

## **Alcohol and Bodybuilding**

Alcohol is very fattening and it also retards muscle growth. Not only due to hangovers lowering your workout intensity, but it actually lowers protein synthesis by twenty percent! There are several reasons why it does this. For one, it dehydrates your muscle cells. As many know, hydrated and even over hydrated muscles (like when you take creatine) allows for a much higher anabolic environment. Because your cells aren't holding as much water, it becomes much harder to build muscle.

The second reason why alcohol can severely hurt muscle growth is because it blocks the absorption of many important nutrients that are key to muscle contraction, relaxation and growth including calcium, phosphorus, magnesium, iron and potassium.

The third way is that alcohol actually lowers testosterone and increases estrogen! Yes, you read that right. In one study, men's testosterone levels were measured before and after consumption of alcohol. At the most intoxicated state, testosterone levels had dropped to an average of 25% lower.

To Conclude: Alcohol and bodybuilding do not mix and will cause you to gain fat and lose muscle in the long run.