



**Be Brave.
Make Space.**

**Learn
More**



Hi! I'm Margie

If it's Monday, it must be the Brave Space newsletter day. Thanks for reading!

This week's newsletter is about drinking in moderation...

Bummer alert! It turns out that drinking moderate amounts of alcohol daily does not—as previously thought—protect against heart disease or contribute to a longer life. If you accepted this as 'truth', please read on.

For decades, scientific studies suggested moderate drinking was better for most people's health than not drinking at all, and could even boost longevity. But, a new analysis of more than 40 years of research has concluded that many of those studies were flawed and that the opposite is true.

The ***largest study*** to effectively call B.S. on the widely held belief that moderate drinking of wine or other alcoholic beverages is healthy was recently published in JAMA Network Open. This ***massive study*** (combined more than 107 studies with almost five million participants) stressed that previous estimates of the benefits of moderate alcohol consumption on the risk of death by “all causes”—meaning anything, including heart disease, cancer, infections, and automobile accidents—were “significantly” biased by flaws in study design. This newest study found that the risk of numerous health problems, as well as that of **dying prematurely**, **increased significantly after less than two drinks per day for women and after three per day for men.**

The hypothesis that moderate alcohol use is health-enhancing has come under increasing scrutiny over the years as **the alcohol industry's role in funding research became clear**, revealing that many of the studies that claim the alleged health effects of alcohol have been funded by that industry. A 2020 report found that

13,500 studies have been directly or indirectly paid for by the alcohol industry.

Alcohol is the most used recreational (and unregulated) drug, so this may come as unwelcome news. As comforting as it might be to think that it's good for one's health, the science doesn't support it. The extensive new research makes clear that people should not drink alcohol for the express purpose of improving their health. If maintaining and/or improving health is your priority, in terms of alcohol consumption, less is more.

Here are four good reasons to lower or eliminate your intake of alcohol:

1. ***You'll likely lose weight.*** Given that an average glass of wine is 120 calories, and a beer more like 200 calories, those numbers can really add up. That beer gut or the extra five pounds may go more quickly once you cut out the alcohol. Not to mention that drinking alcohol will slow your motivation to exercise.
2. ***It would save you money.*** Surveys show that the average person spends between \$12 - \$15 per day (\$50,000 and \$120,000 in a lifetime) on alcohol. That's a lot of money that could be put toward healthier pursuits. Less booze, fatter bank account!
3. ***You'll likely sleep better.*** Alcohol negatively affects the brain's sleep/wake cycles. For example, people who drink, especially close to bedtime, can disrupt their REM sleep. That's when restorative sleep occurs, which helps with overall health, stress, body tissue repair, and mental health. Less REM, less healthy.
4. ***Your brain will thank you.*** Studies show that moderate levels of alcohol use are linked to brain damage in the memory centers. Moderate consumption can also slow the development of your brain's white matter, which helps regulate how fast your brain works. Good news! Without alcohol, the brain forms new neural pathways, strengthening the brain.

But trying to drink less during summer months is challenging. Sunny days, cookouts, pool parties, etc. can be a trigger for many. Luckily the world around us is changing - for the better! Great tasting non-alcohol beverages are becoming more available and more popular! No- and low-alcohol beverages are expected to grow by +8% compound annual growth rate between 2021 and 2025. That means more variety for us lo-no alcohol drinkers!

If you're thinking about opting for an occasional drink, but you feel pressured to 'join the crowd' to drink more, here are some ways for [coping with pressure to drink](#). If you'd rather skip the alcohol (Yay you!) and want some refreshing non-alcoholic beverages to beat the heat, [check out this list](#).

Finally, if you're like me, when I was contemplating the idea of changing my relationship with alcohol I didn't know how to make the change. Hang on...I'm a smart, professional woman! But for all of my smarts, every one of my efforts to

change on my own failed. I couldn't imagine living without my beloved wine!! Then I accepted a challenge to experiment with my drinking to see if I could give it up or cut back. The combination of science and compassion was the key to my success.

How does the idea of experimenting with your intake of alcohol sound? No hard and fast promises, just learning, data gathering, and compassion from someone who's been where you are guiding and supporting you. You decide what's right for you.

If that sounds like a good way to address your sober curiosity, please reach out to me and I'll explain the experiment. Reply to this email or use this [LINK](#) to choose the day and time that's right for you to talk. No pressure - just facts.

Sending you lots of love and kindness,
Margie ☐



[Learn More](#)

[Email Me](#)

Last call to take a well deserved BREAK from summertime bleh...

The Give Me A Break!! program registration closes today, July 31st. If you want to take a much deserved booze-break or booze-cut back but you're not sure you're ready, I hope you'll reach out to me to see if we can work something out.

I'm running this small group program because quite honestly, I wish it had been there for me when I needed it. I changed my relationship with alcohol and I believe in the process so much that I became a certified life coach.

I will coach you in this program and help you understand how the alcohol is keeping you stuck. Need more info? I've got you covered. Click the LEARN MORE or EMAIL ME button!

Let's Connect on Social!



Share This Newsletter



Share his Newsletter

Brave Space Coaching | 6150 DANA CHERYL LN, BARTLETT, TN 38135

[Unsubscribe margiecoltharp@gmail.com](mailto:margiecoltharp@gmail.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by margie@bravespace.coach powered by



