



Association pour la santé environnementale du Québec  
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### Mocktails for the Holidays

Alcohol is a huge trigger for people suffering from MCS. The smell, the taste, the feeling, the lingering effects on the body afterwards. The whole experience can be traumatic for those with MCS (Hausteiner-Wiehle et al., 2005). The effects of alcohol are not specific to those with MCS either, they impact the whole human population in some shape or form, and often more than people generally think. Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems including high blood pressure, heart disease, stroke, liver disease, and digestive problems. Alcohol consumption has also been linked to various cancers in numerous studies; these include cancers of the breast, mouth, throat, esophagus, voice box, liver, colon, and rectum (*Drinking Too Much Alcohol Can Harm Your Health. Learn the Facts* | CDC, 2021).

That being said, alcohol is a huge part of the culture in today's society. Alcohol is everywhere in popular culture, in almost all forms of media today; music, tv, movies, social media, university, work events, family gatherings, and more. Alcohol has made its way into almost every aspect of life and every context for social interaction. Making it very difficult for the average person to escape the influence or societal pressure to consume alcohol.

Check out these two commentaries on alcohol in today's culture:

[America Has a Drinking Problem](#) (Julian, 2021)

[Creation of Alcoholic Culture](#) (*Creation of Alcoholic Culture*, n.d.)

This societal pressure seems to crescendo during the holidays. So, knowing it is bad for you, worse for you if you have MCS, yet is part of our broader culture and basically unavoidable during the holidays. I have put together a small menu of mocktails to arm yourself with when the joyous season dawns upon us, to make saying no to a drink a little easier. Bonus! They might help with digestion!



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### *Sparkling Cranberry Kombucha Mocktail*

#### Ingredients:

2 bottles kombucha of choice (such as ginger, cranberry, or 'original/unflavored')

½ cup 100% pure cranberry juice

1-inch slice of fresh ginger, thinly sliced, plus more for garnish

1 large sprig of fresh rosemary, plus more for garnish

Fresh cranberries, rosemary sprigs, and thinly sliced ginger for garnish

#### Instructions:

1. Fill 4 double glasses with ice and set aside.
2. In a pitcher or quart-sized mason jar, muddle sliced ginger and rosemary together using the end of a wooden spoon or a muddler if you have one.
3. Add cranberry juice and kombucha, stir gently to combine.
4. Pour into ice-filled glasses (using a strainer, if necessary) and garnish with sprigs of rosemary, a slice of fresh ginger, and a few cranberries before serving.



### *Ginger Cider Mocktail*

#### Ingredients:

1/3 cup ginger kombucha

2/3 cup organic apple cider

handful ice

1 cinnamon stick

2 apple slices (optional garnish)

#### Instructions:

1. Add kombucha and apple cider to a cocktail glass and fill the rest of your glass with ice.
2. Stir with a cinnamon stick and add apple slices for garnish. Serve right away!



### *Strawberry Basil Spritzer Mocktail*

#### Ingredients:

1/2 cup fresh strawberries

1/2 cup fresh raspberries

1 cup sparkling water handful of fresh basil ice

#### Instructions:

Juice strawberries and raspberries in a juicer

Divide the juiced strawberries and raspberries equally among two glasses and top with sparkling water

Add ice and garnish with basil.

*Enjoy!*





## **Bibliography:**

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