

What are the health benefits of Dry January?

By American Heart Association News

There are short- and long-term benefits to both physical and mental health when you reduce or stop alcohol consumption – even for a month. Those may include:

- Improved quality of sleep and more energy
- Improved mood and levels of concentration
- Healthier skin
- Lower blood pressure
- Weight loss
- Improved liver function
- Reduced insulin resistance

Published January 2023

Copyright 2023 American Heart Association, Inc.