

Implementing Personal Hedonic Calculus

Post by “Kalosyni” of December 8, 2021 at 10:28 PM

Yes wine has certain romantic and aesthetic aspect. I used to drink more wine back when I was married. We would have Cabernet wine with dinner. But 50 percent of the time it would give me a headache. I cut back on portion size and sometimes had only 2 oz. and that worked better for me. Since living single and being such a lightweight, I cut way back on wine. Rarely bring any home. In summertime I've mixed a rose' with sparkling mineral water and add a touch of cherry or other fruit juice.

Beer has lower percentage of alcohol and rarely gives me a headache (I avoid IPA which causes headache). And lately beer just seems to taste better to me. There must be something genetic about my not metabolizing alcohol very well, and so I've learned to enjoy it by drinking smaller quantities. I've even tried adding sparkling mineral water to certain beers, but still experimenting with which kind and what else to add.