

Alcohol Use

Alcohol consumption has been shown to deplete several essential vitamins and minerals in the body, including B vitamins, magnesium, zinc, and vitamin C. These nutrients are crucial for various physiological functions, such as energy production, immune system function, and nervous system health. Therefore, the diet for an alcohol user should focus on replenishing these nutrients to prevent deficiencies and support overall health.

It should include plenty of whole, nutrient-dense foods, such as fruits, vegetables, lean protein, and whole grains, that are rich in the vitamins and minerals that may be depleted by alcohol consumption. Additionally, it should incorporate healthy fats and fiber to support gut health and reduce inflammation, which is important as long-term alcohol consumption can lead to gut dysbiosis and inflammation.

Finally, your diet should include foods that are high in antioxidants, such as berries and leafy greens, which can help to protect against oxidative damage caused by alcohol consumption.

Why We Recommend Supplements

We choose supplemental support based on their ability to mitigate alcohol-induced deficiencies, reduce inflammation and oxidative stress, and support liver function. These include B vitamins (particularly thiamine and folate), magnesium, zinc, vitamin C, and milk thistle. Because at WellSource Integrative Health, we are committed to helping optimize your health no matter your choices.

