

Liquor (Beverage)

Interesting facts: Bourbon is the official distilled spirit of the United States. The production of alcohol has been traced back at least 12,000 years. Vikings enjoyed alcohol, but they did not drink it from a mug, a bottle or any other traditional method. Instead, they preferred to toast to their victories by imbibing their favorite alcoholic beverages from the skulls of their defeated enemies.

How to select: Generally, liquor is to be avoided. If you must drink it, select liquor made from organic non-GMO grains.

How to consume: Only consume if you are healthy and it is best to drink 1-2 alcoholic beverages after a high protein, high fat meal.