

Dry January



What is dry January? It's the Alcohol Change Initiative a UK organization launched with the purpose of starting a month without consuming alcohol and for this to be a start to a healthier lifestyle.

Why January? As this month is after the holidays, we know that many consumed more alcohol than normal because of all the Holiday Festivities celebrated with friends and family. Starting the Alcohol Change initiative in January is an excellent option to start the year because it will help detoxify the body and mind.

As we age, we must be more careful with alcohol consumption, since we begin to lose muscle mass, body fat increases and our bodies have less water, which is what helps metabolize the alcohol we consume. Excess alcohol can damage the liver, cause heart problems and weaken the immune system. It also causes memory problems and mood disorders.

In a study led by the University of Sussex in England, it was found that 67% of participants in the Dry January initiative, in just one month, reported feeling more energetic, 58% reported having lost weight, and 57% reported have a better concentration and a notable decrease in chemicals in the blood associated with cancer, also improvements in the skin and hair.

There are those who after 3 weeks say they feel less irritable and less anxious, they also saw a decrease in their blood pressure, insulin resistance and weight. Most people felt a sense of accomplishment and felt more mentally alert.

Starting with a month's break from alcohol can motivate you to extend it longer change longer. You can achieve this by replacing alcohol with non-alcoholic beverages when socializing. For example, you can drink sugar-free mocktails or mineral water.

To avoid temptations when going out, bring your own drinks and inform your friends and family so they won't pressure you to drink. You can even invite someone to join the initiative, so you can encourage and support each other.

And if you fail, don't give up or feel guilty, just start again the next day.

Source: [Aarp](#), [Today](#), [Health.harvard](#)