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Well hello there!

How are you? I'm fine if you must ask, actually I extremely excited because I'm about to share with you how you can still party and lose fat effortlessly.

This guide is written so that you limit the damage of alcohol towards your fat loss goals. Let's be honest alcohol is part of our culture and it always has been. From holiday parties, to networking events to frat house keg stands...you really cant get away from this social burden.

Now if you don't consume the alcohol then that is perfectly okay. To be honest I applaud you.

But because you are reading this perfectly worded sentence, I'm going to assume that you do partake social debauchery and consume the alcohol.

And as such I am going to be your guide to navigating through this poisonous adventure (I hope you appreciated that irony) so that you can come out the other side on top instead of face down in your own puke – I've seen it before.

Cool so let's jump right into it!

So why is alcohol so bad for fat loss? There are a few things wrong with alcohol.

First it is a poison so right off the bat you know it's not going to be great for you (unless of course you're using it to go flirt expertly with that smoking hot babe you just saw over your shoulder).

Now because it's a poison it becomes a priority to get rid of when ingested. This means that when you consume alcohol your body goes from fat burning mode to alcohol burning mode.

Now your body can burn off about 1 drink per hour. But last time I checked no one had just one drink. And so as a result you are stopping the fat burning process for 3-6 hours that night. Not a good thing.

Secondly consuming large amounts of alcohol in a short period of time – something I'm sure none of you do – can really screw up the balance of hormones in your body.

Your body then has to recover to restore them to normal levels. The problem is that when these hormones are out of wack, your fat burning comes to a screeching halt or moves at the pace of a glacier.

Thirdly - and I actually think this is the biggest issue – the excess ingestion of the alcohol whether it be through a keg stand, or sipping hard whiskey on the rocks can cause us to make poor life choices.

Yes sometimes these poor life choices may allow us some additional exercise for the night but that's what I'm talking about.

I'm talking about eating a massive burrito at 3am. Or an entire pizza with a pint of ben and jerry's half baked ice cream.

Whatever your craving, my point is that alcohol is the gateway to saying “it’s okay to eat that entire pizza and then have ice cream after”. And this is where the fat gain happens. Since the alcohol is still in your system, everything you eat will be stored as fat.

Now let’s get into how we can limit the damage of the alcoholzzzzzzz.

RULE #1 – Choose Carbohydrate/calorie free beverages

In the world of boozing there are many drinks that are safe bets for dieting. But there are also many that will KILL your fat loss goals.

So always, always choose carbohydrate free drinks. To make them drinkable pair them with a diet soda or if your ambitious take some Mio/Crystal lite and mix it with your alcohol of choice and some water.

Sounds weird, tastes great! Use the table below as a guide to choosing your next cup of poison...

ACCEPTABLE POISONOUS BEVERAGES

Vodka

Gin

Tequila

Whiskey

Rum

Scotch

Brandy

Cognac

ACCEPTABLE MIXERS

Diet Soda

Sugar Free Red Bull (with Vodka makes for some EPIC nights)

Sparkling Water

0-Cal Water Enhancers (Mio, Crystal Light etc.)

Powerade Zero

* Wine can fit into the acceptable category if you are having a single glass or two. But most likely you are not since you are reading this therefore —> AVOID WINE

* Anything not on this list probably isn't "diet friendly" so skip it m'kay

RULE #2 – Drink Less

Obviously this will keep those fat burning hormones in check but it will also get you back into fat burning mode. Also for some reason I find on my zero carb days, after a few weeks that my tolerance is much lower. Just warning you in advance

RULE #3 – Limit to 2-4 drinks maximum

A pretty self-explanatory rule. We want to stay in fat burning mode here. Our number one goal is to get our perfect body guys. The more you drink here the longer it will take.

RULE #4 – Eat Protein before

On any given night, before you drink eat a good amount of protein and vegetables. This will help slow down the absorption of alcohol into your bloodstream as well as provide you with essential nutrients that you will need later

RULE #5 – Have Fun

If you are in “Frank the Tank” Mode and you see me, you do not know me at all, we have never communicated and please streak in the other direction towards the nearest hospital or bedroom, whichever is first... just make sure its your bedroom please.

Now that we covered the rules let's get into the hangover cure.

Sound good? Fuckin Right!

HANGOVER CURE

Now the worst part about alcohol is definitely the morning after. Maybe you'll get lucky and wake up to someone amazing, but sometimes you may realize your beer goggles are gone and freak out to the animal laying beside you.

Bedmates aside, hangovers also lead to many poor decisions throughout the day. So here are some RULES to follow to not destroy your fat loss efforts, should you find yourself in this unfortunate situation.

CURE #1 - Fast to give your body a chance to recover and then start your day with some lean protein. You will be craving carbohydrates but do not ingest them. They will take your blood sugar levels on a rollercoaster ride and stop fat loss. Furthermore on Most days carbohydrates are simply not allowed.

CURE #2 Go for a walk. The light exercise will help rid your body of any excess toxins.

CURE #3 Drink a lot of Water prior to falling asleep the night before. Alcohol dehydrates you. You will need the water.

CURE #4 Drink a green drink the morning of or take a multivitamin to replace the lost nutrients. If you can stomach a multivitamin the night before I highly recommend it. I use the animal pak multivitamin for when I go out drinking. It's a pretty intense multi-vitamin that really does the job.

RULE #5 Take a nap. You will need it.

My good friend also has a company called Sun Rocks, which sells some fairly kick ass and awesome hangover pills. I highly recommend you pick some here.

Click this link to get a [free sample!](#)

Remember Have fun, party hard and please don't go streaking!

Peter Tzemis, *America's Honest Fitness Coach*