

# JAMES SCHRAMKO

## 5 Reasons to Consider Not Drinking Alcohol

- 1. It does nothing for your health** - Those claims that a glass of wine daily is good for you? Debunked. There is no nutritional value whatsoever in any amount of alcohol. In fact, the World Health Organization and American Cancer Society recommend zero alcohol intake for better health.
- 2. It creates a vicious cycle** - Alcohol may seem like an easy way to cope with anxiety or stress, but it actually just eases emotional discomfort temporarily, only to fuel those same symptoms, making people drink more. A dependence on alcohol can keep people from recognizing and addressing the real root causes of their emotional distress.
- 3. Drinking dulls the brain** - A recent study conducted on 35,000 British individuals found that just one standard drink per night for seven days a week was enough to cause brain damage and destroy gray and white cell matter in the brain. And just consider, too, the unwise things people do under the influence. Alcohol dulls the mind and makes it hard for you to reason and to decide with clarity.
- 4. It saps your energy** - Alcohol makes you sleep poorer, which means you wake up less equipped physically and mentally to take on the day. Drink enough and you have a hangover, which puts you in no position to tackle anything productive when you wake up.
- 5. It costs you revenue** - Take into account one, three and four - Alcohol robs you of the energy and mental clarity to make good decisions and strategize for your business, which means you could miss out on opportunities or make mistakes that cost you large sums. If your drinking is bad enough that it impacts your health, that's working hours lost and money gone on medical bills.

Views provided by James Swanwick

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