



Enjoying The Booze This Xmas – In Moderation

I just thought this fact sheet should come with a disclaimer... Even though there are 'better alcohol choices', ultimately alcohol is still a poison and still a depressant. So enjoy the festive season but enjoy in moderation.

- 1) Not EVERY drink has to be alcoholic. Pace it with a glass of ANYTHING else between drinks but water will help flush toxins out faster and keep the kilojoules to a minimum.



- 2) for the clear spirits – Again be aware of gin and vodka being known as the spirits that make you the most depressed).



- 3) Low carb Beer / Rice based beer drinks.



- 4) Add Soda water to your wine to make a Spritzer. In fact, add soda water to all of your drinks if you can and flavour with REAL fruit bit/muddled fruit.



Body By Shai PT wishes everyone a safe but fun filled Christmas with your loved ones.... Make good food choices this Xmas and new year and see you all in JANUARY!!!