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1 day ago DryJanuaryis one of the fastest growing wellness trends of the past decade or so

It s starting the new year off with a full month without alcohol which helps reboot your body sharpen your mind and set healthier habits for the year ahead 1 day ago Join theDryJanuary2026challenge 31 days without alcohol to improve sleep focus mood and energy

Learn keybenefits expert tips and follow a 4 week plan to make it last

Start your mindful drinking journey today with the Unconscious Moderation App 2 days ago A recent review paper published in the journal Alcohol and Alcoholism describes the positive health effects of participating inDryJanuaryand thebenefitsof taking short term breaks from drinking Explore the riseof DryJanuaryin2026 from healthbenefitsto nonalcoholic drinks smart swaps and expert picks from Hilton Heads Rollers Wine Spirits

Discover how to reset your drinking habits in style Dec 8 2025 What isDryJanuary? Learn about the healthbenefitsof DryJanuaryand get tips for how to cut back on drinking.

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