

Wellbeing Wednesday



ISSUE 14: Alcohol



7 Benefits from reducing your alcohol consumption

1. **Better Sleep-** Alcohol is a sleep disruptor and inhibits REM (rapid eye movement) sleep. You also have fewer interruptions getting up to urinate as often because alcohol is a diuretic (increases urine output).
2. **Clearer Complexion-** Without alcohol's diuretic effects, the body and skin are more hydrated. It also dilates the blood vessels, Therefore, not drinking helps reduce redness or a ruddy complexion.
3. **Improved Blood Pressure-** Regular heavy drinking has been linked to high blood pressure. However, blood pressure levels can improve even with a month of abstinence.
4. **Liver Recovery-** Drinking too much can overwhelm the liver, the organ that breaks down alcohol, and lead to liver disease. Indeed, healing of the liver can begin just a few days after you stop drinking, as the organ is self-healing
5. **Weight Loss-** Alcohol can lead to weight gain by preventing the body from burning fat, contributing to sugar and starch intake and causing cravings for foods high in fat. Cutting out alcohol even for a short period of time can help someone avoid those negative effects.
6. **Strengthened Immune System-** Chronic heavy drinking weakens the immune system by killing off healthy bacteria and decreasing the number of T cells (white blood cells that specify immune responses) in the body thus, taking a break from alcohol (especially during cold and flu season) gives the immune system a chance to recover.
7. **Re-evaluated Relationship With Alcohol-** reducing alcohol intake is an opportunity to soberly assess your relationship with alcohol. This can be especially helpful for people with a family history of alcohol abuse.