

## THE BENEFITS OF QUITTING OR REDUCING ALCOHOL USE

### HEALTH BENEFITS

- Better Sleep
- Clearer Skin
- More Energy
- More Hydration
- Less Brain Fog
- Better Immune System
- Reduced Sugar Intake
- Weight Loss
- Increased Mental Focus
- Better Absorption of Vitamins and Minerals
- Improved Memory
- Better Digestion
- Reduce Risk of Cancers

