



Health Benefits of a Non-Drinking Binge

By K.C. Powell founder of Live4Five www.live4five.org

I always find it humorous when people go through great lengths to begin a diet or start a new health regimen, but then overlook alcohol consumption which is the one thing that can wreak havoc on your health and life.

The world seems to be made up of people who drink and people who don't drink, but there is a growing population of social drinkers who know the negative effects of alcohol and want to address it. These people want to give their body a rest so it can repair itself. They know perpetual drinking is unsustainable, and they want to prove who is in charge. They understand the most enjoyable way to accomplish this break is to be part of a community where others are doing the same thing at the same time. There is strength and support in numbers. [Live4five](http://www.live4five.org) is a social movement with the primary focus of helping you repair your body while contributing to important social causes.

We are not telling you to quit drinking, that is a decision you should make on your own. We are just saying that if you give your body a rest from time to time it can aid greatly in repairing itself. We believe that magic happens with a five week break. Many ancient cultures practice a seasonal fasting period. We believe in this rhythm and offer one break for each of the four seasons. We call these alcohol abstaining periods "Dry Seasons".

Congratulations if you are embarking on one of our four dry seasons. Health benefits will vary from person to person and are dependent on how often you currently drink. In general, however, you should feel some or all of the below changes over the next five weeks.

Week 1

Although real transformation begins in week two, you should begin to feel improvements in:

- General achiness
- Nausea
- Headaches
- Night sweats

Week 2

The real transformation starts. You should feel improvements in:

- Your tongue will become softer and tingling will dissipate
- Extended belly will begin to shrink
- General achiness and stiffness reduced
- Irritableness will be reduced, depending
- Swollen face will begin to shrink
- Red face will begin to dissipate
- Swollen nose will begin to tingle
- Night sweats gone

Week 3

This is a pivotal week. As your body expels poison, some feel better, others worse. In general you should feel these improvements:

- You will begin to look healthier
- Nose will tingle more as it shrinks
- You may begin to blow your nose more

- You may feel nauseated as your body expels toxins
- Sinus Inflammation will be reduced
- Swollen nose will shrink and feel more attached
- Red face will begin to regain natural color

Week 4

Week four and five are the most transformative weeks. In general, you should feel these improvements:

- You will look healthier
- General achiness gone
- Stomach shrunken as excess alcohol weight is gone
- Reaction time improved, synapses firing faster
- Balance improved
- Nose will look smaller and feel more attached
- Swollen face reduced, red face gone

Week 5

Week five is the most transformative week. In general you should feel these improvements:

- You will feel much younger and healthier than when you began
- Face shrunk back to normal
- Nose shrunk and tight
- Achiness completely gone
- Stomach completely back to normal size
- Reaction time completely restored
- Balance optimal

If you begin to feel sick at any time please consult your doctor.

After week five you may not feel like drinking again. It will almost feel as if you are putting poison back in your body with that first drink. If you choose to resume drinking, please remember that your body has changed. You will not be able to consume the same amount of alcohol you were able to some five weeks earlier. Proceed with caution! You are now a “light weight” and need to drink accordingly.

We encourage you to take a before and after picture of yourself. We also encourage you to video document the way you feel each day so you can track your changes. You will also be able to post videos to our community pages.

Congratulations, you are embarking on a healthy journey.