

Opinions on alcohol consumption. The dangers and not so many dangers of consumption – A more balanced scientific account needed.

There is a growing divisive force arguing against the consumption of alcohol in daily living. This is fueled by a nefarious organization called Movendi: The International Organisation of Good Templars, whose international body is known as Movendi International. This is a fraternal organization which is part of the temperance movement, promoting abstinence from alcohol and other drugs. Thus, it has propelled the World Health Organization into its ever-growing lack of belief in the truth of science and to become a more authoritarian group thinking and promoting, without full evidence, that there is no safe level of alcohol consumption. This issue – it's antithesis, or perhaps more leveled argument, often with a focus on facts and logic, rather than emotional appeals or extreme positions is summarized nicely here:

https://www.winebusiness.com/content/articles/wbm/202404/wbm_2024-04-01_pg-86-1.pdf - found within: <https://www.winebusiness.com/wbm/article/284944>. Movendi is trying to hide itself behind enigmatic statements – such as, “There are no artisans, small producers, or vigneron connected to land and history. There is only ‘Big Alcohol,’ which uses propaganda words like “moderation” and “craft” to conceal its true nature. And Big Alcohol is an ally of Big Tobacco” — “Movendi links alcohol to tobacco whenever it can.” Sadly, the US Government is being hoodwinked and hiding from true scientific findings about the world at large. While reaping great rewards in taxes it cannot be seen to promote alcohol – thus true scientific studies to seek answers to dangers and benefits of alcohol consumption are lacking. What many do not understand is that science is the only discipline that can change in opinion and insights as new evidence becomes available. And the people should have a choice, with full education leading to those consumption decisions, and furthering their responsibility and understanding of the consequences of such consumption intake.

Movendi, and other like-minded naive opinionated groups, also fail to understand that the only way to prevent alcohol consumption is to ban many common foods eaten daily by the world's populations. More on this to follow. A main point here though is that a lack of control studies leads to false conclusions about consumption of foods and beverages. Yes, alcohol consumption as a consideration is not to be taken lightly and is a problematic issue in some areas. Yet to cast it off so easily is wrong. An important study is worthy of mention here - a multi-national study published in the high-ranking medical journal The Lancet noted a slight health benefit from lesser amounts of alcohol consumption, in line with numerous previous studies.

[https://www.thelancet.com/article/S0140-6736\(22\)00847-9/fulltext#%20](https://www.thelancet.com/article/S0140-6736(22)00847-9/fulltext#%20) [Population-level risks of alcohol consumption by amount, geography, age, sex, and year: a systematic analysis for the Global Burden of Disease Study 2020. *Lancet* **2022**, 400 (10347), 185-235. DOI: 10.1016/s0140-6736(22)00847-9. [Department of Error. *Lancet* **2022**, 400 (10349), 358. DOI: 10.1016/s0140-6736(22)01389-7]]

Another paper tried to denigrate these findings and promoted a potential myth in defining "no safe level of alcohol - because of cancer risk."

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2802963>. [Zhao, J.; Stockwell, T.; Naimi, T.; Churchill, S.; Clay, J.; Sherk, A. Association Between Daily Alcohol Intake and Risk of All-Cause Mortality: A Systematic Review and Meta-analyses. *JAMA Network Open* **2023**, 6 (3), e236185-e236185. DOI: 10.1001/jamanetworkopen.2023.6185]. [Correction errors also noted with respect to this work] This paper according to a fellow scientist is a "Classic example of data manipulation." Upon further inspection it is also noted that a key author on this paper, and some co-authors (Stockwell *et al*) are affiliated with Movendi International:

https://en.m.wikipedia.org/wiki/International_Organisation_of_Good_Templars

<https://www.researchgate.net/scientific-contributions/Tim-Stockwell-39752365>.

<https://movendi.ngo/science-digest/the-potential-health-impact-of-an-alcohol-minimum-unit-price-in-quebec/>. Moreover, their study (Stockwell's group) noted above does have a valid,

though biased, general conclusion. Their study also noted that "the degree to which observed associations between consumption and mortality are highly dependent on the modeling strategy used and the degree to which efforts are made to minimize confounding and other threats to validity." Yet this study and the findings warrant further investigation, and confirmation or rebuttal. Stockwell's own business demonstrates his opinions on alcohol consumption from the get-go. His own modelling strategy mindset bias clear in that respect.

From another publication of his: Conflict of interest statement.

Tim Stockwell, Adam Sherk, and Tim Naimi declare previous receipt of funding from government alcohol monopolies in Finland, Sweden, and Canada to conduct public health-oriented research on alcohol. Tim Stockwell and Tim Naimi have also received personal fees from these bodies in the past for the same purposes. Tim Stockwell and Tim Naimi have also received travel support from IOGT-NTO*, a not-for-profit nongovernmental organization that advocates against alcohol use, to prepare reports on alcohol and health.

Stockwell, T.; Zhao, J.; Clay, J.; Levesque, C.; Sanger, N.; Sherk, A.; Naimi, T. Why Do Only Some Cohort Studies Find Health Benefits From Low-Volume Alcohol Use? A Systematic Review and Meta-Analysis of Study Characteristics That May Bias Mortality Risk Estimates. *J Stud Alcohol Drugs* **2024**, 85 (4), 441-452. DOI: 10.15288/jsad.23-00283.

*<https://www.iogtntororelsen.se/en/> Note: **Swedish temperance society** here.

Even with Stockwell *et al.*, pushing the data as hard as they did to make the "no safe level" of alcohol claim, the associated cancer risk is lower than that of processed foods, preserved meats, and even regular consumption of hot beverages. So, one must ask, why are WHO, Canadian, and possible changes in US public health policy using the biased, manipulated data instead of the massive multi-national study? So why is alcohol singled out? Why not put warnings on these other, greater risk foods/beverages? Groups like Movendi do not stop at the publication of the data. They push into the policy world to advance their prohibitionist agenda. Real scientists tend not to do that, for obvious reasons.

An opinion article that covers the two reports regarding alcohol consumption that are likely to contribute to US recommendations, one from the National Academies (NASEM) and the other from Movendi affiliated "scientists" (ICCPUD) was presented recently. A quite well-balanced piece and telling the story quite well. <https://www.wine-searcher.com/m/2025/01/alcohol-caught-between-science-and-ideology> And government agencies and scientists alike need to observe reporting such as "How Neo-Prohibitionists Came to Shape Alcohol Policy" by Felicity Carter: https://www.winebusiness.com/content/articles/wbm/202404/wbm_2024-04-01_pg-86-1.pdf And a look at today's reporting and ethics on the matter to be found here: <https://www.wine-searcher.com/m/2025/01/nyt-ignores-facts-in-prohibitionist-campaign> That further research is needed is evident in several other works, with a cogent discussion of benefits and risks to be found here: <https://nutritionsource.hsph.harvard.edu/healthy-drinks/drinks-to-consume-in-moderation/alcohol-full-story/> And to end this section a keynote work to be viewed is: National Academies of Sciences, E.; Medicine. *Review of Evidence on Alcohol and Health*; The National Academies Press, 2025. DOI: doi:10.17226/28582. [<https://nap.nationalacademies.org/catalog/28582/review-of-evidence-on-alcohol-and-health>]

Other Sources of Alcohol.

A consideration (as noted above) of other foods and beverages with notable alcohol content must become a part of this overall discussion.

- **Ripe and very ripe bananas** - between 0.2-0.4% ABV [4]
- **Breads** (burger rolls, rye bread) - between 1.18-1.28% ABV [5]
- **Fruit & Fruit juices** (grape, orange, apple) - between 0.04-0.5% ABV [6]
- **Yogurt & Kefir** - between 0.05-2% ABV
- **Kombucha, Must** (usually made from grapes) - between 0.5-5% ABV
- **Vinegars** (balsamic, champagne, sherry, wine vinegar) - between 0.1-0.4% ABV
- **Food additives** like extracts or flavourings - up to 35% ABV
- **Condiments** like mustard and soy sauce - between 1.5-2% ABV
- Some **soft drinks** - up to 0.5% ABV

<https://www.abbeycarefoundation.com/alcohol/what-foods-contain-alcohol/>
<https://www.iflscience.com/bread-is-as-strong-as-beer-many-foods-and-drinks-contain-a-surprising-amount-of-alcohol-67805>

[Tachi, K.; Tetteh, J.; Yawson, A. E.; Agyei-Nkansah, A.; Archampong, T. Alcohol consumption and fruits and vegetable intake among older adults in Ghana: a cross-sectional survey based on

WHO-SAGE Wave 2 data. *BMJ Nutr Prev Health* **2020**, 3 (2), 220-228. DOI: 10.1136/bmjnp-2020-000102.]

[Gunduz, S.; Yilmaz, H.; Gören, A. Halal food and metrology: Ethyl alcohol contents of beverages. **2013**, 1, 7-9.]

[Herdiana, Y. Alcohol in Daily Products: Health Risks, Cultural Considerations, and Economic Impacts. *Risk Management and Healthcare Policy* **2025**, 18, 217-237. DOI: 10.2147/RMHP.S495493.]

[Sumiyani, R.; Budiono, R.; Khamila, H.; Pramesti, T.; Rachmaniah, O. Determination of ethanol and acetic acid content in local brands of apple vinegar: gas chromatography test for halal requirements. *Journal of Halal Product and Research* **2024**, 7, 137-146. DOI: 10.20473/jhpr.vol.7-issue.2.137-146.]

A Turkish research study also bears on this topic (Published in Turkish) and noted “It has been observed that inhaler drugs, pharmaceutical preparations containing ethanol as a solvent, oral care products such as mouthwash, some cancer drugs, homeopathic preparations, energy drinks, matured fruits and vegetables temporarily affect the breath alcohol test. The purpose of this review is to investigate the factors affecting the breath alcohol test in detail and to evaluate how the use of these factors affects the breath alcohol test with the help of current data in the literature. [Özhan, Y.; Balku, J.; Sipahi, H. Nefes Alkol Testinde Yalancı Pozitifliğe Sebep Olan İlaç, Gıda ve Alkolsüz İçecekler. **2020**.] These products are used to ingest alcohol by certain groups are they to be scrutinized and banned too? And are they being evaluated for other potentially dangerous, toxic substances or antagonistically acting components?

And some concluding notes: Some general notes (by a medical practitioner) on potential health benefits are worthy of a read in relation to necessary further studies and in comparison with other food intake control studies. Does the source of food or beverage alcohol have influence on health or risk factors? <https://www.webmd.com/diet/ss/slideshow-alcohol-health-benefits>. Moreover, the benefits of drinking in relation to social intercourse cannot be underestimated. Education essential as it is for medical and other drugs on the market today. Since early civilization, the brain has always sought out pleasurable substances. If not alcohol (in moderation) what other substances of a more dangerous nature await in a prohibitionist’s world? Recalling that a totality mentality prohibition must mean many fruits, juices and vegetables and breads should likely also be off the table. And other products as noted above. Supposedly health Kombucha advocates have argued and petitioned for an allowed increase in alcohol content to count as “non-alcoholic” based on their claims about breads and their total alcohol levels. Are those products to be banned too?

Gary Spedding (with base notes from an esteemed medically trained colleague leading to my further investigation here). 02.11.25. Reviewed 09.08.25 gary@bdastesting.com