Basic Advice - No Patient Information

* The longer you go without drinking, the stronger and healthier your body and skin become.
* When you quit drinking, your skin returns to being properly hydrated and elastic.
* By quitting drinking, you are greatly cutting down on your calorie intake
* Consider looking into joining a support group, having other join you on your journy to sobriety will greatly increase your chances of long-term sobriety

Last drinking binge was recorded 12-24 Hours ago:

* Your last drink was X hours ago, your Blood sugar has returned to normal levels

Last drinking binge was recorded 24-48 Hours ago:

Last drinking binge was recorded 48-72 Hours ago:

* Your last drink was X hours ago, your carb cravings and cravings for other unhealthy foods are subsiding

Last drinking binge was recorded 1 week-1 month ago:

* Your last drink was X weeks ago, Your sleeping more deeply and are more energetic during the day
* Your last drink was X weeks ago, your skin is now healthier and more hydrated

Last drinking binge was recorded 1-6 months ago:

* Your last drink was X weeks ago, Your heart rate and blood pressure have lowered to much healthier levels

Last drinking binge was recorded over 6 months ago:

* Your last drink was X months ago, Your bone density has stopped declining and is now even increasing
* Alcohol abuse can cause genetic damage leading to cancer. Your last drink was X months ago, your genetic health has returned to normal levels.
* Alcohol abuse can cause parts of your brain to atrophy. Your last drink was X months ago, your brain brain tissue has now recovered significantly in volume

Someone with postural instability due to alcohol related brain-damage:

* Your last drink was (>6) months ago, your balance and coordination have improved dramatically

Someone abstinent but beginning to drink lightly:

* It is great you have been able drink moderately, but be careful. Some people’s brains aggressively crave alcohol and can light drinking can easily lead to a relapse.

Someone with Insomnia:

* By quitting drinking, you are greatly increasing the quality of your sleep
* alcohol related insomnia (F10.182)
* Unspecified Insomnia (G47.00)
* Insomnia not due to substance abuse or known physiology (F51\*)

Someone with Alcohol-related liver disease:

* Quitting alcohol completely is preventing further damage to your liver and giving it a chance to recover.
* Alcohol liver Disease (K70\*)