When it comes to drinking alcoholic beverages the answer is a resounding NO! Well, that’s if you don’t want to experience a hang-over and/or other possible unpleasant consequences. WHY?

- After consuming three to four beverages (when your BAC reaches approximately .055 -- .06 on the graph above) you will gradually begin to lose your “buzz” and slowly begin to experience the intoxicating and depressive effects of alcohol.
- Continued consumption of alcohol will reduce your buzz even more and will contribute to ever increasing drunkenness.
- So, it is better to pace yourself and not drink too much too quickly or you will miss the enjoyment of your beverage and the drinking experience.

Source: Graph is used with permission from Purdue University (http://studentaffairs.iupui.edu/health-wellness/alcohol-and-other-drug/alcohol-and-drug-information/alcohol-education-content.shtml)