

# The Effects of Stopping Drinking

**12-24 HRS**

BLOOD SUGAR STABILISES



DETOXIFICATION BEGINS

**12-24 HRS**



POSSIBLE WITHDRAWAL SYMPTOMS: SWEATING, ANXIETY, DEPRESSION AND INSOMNIA

**ONE WEEK**

MORE HYDRATED



SLEEP QUALITY IMPROVES

**ONE MONTH**



SKIN LOOKS HEALTHIER



BLOOD PRESSURE STABILISES

**TWO WEEKS**



WEIGHT LOSS

ALCOHOL HAS A LOT OF HIDDEN ENERGY

**ONE**

**YEAR**

SAVE AN AVERAGE OF:

**\$1600**

## TRY DRY JULY

Make it a month to remember.