

# Alcohol is a fat magnet

Written by

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## Alcohol is a fat magnet

Alcohol slows down and mars the fat-burning process to the extent that it not only maintains the fat we already have in our body, it also promotes the storage of additional fat cells. Alcoholic beverages make losing weight difficult. Beer, wine and alcoholic beverages in general, are not only liquid calorie bombs, they also stimulate our appetite. Another negative effect is that whenever we drink socially at parties, we lose control and tend to eat improper foods and in excessive quantities.