

Healthy Bourbon and Cola



I believe I have stumbled across a 'Bourbon and Coke' alternative that to me tastes better than the original. The ingredients may also work as a healthy mixer to make a 'Black Russian' or 'Bundy and Coke' but I'm happy to let someone else do the experiments needed to find them.

There are no fixed ratios for the ingredients. You have to trial and error with them to get the drink tasting right for you personally. My mix, after several attempts (note low level in bottle) is as follows:

- One teaspoon of Mulberry extract
- Two fingers of Bourbon (stir well as the extract will settle again if not mixed in)
- Rest of glass with sparkling mineral water and ice

The ingredients are actually good for you if you are a diabetic or just want to lose weight by keeping away from processed soda drinks like Coke. I have listed a few benefits below.

Mulberry Extract

- Traditional Chinese remedy for high blood glucose, and to reduce inflammation and swelling
- Source of alkaloids that kick start white blood cells into action to assist the immune system
- Source of antioxidants that slow aging process
- General good food value being full of vitamins C and K, protein, iron and fibre

Sparkling natural spring water

- Source of sodium bicarbonate which is alkaline and helps damaged kidneys remove acid from the body. So it helps in chronic kidney disorders which long term Diabetics may be developing.
- More and more being used and researched for treatment of cancer, again by adjusting pH I think. Worth googling for recent info.
- Reduces lactic acid accumulation in muscles for those who work out so you can work out longer and harder with less muscle fatigue.
- Sodium bicarbonate was commonly used in the form of baking soda by my Mum to treat indigestion, bad breath, skin complaints and many other common ills we had as kids.
- Natural spring water is also a source of many essential minerals that may be missing in processed food like salts, potassium, calcium and magnesium. It depends on the source.

Bourbon Whiskey

- Assuming you drink enough it can: Improve your attractiveness, make jokes much funnier and improves your motorcycle riding ability.
- No it doesn't really do those things mentioned above, but for me at least a stiff drink after work is definitely a good way of temporary stress relief.