

## Not drinking alcohol is good for your health

Improves your blood flow and gives your skin a healthier complexion





Enhanced nutrition



Lessens risk of breast cancer

Is easier on your gut, with less stomach irritations



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Lowers your blood pressure and risk of heart disease



Stabilises and boosts your mood



Lowers risk of cancer



Reduces the amount of fat in your liver



Enriched quality of sleep



Improves your body's chance of absorbing vitamins and minerals



Eases depressive or anxious feelings





