

Substance Avoidance

Not about guilt. About information you deserve to have.

Connection protects your mind. What you put in your body protects — or undermines — everything else.

What Most People Don't Know About Alcohol

It's not just calories or sleep disruption. Alcohol can damage DNA directly as it breaks down in the body, raising the risk of several cancers — including breast cancer — with risk increasing for every additional drink per day. There is no amount considered fully risk-free.

This isn't about guilt. It's information most people have simply never been told clearly.

Where the Guidelines Actually Land

- 1 drink or fewer per day for women is the upper boundary most guidelines recommend
- Less is better at every level — there's no "safe zone," only lower and higher risk
- Even moderate drinking adds up — the cumulative effect over years matters most

Smoking and Vaping

There's no ambiguity here. Smoking remains one of the most damaging things you can do to your long-term health — and quitting at any age improves your outlook. A conversation with your doctor about cessation support is one of the highest-leverage things you can do for your future.

ONE RULE THAT CHANGES EVERYTHING

Make alcohol the exception, not the routine.

A drink at a celebration is different from a drink most nights. The pattern matters more than any single choice.

That's the last lifestyle lever. From here, it's about what your bloodwork actually tells you.