**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 acetaldehyde, 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 water you drink so drink water.

3. **Before each drink, take Bulletproof® Unfair Advantage™ & 500mg vitamin C.** Lowers liver acetaldehyde, 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**
- **Gin**
- **Tequila**
- **Whiskey**
- **Other Unsweetened Spirits**
- **Dry Cider**
- **Dry Champagne**
- **Dry White Wine**
- **Liqueurs**
- **Colored, Sweetened Spirits**
- **Red Wine**
- **Beer & Lager**

**Vodka**

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

**Gin**

Made from juniper berries, which have antioxidants, but not that many. 10,000 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**

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

**Whiskey**

Made from grains, which are higher in toxins, but the distillation process still removes a fair amount of them. These include the other sugars and the distillation process removes the sugars. Whiskey also contains specific types of antioxidants, including alicyclic acids, 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.

**Dry Cider**

Spirits are produced by fermentation, and they can be a lower sugar alcohol choice — but it doesn’t mean they always are. These include the other sugars not yet listed like pectin, and the primary one made by apples does not survive fermentation. Cider can still stimulate candida if yeast is a problem.

**Dry White Wine**

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.

**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 fuels the aging and hangover effects of alcohol as well as adds to your caloric intake. So, there’s no reason to crank up the sugar in your diet by drinking it in your alcohol.

**Red Wine**

Red wine is high in antioxidants A and yeasts, and you don’t know which strains will be in your particular bottle. Those both affect your body negatively. Red wine is also utilized to 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 carbonation A and other mold toxins. Often, the grains used are directly comminuted 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 sure to help your body eliminate these toxins by following the recommendations above.