directly contaminated with mold before being fermented, making beer the dirtiest of the alcohols. If you're going to drink beer, at least make it gluten-free - and be extra sure to help your body eliminate these toxins by following the recommendations above.



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