

## Alcohol's Affect on Musculatory Systems

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Too much alcohol can significantly reduce your muscle-building ability.

Here are several ways alcohol inhibits muscle growth. ☒

1.

Protein Synthesis is the process of making protein in cells. Alcohol consumption can slow this process by up to 20%.

Muscles are made up of protein and cannot grow as well at this slower rate.

2. Testosterone is the primary male hormone responsible for skeletal muscle development. Alcohol consumption can also lower your testosterone levels and increase your estrogen levels.

3.

It is well known that alcohol can cause dehydration within the body. Muscles are made up of about 70% water.

4. Alcohol consumption causes important vitamins to be depleted at more rapid rate.

Vitamins are essential for muscle growth and maintenance.

5. Even with the low calorie alcoholic beverages now available, alcohol can still be very fattening. The more fat, the less muscles.

***Remember, alcoholism effects every part of your life, your body, mind, emotions, family, work, and friends.***

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