
How to Talk with your Clients about Alcohol

ONE CONVERSATION CAN CHANGE
EVERYTHING!

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the Sober Nutritionist

AUTHENTIC LIVING

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Serving Our Clients

- **Wellness vs. Addiction**
- **This important conversation**
- **Creating better outcomes for our clients**



Let's Dive In!

My Story

How I became The Sober Nutritionist

Health Effects

What alcohol really does to our body

How to share with your clients

The conversation tools

How to support your clients

Protocols to offer

My story - from social drinker to sober nutritionist

2015



2020





Who?

Are my clients being affected by alcohol?

87% of Adult Americans
drink alcohol, 59% on a
regular basis.
These are our clients.



10%

People who are
100% sober, or
drink one to two x a
year

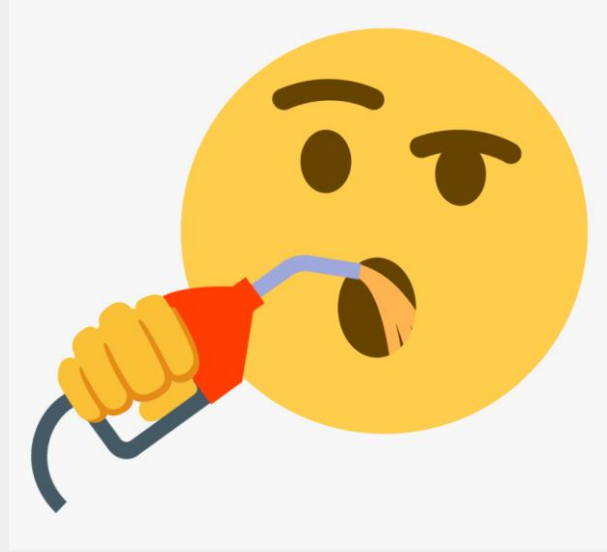
Everyone Else

**80% - your
clients**

10%

People who need medical
intervention
To stop drinking

What's really in that glass?



Effects of Alcohol

- Physical
- Mental
- Emotional
- Lifestyle

Physical Effects

1. Digestion
 2. Immune system
 3. Hormones
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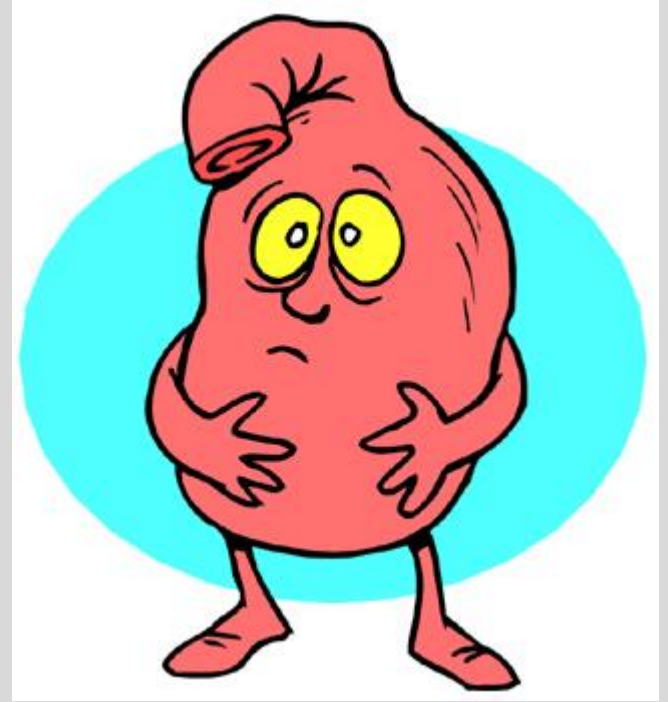
Digestion

Alcohol = Acetaldehyde

Liver

Slow digestion

Nutrient uptake



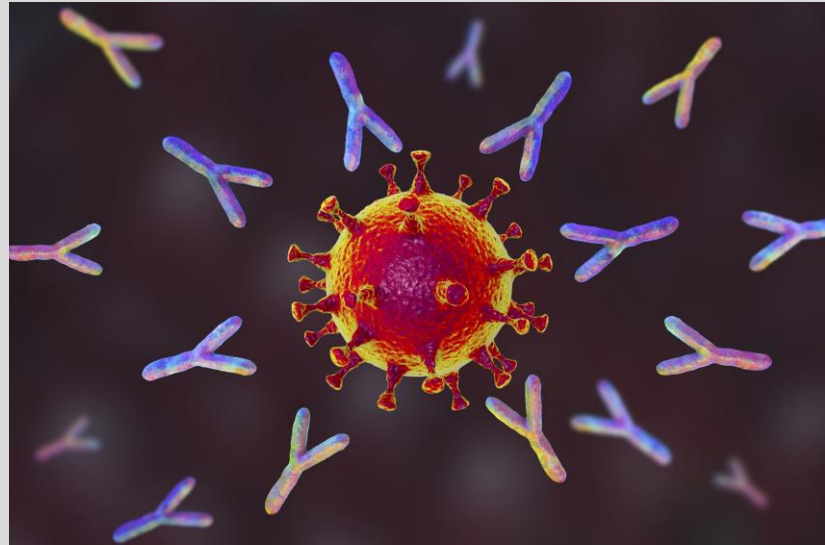
Immune Function

Microbiome

Suppresses innate and
adaptive systems

Inflammation

Cancer



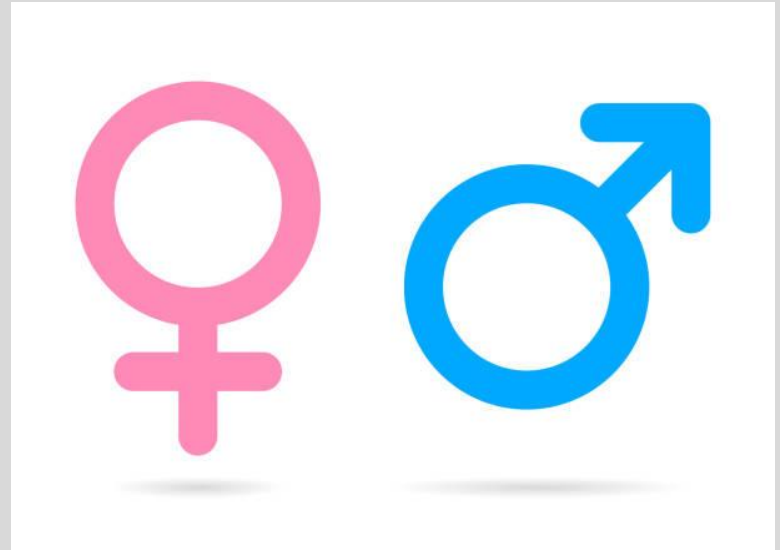
Hormones

Glucagon-Insulin

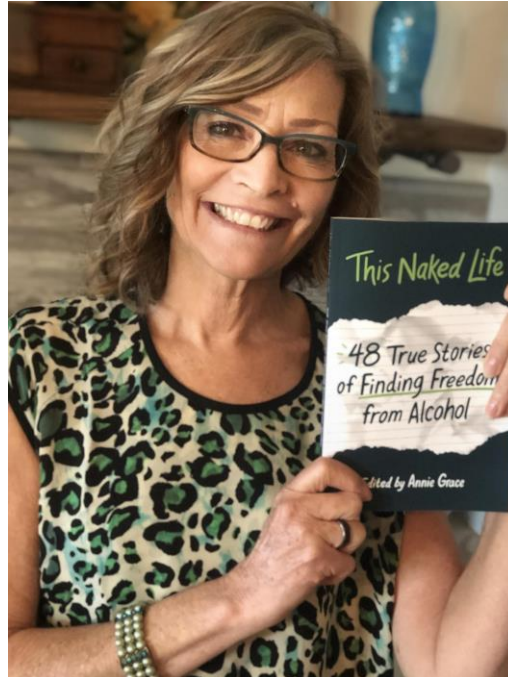
Male reproductive system

Female reproductive system

Calcium and Bone metabolism



Sharing with your clients



- Don't make it weird!
 - Wellness vs. Addiction
 - You are the Expert
 - Your unique opportunity
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Protocols

Whole Foods

Hydration

Gentle Detoxification

B Vitamins

Amino Acids

Vitamins/Minerals



Other Resources...

'Quit Lit'

Sober Curious Podcasts

The Live Alcohol Experiment

www.thesobernutritionist.com

Next Steps

Work with me 1:1

The Sober Edge: Client Attraction

Formula

Stay Connected!

