



# Epilepsy Namibia Wo 292

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1/2 Drinking

## Cheers! - for People with Epilepsy.

People with epilepsy should not drink alcohol or other stimulants like coffee, cola, energy and caffeine drinks as these increase seizures.

In our country drinking is unfortunately seen as a status symbol or being “cool”. Binge drinking and regular use of alcohol is at the order of the day and people are “bragging” about this. When in fact, alcohol is highly addictive and extremely dangerous for the users' health. It has a nasty impact on society as people who have used alcohol loose their inhibitions and become reckless and aggressive. There is nothing attractive or “cool” about a person who has had too much to drink.

Society already has a way of making you feel different for having epilepsy and now that you can not drink alcohol you will feel even more of an outsider. We do not wish to fight the battle around the problems with alcohol but have devised a work around.

We have collected some tips, tricks and recipes that are not only delicious but look so good that they, and you, could become a new trend and the envy of the guests at your party.



**Sangria**  
(Spanish Drink)  
Red Grape Juice  
Chopped fruit  
Cinnamon stick  
Cooled



**Coco Pina Colada.**  
Sparkling Coconut Water  
Pineapple juice.  
Coconut milk/cream  
Ice.



**Spritzer**  
(Ginger, Basil  
Grapefruit)  
In a jug  
Crushed ice,  
Sugar Syrup,  
Grapefruit Juice  
Ginger soda/ale  
Pour in pretty glass



**Sparkling** white  
grape juice with frozen  
berries

**Shirley Temple**  
Grenadine over ice  
topped with lemonade.



Garnish with cherries

**Blue Shoe**  
Any clear sparkling  
water, soda, lemonade  
or ginger ale.  
Tiny drop of blue food  
coloring.  
When you add fruit  
punch or concentrate it  
turns a beautiful opaque



Garnish: Sprig of basil.  
Segment Grapefruit



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2/2 Drinking

## Virgin Mojito



Mint leaves  
 ½ lime  
 Sugar Syrup  
 Ice  
 Sparkling Water  
 In Cocktail shaker:  
 Add mashed lime and  
 mint, sugar syrup, ice.  
 Shake ill cold, then  
 strain into glass.  
 Add Sparkling water  
 Garnish: Sprig mint  
 And slice lime

## Virgin Mary

Tomato juice/  
 Bloody Mary mix  
 Pepper,  
 Worcestershire  
 Sauce, Tabasco.  
 Shake together.

Salt rimmed  
 glass  
 Pour mix over ice

Garnish: Celery  
 Stick , Olives



Use decaf Coffee to make Ice  
 coffee by adding ice cream,  
 cream, vanilla, nuts, spices. Or  
 pour cooled coffee over milk and  
 honey or plain ice cubes.



## More tricks

### FRUIT-INFUSED WATER



Make your own flavored  
 water. Tap water cooled with  
 slices of lemon, some mint  
 leaves or other fruits or  
 herbs of your choice are  
 very refreshing.



NICE & ICY CUBES  
For Special Drinks

**Recipe for Sugar Syrup:** 1:1 sugar and water.  
 Boil until sugar is dissolved. Flavor if you wish by  
 steeping with herbs for 20min. Remove and cool.

## Tea and Coffee.

Use Rooibos Tea for Iced Teas; Make strong brew  
 of Rooibos , sweeten if you want and cool, add  
 any juice, slices of fruit, flavored sparkling water  
 and ice.  
 (Black tea also contains caffeine – avoid.)

Rooibos Chai : Bind spices you like, e.g. cloves,  
 cardamom, cinnamon stick, star aniseed in a piece  
 of cloth. Boil in water with Rooibos tea on stove  
 top. Take off and let it steep, stand for a least  
 20min or longer. You can drink it hot or cold with  
 lemon, milk, condensed milk, coconut milk, juice,  
 fruit and ice.

Herbs, edible flowers and cherries frozen in ice  
 cubes look beautiful in your glass. Frozen grapes  
 also do a cooling job.

Use pretty glasses and always add garnish –  
 cherries, olives, herbs, fruit slices, pretty straws or  
 paper umbrellas and ornaments.

Make salt or sugar rings on your glass by first  
 pressing the rim in a little bit of liquid and then  
 pressing into a saucer of salt or sugar.

Don't forget that our local “Vigo” drinks all look like  
 the “real thing” in a good glass.