



Fatal Conveniences™: Social Drinking: Rolling the Dice With Alcohol

[00:00:00] Fatal Convenience Intro

Darin: It's that time of the week for another Fatal Convenience. This is a bite-size segment that addresses some of society's fatal conveniences and the steps you can take to avoid becoming a victim of them. I define fatal conveniences as the things we may be doing because the world we live in makes us believe we have to. Tap water, shampoo, sunglasses, food... I dive into the hidden truths behind some of our everyday choices that could not only be harming us but even killing us, so let's dive in.

[00:00:41] Fatal Convenience

Darin: Hey, everybody, welcome to the show. This is another Fatal Convenience. I'm stoked you're here. You're here because you want something better, even though some of these things are confronting, and this one is no joke. This is social drinking. There's some science around it, and there's also my opinion. I'm gonna lay out my opinion on this one because this one matters a lot to me. Drinking in general, I don't get anything from it. I don't want it in my life. It killed my father. Alcoholism was on his death certificate. It's very rare that they put that on there but for his case, they couldn't see any other way when his body shut down other than alcohol. So my dad died directly from alcoholism but this is not necessarily alcoholism. This is social drinking. Alcohol is a poison. Your body is consuming a poison so it has an effect on your body. Just because you're not binge drinking or drinking every day doesn't mean that alcohol isn't negatively affecting your life. Don't hate me, I know, but this is my opinion. I've had many wake up calls around alcohol, so I am going to get into it. Alcohol has gotten a lot of people through stressful times, certainly in the pandemic, but it's also created an infinite amount of problems in our society and in the pandemic, which leads to abuses of all kinds. That's why I'm bringing it up. This is why it's important to talk about it.

[00:02:19] The importance of covering uncomfortable subjects

Darin: It's important to talk about uncomfortable conversations. This is one of those. Please don't turn this off. If you're drinking, it's okay. I'm not here to shame you. I'm not here to tell you not to drink. I don't want that position. I'm not here to do that. I'm not here to judge you. I'm just giving you my honest opinion. When I was a junior in college, I woke up hungover in bad shape, and I was starting to get into my major in Exercise Physiology and Nutrition. So I started to learn more about what effect this had on my life. Not that I needed anymore with a gripping headache. I wanted to work out, I wanted to have my next day, and guess what, I tried to work out and I threw up. I felt like crap. So what happened with me is I said, what is alcohol giving me? It was like, you're in college, you get to go out with your friends, you get to let loose, you get to relax, you get to do all those things. I said to myself, and I don't know where this came from, it popped in my head from maybe the divine itself and it said, eliminate the middleman and just be that. Literally, that's what it said. I was like, wow, could I do that? Could I eliminate this crutch that I'm having? Could I eliminate this thing that has



killed my grandfather and my father and has affected almost every male in my dad's side of the family? Could I break free of this? Could I let loose and be less inhibited into who I am without the excuse of alcohol? Can I deal with my own pain without the excuse of alcohol? Could this be possible? Guess what? It was. I still went out in college, I had a blast, I danced, I drove my friends to the bars. The bartender gave me water all night. I was sweating and having fun and being a college kid. I broke free from this grip that gripped my family and gripped myself. So that's the caveat of this conversation of this fatal convenience.

[00:04:28] Drinking's history

Darin: Obviously, we know the history. Fermentation is amazing. Fermentation and ethyl alcohol and all kinds of alcohols from coconut water, I drank fermented coconut water in the Philippines 10 years ago, it is amazing. Just had a sip. I had fermented schisandra berry in the sovereign mountains around China and Tibet, amazing. China 7000 BC, they show proof that there was fermented beverages that they used 3000 and 2000 BC in India. In Greece was one of the first alcoholic beverages that was fermented out of honey and water. In the 16th century, alcohol, AKA spirits, was commonly used for medicinal purposes. Of course, there's always an incredible use. In the beginning of the 18th century, the British Parliament passed a law encouraging the use of grain for distillation of the spirits. This is when alcoholism started becoming widespread. During the 19th century, the temperance movement came to be and it was dedicated to promoting moderation, and more often complete abstinence in the use of intoxicating alcohol. Fast forward today, roughly 17 million Americans suffer from alcoholism. Just fun fact: Ethyl alcohol is fermented from fermenting yeast, sugars of any kind, fruit sugars, you name it, starches, incredible way to make pure alcohol. Cleaning, it can clean things really well. You don't have to ingest it. Nearly 88,000 Americans die annually from alcohol related causes, you know this. Alcohol is the most commonly used addictive substance in the United States. Again, nearly 17 million American adults have an alcohol abuse disorder. So what makes it convenient?

[00:06:29] Why is America obsessed with alcohol?

Darin: Alcohol is convenient to distract you, distract us, distract people from our stressors and our problems in our life. I get it. That's what we do. We don't want to go into pain. When we have pain, we want to avoid it. Guess what happens when you avoid it? It doesn't go away. It's doing pushups in the parking lot ready to pounce on you at any point. That's nature. That's what happens. It takes our minds off things for a moment for sure. Absolutely, I get it. Alcohol is always there. It's everywhere you go. It's socially accepted. It's in every store. It's at every party. For the most part, it is everywhere. Having a drink in your hand feels good, and when you just having water and whatever, you feel the social pressure. Well, guess what? I've practiced for 30 years with that social pressure. Now I stand in my own sovereignty, in my own choice for my own reasons without judgment of anyone else, but I get to leave when people get stupid. When there's alcohol around and people act weird, I'm out. Don't judge them, but I'm out. Why should we care? We should care. We should care because the impact that alcohol and alcoholism has on our life. Unfortunately, the highlight of the majority of people's lives, literally, I can't wait till the weekend, I'm going to get so drunk. I hope you're not saying that as adults anymore. But even as the holidays come up, people break open the alcohol. They're around their family, they're stressed, they have family secrets, they haven't been radically honest with their families and all that stuff, you drink



yourself into oblivion. I don't get it. Now more than ever, let's do something different. Let's be honest with ourselves. Let's go into our pain safely with professionals, with deep friends. Let's get the skeletons out of the closet. So funny because I'm recording this on Halloween. It's not when you're listening to this, but today I'm recording it, it's Halloween, let's get the skeletons out of the closet. I am not here to shame any of you. I have pain too. I went through a hell of a week this week with pain in my body and connected to generations of pain of the men in my life. The men that is in my lineage, my genealogy. I'm not going to get into it all, but what I'm saying is it's so easy to distract. It's so easy to avoid, but I'm telling you I promise that going through things and not avoiding them is so rich in life. It has got superpowers. It has access to who and what you really are. You are not the pain. Most often not pain was perpetrated on you and then you're just perpetuating it through shame, resentments, you name it. Let's get rid of it. Let's change it. So Dr. George Koob, director of NIAAA said their regular heavy drinking can creep up on people. So even if you do only drink casually, alcohol dependence can sometimes just sneak up on you.

[00:09:55] The long-term effects of drinking

Darin: Long-term drinking can also hurt your heart muscles making them unable to contract properly. It can also harm the liver, pancreas, and the immune system. We don't need to affect the immune system in a negative way, that's for sure. Heavy drinking can prevent the protective white blood cells in the body from attracting bacterial invaders like they're supposed to do. Listen, drinking too much at any given time that's why when people drink, they can easily get sick the next day because their immune system is in the frickin toilet. Also, it opens you up to certain types of cancer, mouth, and breast particularly. Regular binge drinking can damage the frontal cortex and areas around the brain involved in executive functioning and decision-making. We know that alcohol affects our decisions, don't we? There's strong evidence that alcohol can cause cancer at seven sites in the body and probably others. Current estimates suggest that alcohol attributed to cancer at these sites can make up 5.8% of all cancer deaths worldwide. Even without complete knowledge of biological mechanisms and epidemiological evidence can support the judgment that alcohol causes cancer of the esophagus, liver, colon, rectum, and breast. All these sources are in the show notes.

[00:11:15] Alcohol and vitamin deficiencies

Darin: Alcohol is associated with vitamin deficiencies due to malabsorption and poor dietary intake. Here's the thing, when you drink poison, which is alcohol, it shuts down other mechanisms of digestion and absorption because it wants to get rid of the alcohol as quickly as possible, and siphon it through the liver. Brain health risks, brain shrinkage, loss of gray matter, loss of white matter, so there are so many effects to avoiding oneself. I get it having a drink every once in a while, having a drink in your hand at social parties is more comfortable. Cool, then put a drink in your hand, just keep it there, and if you want to sip it, fine, sip it all night or just have whatever the hell you want. I bring kombuchas to my party, and I have my own fermented drink. Would you rather stand in your conviction in your own sovereignty and support yourself and your body or succumb to some other person that you probably don't give a shit about, and they have some weird-ass point of view about it. Ultimately, they just have judgment of themselves. So if you stand in your own sovereignty not drinking, then they just want to pull you into their judgments of themselves for drinking because they



probably don't want the crutch themselves. You know that. Abstinence from alcohol over several months to a year may allow structural brain changes to partially correct. This is directly from the NIH. Abstinence also can help reverse negative effects on thinking skills, including problem solving, memory and attention. Each and every one of our bodies is equipped to complex, beautiful, sophisticated functions that have the ability to heal and allow us to endure. So when you avoid alcohol, there's a possibility and high probability that the brain can partially correct some of the damage that the alcohol has done over time.

[00:13:16] How to break the cycle

Darin: What can we do instead? Well, don't avoid pain, shame, sadness, grief, resentment. Stop avoiding that. If you want to drink, fine. Again, this is not here to shame you. Do whatever you want. You're your own sovereign being. I am just providing you information and insight. Alcohol abuse and dependence can often arise by using alcohol as a coping mechanism. The thing is, America certainly and around the world, we celebrate alcohol. I don't know why, but that's what we do. We celebrate it when we get off work, when we're feeling down, we drink a suppressant. Alcohol is a suppressant. So when you're feeling off, or you've had a hard day or you want to unwind, you reach for the alcohol. It's kind of this catch-all to take a break, unplug from society, unplug from your own pain. Coping mechanism is something that helps a person deal with something that's difficult, I get it. Absolutely. We all have them, even overeating. Many other types of addictions are all about avoiding some perceived pain. Unfortunately, though, alcohol is a coping mechanism that's only temporary and is outweighed by these long-term negative effects on our health, relationships, poor decisions, and it just has this pleomorphic effect in our lives. People using alcohol on a consistent basis are having a hard time, maybe coping with difficult emotions, they've had a challenging life event, they're bored, they're stressed, insomnia, there's trauma or PTSD, or just social anxiety. Like I said, bring your own virgin cocktail mixes to your party, bring your own kombuchas. That's what I do, easy. People don't even know, they just fill it up, put it in the cool jar, sugar-free mojito, mocktails, soda, water, fresh mint, crushed all that stuff. Here is the thing, you could drive your friends home, you can drive yourself home. You don't have to worry about getting pulled over and all these other ancillary things. Giving up alcohol and the society pressure is a win, believe me. If you really want, here are some brands to look out for. There's one called Seedlip. Seedlip is actually the world's first distilled non-alcoholic spirit, which is free of sugars, sweeteners, allergens, additives. I didn't even know about all this stuff. I just go for my kombucha. So the question to ask yourself, why do you feel so much pressure to drink? What's really behind it? Is casual drinking really that casual? Is the social pressure really so much pressure that you are doing something that you may not want to? If you are drinking, then just drink and be responsible and slow down, but at least give yourself an option. Give yourself the awareness. Ask yourself, what is the motivation of my drinking. So if the next day you feel off or weird, now you have to sit with any of that, and it could drive into more shame, more resentment, more fear. Then that's the opportunity to then start sitting with that stuff. Again, this is mental health more than anything. My father suffered in a big way with mental health and physical health that drove him to start drinking. And it didn't go well. It wasn't going well in my life, I had a lot of challenges around it. Thank God, the spirit came and of some kind and told me, you don't have to drink, you can do something else. I woke up to that fact as a junior in college. Again, if you want to drink, that's fine. If you don't, that's great. But again, my biggest thing with



alcohol, give yourself a choice. If you're doing it for reasons that are destructive or avoiding pain, this is the opportunity to look into that so that you're not driven in your life through pain, and you're driven through healing and opportunity that that pain can give you. There are benefits to looking at our pain, shame, resentment, fear, anxiety. Believe me, I get it. Look at it, look into it, get some support, and realize that you don't have to just drink just because other people are. Be your own free-thinking sovereign being. Okay, that was it. Thanks for tuning in to the social drinking. Remember, I'm only bringing this up out of love and respect for your life and for yourself. That's what this is all about. So listen, tune in, do with it what you want, and just know, I love you.

[00:18:23] Podcast Outro

Darin: Thanks for tuning in everyone. I hope that left you feeling inspired to take a closer look at the everyday choices you're making and how they could be impacting your health and even the planet. If you want to learn more about life's fatal conveniences, head over to fatalconveniences.com. You can sign up for the exclusive access to Fatal Conveniences episodes, news, insights, and more. And all this great stuff gets sent each week straight to your inbox, making it really easy. Now, that's a convenience without the negative side effects. It only takes a few seconds to join. Just fill in the form and take that amazing step towards making better choices. Remember, small changes can have a big impact. So, keep diving my friends, keep diving. And if you haven't had a chance to check out the interview, I released earlier on the week, here's what you missed:

[00:19:29] Snippet - Awakening to Your Inner Beauty

Elle: It was a sort of life and death situation in the sense that spiritually, it was a huge leap of faith to say wait a second, I want to live a life of love, not fear. I want to be motivated by love. I want to be motivated by faith. It was a crossroads in my life. I gotta tell you, I loved it. I went to rehab. I was the chic that just had the best time. It was fantastic. I had six doctors looking after me. You had the therapist for this, and the nutritionist, and the psychiatrist. I didn't take any meds when I was there. I had the time to focus on healing, my childhood perceptions, healing, my fight or flight syndrome. Focus on "wait a second there is stuff in my life that isn't working for me, and I'm doing them compulsively," and how can I heal the root cause of that so that I can live a more free, open, loving, confident life?