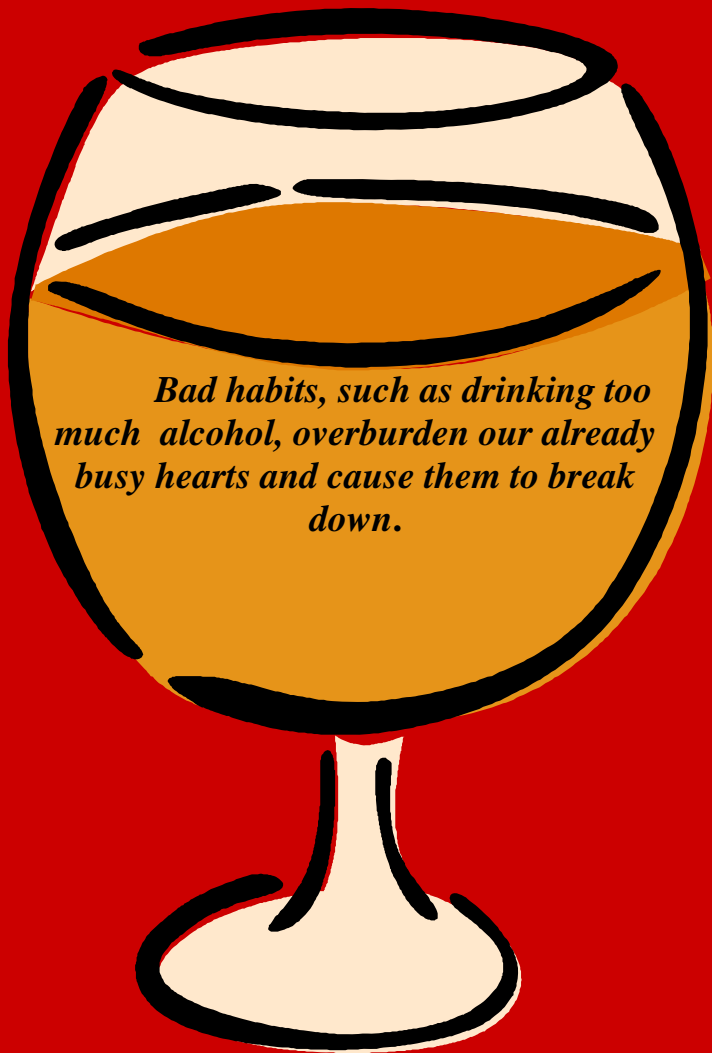


Limit Alcohol Consumption



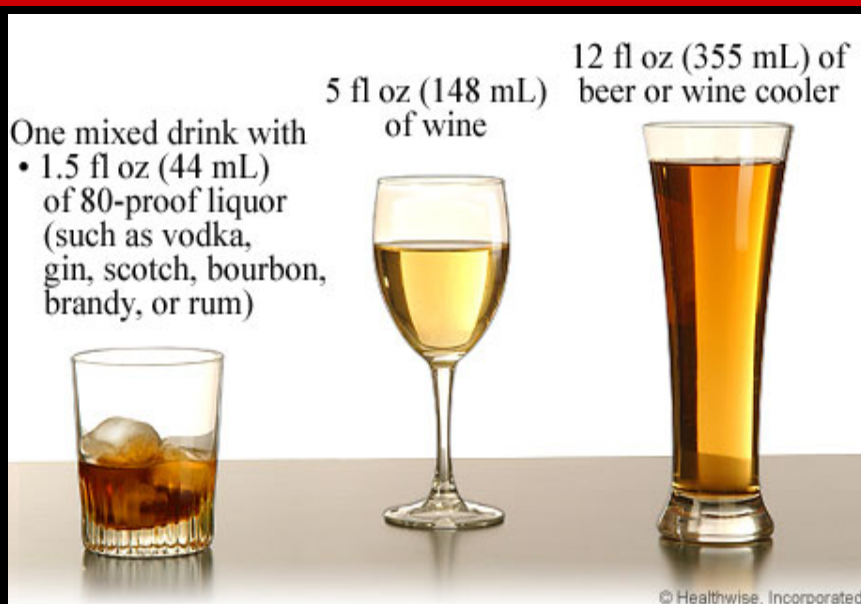
Bad habits, such as drinking too much alcohol, overburden our already busy hearts and cause them to break down.

Alcohol can raise blood pressure by interfering with the flow of blood to and from the heart.

When alcohol courses through your bloodstream, it pushes blood, **rich in nutrients**, away from your heart!

A couple of alternatives to alcohol:

- **Green Tea** is full of antioxidants, helps to lower your blood pressure, aids in weight loss and helps to lower the risk of diabetes and high cholesterol. It also contains a substance to help calm the body!
- **Coconut Water** is a deliciously refreshing drink. It has the nutrition found in milk, without the cholesterol. It's also full of vitamins!



- **Know the standard drink sizes**, so you can count/measure your drinks accurately.
- **When you drink:**
 - Pace yourself, sip slowly
 - Limit yourself to 1 standard drink per hour
 - Make every other drink-non alcoholic.
- **Don't drink on an empty stomach**