



# When I Get Low I Get High

July 7, 2018 By [Mike Barr](#)

---

My love affair with [OTM](#) intervenes this weekend via a [show](#) I somehow missed: “Blame It On the Alcohol.” It caught my attention especially because I just this week finally got around to listening to Bulletproof Radio’s interview with [Dry Farm Wines](#) founder Todd White. (Episode #[294](#), if you’re interested. “Biohacking Wine: Sulfates, Sugar and Dosing.”)

Dubbed by the late 20th century philosopher H.J. Simpson “the cause of and solution to all of life’s problems,” alcohol, like water and oxygen, can be both life sustaining and poisonous. It’s all a question of dose.

Included in one of my fave, can’t-live-without WNYC investigative news team’s fifty-one minute exploration are interviews with [Iain Gately](#), author of *Drink: A Cultural History of Alcohol*, on the ancient origins of core beliefs about booze; [Gabrielle Glaser](#), author of *Her Best-Kept Secret: Why Women Drink - And How They Can Regain Control*, on among other things her quibbles with [AA](#); and [David Nutt](#), psychologist at Imperial College London, on his new alcohol substitute. So long resveratrol. Nutt’s “[alcosynth](#)” might get you the cannabidiol like disinhibitive buzz of booze without those nasty, over-hyped, anti-aging polyphenols. Have a listen.

Mike Barr is a functional medicine practitioner and herbalist with outposts in NYC, NJ and PA. Reach out to him at his [Wellevate](#) telehealth and online dispensary platform. It now offers functional medicine diagnostic testing, by the likes of Genova Diagnostics (think NutrEval and GI Effects), Diagnostic Solutions (yes, GI-Map!), Precision Analytical (the ever popular DUTCH dried urinary hormone test), Cyrex Labs (functional immunology testing) and others. “Test, don’t guess” is the leitmotif.

---

© 2026 Smart + Strong All Rights Reserved.

<http://beta.docker.poz.com/blog/get-low-get-high>