

Title:

Alcohol Detox Even If You Are Just A Social Drinker

Word Count:

346

Summary:

Your body may be sending you signals that you need to take a break from alcohol. It may be time

With repeated or long term use, alcohol can cause liver and kidney problems, addiction and weight

Keywords:

detox, detoxification, alcohol detox, alcohol detoxification

Article Body:

Your body may be sending you signals that you need to take a break from alcohol. It may be time

With repeated or long term use, alcohol can cause liver and kidney problems, addiction and weight

However, most of us don't have a serious problem, and use alcohol socially. Even so, what can

In its simplest form, an alcohol detoxification program simply involves abstaining from alcohol

Allowing your body a ^vacation~ from drinking may eventually lead to healthier habits, as you

Allow your body to recover and rest. Take a break from alcohol for a month and you may be surpr

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