

Happy Oc-sober!



I once worked with a lady who sustained an injury outside of work. Due to the medications she had to take, she was unable to drink alcohol. Despite her injury, she came into work day after day the chirpiest that I had ever seen her! One day she exclaimed, "I never knew what a difference not drinking on a work night could make!"

For so many people who stop drinking alcohol, the benefits are very welcome! Increased clarity, increased energy levels, better complexion, weight loss, improved relationships, improved work performance etc. In fact, I once worked at a gym where one member could only get under the 100kg barrier when she stopped drinking alcohol!

So the question is, why do so many of us in society rely on alcohol for relaxation, socialisation and stress relief? What if we were to cultivate our own inner calm and ignite that spark within ourselves that can create our own joy, calm, confidence and enjoyable social interactions while we are sober?

Well - this is the month of October... so it is a good time to reflect upon this... perhaps with a cool mocktail in hand?! Why not use this as the month to seek some alternative ways to cultivate joy, overcome sadness, enhance communication skills, practice self-compassion and improve relationships, hence lessening dependence on alcohol?

Let's face it, life is brighter, healthier and more joyful without a hangover! You can read about this [October ambassador's](#) experience and insights for some more motivation.

And it might just be a stepping stone to creating some more permanent changes and positive habits. In the words of [Leo Babauta](#), "Quitting something can be hard, it's true. But not quitting them is harder - you have to live with health problems (or other problems) of the rest of your life. That's years of pain vs. a few days or weeks of struggle. To me, the choice is clear - choose yourself."

The picture below shows how staff members of New Scientist felt when they gave up alcohol for 5 weeks...

Cutting out the
Booze

What happens when you give up alcohol for 5 weeks?

A small group tried it and here's how their bodies responded...

The bad decreased

-2%

Weight

-5%

Cholesterol

-16%

Glucose

-15%

Liver Fat

The good increased

+10%

Sleep

+9.5%

Wakefulness

+18%

Concentration

+17%

Work Performance

Sources: New Scientist-
http://www.newscientist.com/data/images/ns/cms/mg22129502.600/mg22129502.600-4_1248.jpg

The picture shows some great benefits! We all know that alcohol is bad for our liver. And we know the other unhealthy and depressing (pun intended) side effects of alcohol, so let's focus on some strategies that you can use to give alcohol the boot:

1. Engage in activities and practices to manage stress. This could include drinking herbal relaxation tea, or taking a herbal nervine tonic and/or vitamin B complex. You could take up some form of exercise or learn to meditate. Exercising will help release endorphins that give you a natural high.

2. Don't skip meals! Fluctuating blood sugar levels can be a major factor for driving you to drink. Ensure that you eat a good breakfast, lunch and dinner and be sure to have snacks in between as needed. Also keep up your water intake. Some recipes that you might like to try are [here](#) and [here](#). (The second link is to [Rip Esselstyn's](#) site - Rip is a former firefighter and triathlete who was concerned about his fellow firefighters' health. He put them onto the Engine 2 Diet which dramatically improved their health - so why not check it out and see if it could help you?).

3. Avoid temptation. It might be a good idea to avoid the pub or dining at restaurants that serve alcohol (if this is usually when you drink). Instead, you could go to watch a movie, try a new restaurant, go bowling etc. Or you could even see if there is an [alcohol-free bar or club](#) near you - yes these do exist! If you do go out to a regular club, you can volunteer to drive so that you will remain sober throughout the night.

4. It might be worth thinking about the nutritional needs of your body. Alcohol uses up B vitamins (involved in energy production, brain and nerve function and so many other positive things), vitamin A levels in the liver, serum (blood) levels of vitamin C, [zinc](#) (plays a role in the immune system and in wound healing) and [magnesium](#). It also interferes with [vitamin D](#) metabolism.

5. Book in with someone who may be able to assist you in overcoming your dependence on alcohol! Coaching sessions may be booked in [here with myself](#) and there are other highly skilled and empathetic individuals who may assist including fellow Australians [Robyn Chuter](#) and [Dr Tracie O'Keefe](#).

[Betska K-Burr](#) may be a real asset here too... I recall a story regarding her client, where a wife came in for coaching, and through the process, her alcoholic husband stopped drinking - even though he didn't attend the coaching sessions!

So, if you are ready to create a healthier life, why not reach out to someone uplifting with knowledge and insights to assist you to make permanent positive changes?

And if you are struggling to support someone who has an alcohol problem, then speaking to someone may work wonders for you also.
Please remember to care for yourself.

Spoil Yourself with Mocktails



Why not use this time to spoil yourself with delicious and enticing drinks! There are always non-alcoholic wines, sparkling apple or grape juice, lemon and lime bitters etc. that you can enjoy. Mocktails will taste fabulous and will really make you feel like you are spoiling yourself! Or, it could be a time to get your green smoothie on and nourish those cells from head to toe with these [gourmet recipes!](#)

Click [here](#) for some delicious mocktail recipes, and click [here](#) to see how easy it is to make a watermelon crush mocktail.

Cheers to you and a very happy October!!

Best Wishes,

Eve Nguyen

Life Coach / Calm Coach

BHSc Naturopathy, GDip Psyc, [CLI](#) Certified Power Coach