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Additives in Alcohol: What Are You Really Serving Your Party Guests?

Reasons to choose all-natural, chemical-free and homemade alternatives

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A glass of wine or an ice cold beer can be a great treat on a Friday, but do you ever check the ingredients label? Well you're not alone - all too often we purchase alcoholic beverages and unknowingly expose ourselves to

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inorganic and unhealthy chemicals! Check labels on bottles helps avoid nasty substances, and could perhaps introduce at-home beer and wine making to your life!

Why Organic, All-Natural Alcoholic Beverages?



The following sip-able facts should convince you to make the switch:

1. Allergic reactions and headaches: Did you know that many wines contain sulphites, which will trigger allergic reactions and headaches in many people? The grapes of non-organic wine have also been sprayed with inorganic fertilizers, which also trigger allergic responses.

2. Protect soil, water and air: Organic and biodynamic vineyards use chemical-free farming methods to avoid fertilizers, unnecessary soil tilling and more. These methods are less toxic to water, soil and air, and natural farming methods can actually improve ecosystems by enriching biodiversity and creating thriving ecosystems!

3. Help fight climate change: Believe it or not, conventional big business farming methods have a huge impact on climate change; organic farming on the other hand reduces CO2 emissions by 37%.









Get Label-Saavy with Chemical-free Wine & Beer – or Make Your Own!

So how do you make the switch to healthier, all-natural alcoholic beverages? If you're seeking a natural alternative, it's easy to find organic products.

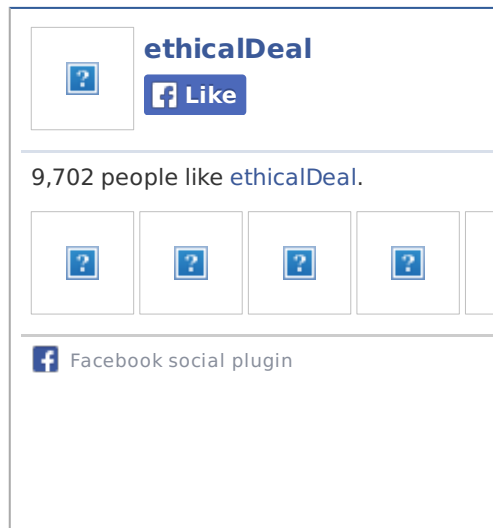


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1. **Go organic:** According to the US National Organic Program, certified organic products will be labeled as “100 percent organic.” Products that say “Some organic ingredients” can include up to 30% of ingredients from a non-organic source.
2. **Go sulfite-free:** Protect yourself from the allergens and the headache risk of wine, and seek out labels that specify wines made ‘sulphite-free’.
3. **Make your own:** Brewing homemade beer and wine is an easy way to control what goes into your alcoholic beverages. Look for brewing ingredients that meet organic, sulphite-free criteria to ensure you’re still avoiding unwanted additives and chemicals.

If you’re trying to make a change or just try something different this holiday season, why not double-check bottles or bring something homemade to your next dinner party? You could improve your health and help the environment!



Photocredit: Flickr / Tim Patterson

About the Author:

***Maryruth** has been seeking the keys to environmental justice – both at home and at work – for over a decade. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth’s work by [visiting her site](#).*

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References

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