The Sober Club

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# Get the BUZZ Without the BOOZE

## 90 Day Online Course

WORKBOOK

**The Brain and Nutrients**

MODULE 2

www.thesoberclub.com

## LESSON A - UNDERSTANDING CRAVINGS

**If you haven't already, watch the interview on alcohol and cravings with William Porter and read the first few chapters of Alcohol Explained.**

Has there been an occasion where you have been able to apply the H.A.L.T acronym?

**Hungry**

**Angry**

**Lonely**

**Tired**

If so, what were the circumstances, how did you resolve it effectively?

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**Did you experience cravings? If it happens again answer these questions...**

What is it that I really want / need right now?

What can I do to 'scratch the itch / deal with the craving, that will be beneficial to me?

(see the self-care list for inspiration).

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## THE OPPOSITE OF ADDICTION IS CONNECTION

**Make contact with someone like-minded. Engage in the Facebook group, find your tribe.**

Have you reached out and found out if there are meetings in your area? Note down details of one meet-up you intend to attend.

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## LESSON B - TAMING THE SUGAR MONSTER AND WHAT'S IN THE BOOZE

**If sugar is an issue for you, resolve to look for healthy alternatives but don't make giving up sugar a bigger priority than ditching the booze!**

**Write down when the sugar cravings hit...**

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**Have you researched alternatives to sugar?**

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## ACTION STEP

**Try one simple healthy recipe from the resources list...**

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## LESSON C - PUTTING IN THE GOOD NUTRITION

**Hippocrates said *'Let food be they medicine and medicine thy food'***

**Look at your notes from this session and assess yourself in terms of good nutrition**

**Keep a food diary for 7 days**

What do you typically eat for breakfast?

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**Lunch at home / lunch when out and about?**

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**Evening meal?**

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**What snacks and drinks do you have most days?**

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**What might be lacking from your diet?**

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**What could you add in easily in terms of protein?**

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**What good carbohydrates can you add?**

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**What extra fruit and veg can you add in?**

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**Are there any healthy snacks / superfoods you feel inspired to try?**

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## ACTION STEP (AND REWARD)

**If you haven't already get hold of a juicer / blender (preferably both) and make a fresh juice or smoothie...**

**Shrek Green Smoothie**

**2 apples or 2 big slices of pineapple as a base**
**A big chunk of broccoli stalk (there's loads of Vit C in the stalk)**
**Small handful of spinach**
**2 inch chunk of cucumber**
**1 inch chunk of celery (fennel works well too)**
**Half an avocado, hemp seeds, chia seeds, coconut oil, yoghurt (optional)**

You can juice all of the above (or leave some of the softer veg such as spinach to go directly into the blender) and then once some or all of it is juiced, pour it all into the blender and add half an avocado, some hemp or coconut oil, some flax seeds or chia seeds even yoghurt if you like creamy. Whizz it all up together and serve over ice.

Health insurance right there in a glass!

## SESSION D-ESSENTIAL VITAMINS AND MINERALS

### How is your mood?

**Most people who have been over-drinking find they are deficient in vitamins and minerals, it really is a great idea if you can see a nutritionist or functional medicine expert.**

When did you last have your vitamin levels checked?

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What vitamins are you currently taking if any?

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Do you know if you are deficient in Vitamin D?

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## ACTION STEP

**Make an appointment with a nutritionist if this resonates.**

**Have a discussion with the owner of your local health store to determine if you could be lacking in something. Don't forget food is often the answer, so start there.**