



January 2021 Teach & Learn

'How to Talk with Your Clients About Alcohol' by Teri Patterson, FNTF, TNM Senior Coach

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The Sober E.D.G.E. *Client Attraction Formula* 5-week online course; join the [waitlist here](#)

Resources:

Books - Quit Lit

This Naked Mind by Annie Grace

The Alcohol Experiment by Annie Grace

Quit Like a Woman by Holly Whitaker

We are The Luckiest by Laura McKowen

Alcohol Explained by William Porter

Podcasts

Take a Break by Rachel Hart

This Naked Mind by Annie Grace

Sober Curious by Ruby Warrington

My Podcast Appearances:

Exit the Drinking Life, episode Oct. 15, 2020

High Vibe & Healthy, with Fran Dargaville, episode 57

Apps:

LoosidApp Community, Connection, Dating ([Free](#))

The Alcohol Experiment 30 + videos and community ([Free](#))

Alcohol-free drinks:

Athletic Brewing, Seedlip, Monday Alcohol-free Gin, Lyre, Hoplark HopTea, Kin Euphorics, Curious Elixirs
(caveat: many of these are high in sugar)

References:

<https://pubs.niaaa.nih.gov/publications/aa72/aa72.htm> Alcohol Metabolism

<https://www.cancer.gov/about-cancer/causes-prevention/risk/alcohol/alcohol-fact-sheet> Alcohol and cancer fact sheet

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4590612/> Alcohol and the Immune System

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/alcohol-use-disorder-comparison-between-dsm#:~:text=DSM%E2%80%93%20integrates%20the%20two,%2C%20and%20severe%20sub%2Dclassifications>. DSM 5 new criteria for AUD

Rachdaoui N, Sarkar DK. *Effects of alcohol on the endocrine system*. *Endocrinol Metab Clin North Am*. 2013;42(3):593–615. doi:10.1016/j.ecl.2013.05.008

<https://www.nih.gov/news-events/news-releases/alcohol-related-deaths-increasing-united-states>

Sneyd, J.G.T. Interactions of ethanol and carbohydrate metabolism. In: Crow, K.E., and Batt, R.D., eds. *Human Metabolism of Alcohol*, Vol. 3. Boca Raton, FL: CRC Press, 1989. pp. 115–124

Bagnardi, V.; Blangiardo, M.; La Vecchia, C.; and Corrao, G. Alcohol consumption and the risk of cancer: A meta-analysis. *Alcohol Research & Health* 25(4):263–270, 2001. PMID: 11910703

Koop, D.R. Alcohol metabolism's damaging effects on the cell: A focus on reactive oxygen generation by the enzyme cytochrome P450 2E1. *Alcohol Research & Health* 29(4):274–280, 2006.

Sarkar D, Jung MK, Wang HJ. Alcohol and the Immune System. *Alcohol Res*. 2015;37(2):153–5. PMCID: PMC4590612.

<https://fullscript.com/blog/alcohol-use-disorder> Nutrient deficiencies