

Daily life of ancient Epicureans / 21st Century Epicureans

Post by “Kalosyni” of May 23, 2025 at 7:14 AM

Again, reasoning through things, regarding beer...which contains alcohol...and so wouldn't be considered healthy. (see article excerpt below).

But perhaps once a month or less, or according to each person's choice and avoidance, and if you have a strong enough liver (as people age the liver isn't functioning as well.)

I personally have decided that I won't drink alcohol unless it is a very special occasion (such as a wedding).

Plus it's important to be sure to eat some food when drinking alcohol so that the absorption is slowed down.

Quote

As explained in this article, alcohol metabolism also results in the generation of acetaldehyde, a highly reactive and toxic byproduct that may contribute to tissue damage, the formation of damaging molecules known as reactive oxygen species (ROS), and a change in the reduction-oxidation (or redox) state of liver cells. Chronic alcohol consumption and alcohol metabolism are strongly linked to several pathological consequences and tissue damage.

[Source](#)