

Should I Wine?

Let's touch on a subject near and dear to a lot of us, our beloved...wine! Here is why it is sometimes hard to say "No" to wine. Now, let's get one thing straight, you may drink your wine on occasion, just not right now! Here is a great advice "You can have it all, just not all at once!" . This is a wise advice since now we are practicing healthy habits and learning what works for us and what...well does not. So, you might notice that when you wine consistently, you sleep less soundly, eat more ferociously, and you crave more carbohydrates and sugar. Cleansing your diet helps you to break that habit and just live full and get more done (some of you might be laughing when we say that).

In a new book by Roy Baumeister and John Tierney: *Willpower: Rediscovering The Greatest Human Strength*, is filled with all the science that explains why we eat and drink compulsively at times. The science tells us that using willpower drains glucose from your brain. Your brain runs on glucose. When you've exerted discipline all day long, your brain reaches an empty state and your body will do anything to replenish it. The result is irresistible urges to eat or drink something to provide your brain with glucose (for example, a strawberry margarita is high in glucose.) *Does this sound familiar? You might think right now " heck yeah"* and It feels so good knowing it is not your fault that your will power went in the toilet at 5 pm typically. It is also good to know you cannot blame it on anything else such as our kids! Your body is a chemistry lab. Good to know, and it is right...so here it is, the Chemistry of Alcohol. Like many things for us...when we understand, we choose more wisely.

Hope this helps you choose as you continue through the next few weeks :)