
Party With Purpose Protocol

The Re-Ignite Program

By Sam Guest

ALCOHOL

Just a reminder alcohol is never good for you, what we have here is a list of the least bad!

When choosing alcohol purity matters, while the alcohol itself is bad for you the chemicals it is normally mixed with are just as bad if not worse, so you can mitigate a lot of the ill effects of booze simply by cutting out these chemicals. Below is a list of drinks in their order of preference as regards purity:

High quality booze will generally be purer than cheap brands.

Best of the bad

Tequila (golden is best)

Vodka

Gin (but beware even pure this will give wicked hangovers)

Middle of the line

Brown Spirits . Rum, Brandy, Whiskey etc.

Bottom of the pile

Beer, Wine, Flavoured alcohol drinks.

If you can mix them with freshly squeezed lime or lemon this will help to break down the alcohol.

Supplements

Milk Thistle - Take this whilst you are drinking, I normally try to have a glass of water with this in for every drink.

Brewers Yeast - Take this before a night of drinking