**Sober curious: a great trend to try**

*Do you want to improve your health?*

*Boost your energy levels?*

*Save money?*

*Lose weight?*

**Then drink less alcohol.**

While the jury is still out on moderate alcohol consumption and the possible benefits, research is clear that heavy drinking is bad for you. According to the National Institute on Alcohol Abuse and Alcoholism, drinking too much – on a single occasion or over time – can change the way the brain works (mood, behaviour, thought-processes and coordination), damage your heart (cardiomyopathy, arrhythmias, stroke and high blood pressure), result in liver inflammation (steatosis, alcoholic hepatitis, fibrosis and cirrhosis), cause the pancreas to produce toxic substances (pancreatitis), lead to several types of cancer (liver cancer, breast cancer, colorectal cancer, esophageal cancer, head and neck cancers) and weaken your immune system making you more prone to infection[[1]](#footnote-1).

Drinking alcohol is often an accepted tool to manage stress, be social, deal with challenges or celebrate events, but many people are starting to question this approach and suggest healthy alternatives.

**Enter the sober curious trend** – a movement defined by drinking less, or not at all, for mental and physical health reasons. And it’s gaining traction, with Millennials and GenZ leading the charge.

It involves curiosity about why we drink and the way alcohol may affect us. Some sober curious people choose to avoid alcohol for a couple of weeks, a month or even a year. While others don’t set a time limit and rather commit to going without “for now” with the option to have a drink on occasion. Whatever your goals are, we guarantee that you will experience the benefits of drinking less alcohol.

Like anything, having a goal means you need a plan. One way you can commit to reduce your alcohol consumption is to set yourself a ‘booze budget’. This helps you stick to a small amount of alcohol each month so that you can drink less and save more.

Drinking less has another great benefit – weight loss. Alcoholic drinks are notorious for being high in calories. A glass of wine can contain as many calories as chocolate and a pint of lager has similar calories as a packet of crips. If you’re trying to manage your weight, think about reducing or removing these (often-sneaky) liquid calories from your diet.

**Mocktails are in; cocktails are out.**

Want to embrace this trend yourself? Then try our fun, easy and tasty **Pink Daiquiri** (which takes only 5 minutes to make):

***Ingredients:***

2 cups frozen strawberries

¼ cup simple syrup

3 tablespoons lime juice, freshly squeezed

1 cup sugar-free tonic water or lemon lime soda

½ to ¾ cup water

1 cup ice

***Method:***

Place all of the ingredients in a blender and blend until a smooth, thick puree forms, adding just enough water along the way. Make sure you start slow and work your way up so as not to over-blend.

Pour into a chilled glass and garnish with fresh strawberries or an orange slice.

**And, enjoy!**

1. National Insttute on Alcohol Abuse and Alcoholism. Alcohol’s effect on the body. 2023. [Link](https://www.niaaa.nih.gov/alcohols-effects-health/alcohols-effects-body) [↑](#footnote-ref-1)