



— NOT SO STRAIGHT UP —

TGD

BOOZE & HRT

The long and short of this one is to love your liver. Taking HRT is going to have an impact on your liver function and adding booze on top of this is going to define how well your body is able to uptake and process your hormones.

WANT TO CHANGE YOUR SHAPE?

Whether you want to bulk up or tone down it's probably best to rethink your drink. Alcohol intake may cause a major setback in muscle gains and reaching fitness goals. Alcohol alters hormone levels and decreases our metabolism, affecting our ability to reduce body fat.

DRINKING & DYSPHORIA

Alcohol is a depressant and is known to increase depression and anxiety, while it won't trigger your dysphoria on it's own it will heighten its effects and the length of an episode. Rather than reach for a drink if you're feeling dysphoric, prioritise your emotional self-care

ALCOHOL & ACNE

For many of us on HRT increased acne is a fact of life. Any alcohol you drink can have an effect on your skin. Your body processes alcohol as a sugar, which can contribute to inflammation. If you have mixed drinks containing sugary juices and syrups, your risk for inflammation essentially doubles.

MIXING WITH MAINTENANCE MEDS

Combining alcohol and antidepressants clouds your thinking and judgment, and that can be risky. Being drunk is a state of impairment that leads to poor judgment, bad decisions, and even self-destructive behaviors.

When combined with antidepressants, these effects of drinking become heightened. In other words, you may get drunker faster, and with less alcohol than usual. The results can be dangerous if you make poor decisions while combining these two substances

SEXUAL HEALTH

Alcohol can lower our inhibitions, making us feel more confident and increase our desire to get it on. It changes our mood, and in a drunk state, we sometimes lose perspective of our actions, or find ourselves in situations with people we normally wouldn't be attracted to. This may mean we take risks during sex that we might have avoided if we were sober. It's also important to remember that consent is compromised for both you and your partner when drunk

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