

# Daily life of ancient Epicureans / 21st Century Epicureans

Post by "Robert" of May 25, 2025 at 2:53 PM

## [Quote from Kalosyni](#)

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](#)

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Yes, I think the calculus delivers different results as we age. I'm in my late fifties now and less inclined to bring on a hangover. I also don't take the health of my liver for granted, or assume that I'm immune to diabetes.

None of which means that I won't order a beer at the family event I'm attending this evening.

